

FROM THE PRINCIPAL

Dear members of the Lisieux community,

We have had a wonderful response to our Reverse Advent Calendar campaign, with all sorts of non-perishable foods being donated in the first week of Advent. Our focus next week is on toys, games and books for children as well as clothing items for babies and small children. Thank you in advance for your generous support. We look forward to sharing updates of how the hampers are looking.

At this time of year, students often like to share Christmas cards or greetings. Please note that we do not encourage candy canes to be attached to cards or distributed to others. These are 100% sugar and the wrappers end up all over our yard, in drains and garden beds, so we ask that they are not sent to school.

Next Tuesday morning is our 'moving up' Orientation Session between 9am-12pm. At the conclusion of the morning, students will be given a class list to bring home. We are providing this list so you will know your child/ren's 2021 class teacher and classmates. The class lists are now final and changes will not be made. In addition to our 55 2021 Preps, we look forward to welcoming a further 11 new students across Years 1-6 next year and on Orientation Morning. There will be a remote Information Session for all new families on Monday evening at 7:30pm via zoom. Current families with Preps in 2021 are also welcome to join the session via the zoom link:

Join Zoom Meeting

<https://us02web.zoom.us/j/81804561933?pwd=WEU5cU5TMUdrekdPZ3g1doViQXlyQT09>

Meeting ID: 818 0456 1933 Passcode: N3qd29

While two weeks is a very short time remaining in our school year, it is important we maintain our focus on positive and respectful behaviour right until the end of the year. Regretfully, we have seen an increase in certain behaviours such as name calling and inappropriate physical contact amongst some students. There is no doubt that there is a strong link between the increase in these behaviours and the increased time many students are spending online (online gaming was specifically addressed in last week's newsletter where we highlighted concerns about exposure to foul language, violence and aggression and links to disengagement with learning, poor attention spans, etc). Technology has a vital presence in our daily lives, but the impact on manners, attitudes and social interactions is not always positive. While this cannot be the sole explanation for these concerns, its contribution to this pattern is undeniable. Our learning community holds a strong position about 'the language of Lisieux' and what sort of behaviour is expected at school. This is modelled by staff and we value the partnership with parents as we work together to support our students to make good choices and develop appropriate social behaviours. Over the coming week, most classes will again facilitate Circle Time discussions about respectful social behaviour. We believe all students should have the opportunity to develop cooperative learning and conflict resolution skills and to discuss ways to promote a harmonious learning environment. I encourage you to continue this conversation at home and ask your child/ren about these school discussions.

ISSUE 37 | 3rd December 2020

SCHOOL CALENDAR

DECEMBER

Mon 7th Information Session for Prep 2021 & New Lisieux Families 2021
7:30pm via zoom

Tues 8th Transition Morning P-5
Current Year 6's not required at school

Mon 14th Year 6 Graduation Ceremony & Lunch

Tues 15th Prep-Year 5 Beach Excursion

Wed 16th End of Year Liturgy 9:30am
Including presentation of awards:
Full attendance; Creativity; Love of Learning; Kindness Teamwork; Spirit of Lisieux Nativity Play

Due to restriction, these events will be for students only this year and guests will not be permitted.

Final Day Term 4 2020 - Students conclude 12:30pm
Students to be collected at 12:30pm

FROM THE PRINCIPAL

A further article about acceptable online behaviours is included in the Wellbeing section of this week's newsletter as I received a strong response to the topic last week. We need to work together to support our young people navigating a world very different in shape to that which we all grew up in. To that end, we are planning some cyber information sessions for families for next year as well.

We extend our very best wishes to Siobhan Staunton and Steven Brooks as they await the arrival of the precious first child. Siobhan will commence maternity leave tomorrow and her class will be covered by Mrs Leesa McNamara until the end of the year.

God's blessings for the week ahead,

Susan Ryan

Principal

Susan.ryan@lisieux.catholic.edu.au

PRAYER

Week 2 - Peace

This week is the second week of Advent. We open our hearts to God's love as we prepare to welcome Christ into our lives and homes. The candles of this wreath remind us that Jesus Christ came to conquer the darkness and to lead us into the light. The second candle is the candle of Peace. Jesus is our peace. His peace is deep within us, reaches out to friends and strangers, and brings justice to our world.

Based on Mark 1:1-8



God of Light,
Our hearts desire the warmth of your love.
Our minds are searching for the light of your truth.
Open our hearts and minds to receive your gift,
Your Word of Life.
May we prepare our hearts for Jesus' coming
So that the world will be ready to rejoice in his presence.
We ask this in the name of Jesus,
And in the power of the Holy Spirit.
Amen.

SCHOOL INFORMATION

Please Return your Library Books

Library Books for the Year 2020 are due next week; from Monday December 4th through to the last day of school, Wednesday, December 16th. A list of the books checked out to each student will be sent via email next week. This list might not include books borrowed during the Mystery Drive-Through Library or any books that have not been checked out. If you can return all books, including ones not on the list to the Return Baskets located in the Carmel Centre Hub, the 1/2 Learning Space and at the Front Entrance of the school by these dates it would be greatly appreciated. Any queries can be directed to Angella Clifford at angella.clifford@lisieux.catholic.edu.au



Good habits start young

Parents and carers play an important role in helping children to develop digital intelligence — the social, emotional and practical skills needed to successfully navigate the digital world.

Even for preschool children, it is never too early to instil good habits, and as your child gets older it is useful to keep reminding them of these basic digital intelligence principles: respect, empathy, critical thinking, responsible behaviour and resilience. These are also principles you can emphasise with your child when things go wrong.

How to build digital intelligence

Promote respectful communication

- Encourage your child to use the same positive manners and behaviour they would use offline, understanding that others may have different cultures, backgrounds or points of view. If it is not OK to say or do something face to face, it is not OK online.
- Remind them to avoid responding to negative messages and to tell you or another trusted adult if they receive them. Tell them it is OK to report others who are not being nice.
- Emphasise the positives. For example, 'I know what a kind and respectful person you are, and it makes me so proud to see you acting the same way when you're online. You are such a great friend — I can see how much everyone looks up to you at school.'

Encourage empathy

- Help your child to imagine being in someone else's shoes, so they can relate to diverse opinions and understand what might make people behave in different ways.
- For example, you might say something like: 'I noticed that Sam seemed a bit sad when she came over yesterday. Have you noticed anything? What do you think is wrong? Would that make you sad? What can we do to help?'

Teach them to question

- Encourage your child to think critically about what they see online. Teach them to ask questions so they can identify content or messages that may be misleading or exploitative.
- Talk to them about 'fake news', or false information that is designed to look like a trustworthy news report, and how quickly it can spread on social media. Teach them to fact check news sources and do their own independent searches on issues, so they can see the variety of opinions on a particular issue and make up their own mind.
- Remind them to be careful when making new friends online as people may not be who they say they are. We are increasingly seeing 'Finstas' (fake Instagram accounts) and other impersonation accounts. So it is important to question whether what they are seeing online from their friends is real or not. If it seems out of character, it could be from a fake account.
- Alert your child to the dangers of meeting someone in person that they have been talking to online. Advise them to never arrange to meet an online friend unless a trusted adult is with them and it is during the day in a public space.
- Refer to our advice on avoiding [unwanted contact and grooming](#).

Encourage safe and responsible behaviour

- Work on achieving a healthy balance in your child's online and offline activities and set boundaries for digital device use in your home. Find out how in [time online](#).
- Remind your child of the importance of safeguarding personal information that can be used to identify or locate them.
- Explain why they should be suspicious of unsolicited messages and emails, and avoid clicking on pop-up ads on websites. Some pop-ups that seem safe can lead to inappropriate sites or ask for personal or financial information. Find out more in [taming the technology](#).
- Help them configure the strongest privacy settings on all the social media apps and sites they use. It is best that only their circle of friends can view their information, tag them in a photo or share posts. And get them to check their settings regularly as updates can sometimes change them back to the default. Read more about privacy settings in [The eSafety Guide](#).

- Ensure your child uses strong passwords on devices and accounts, and explain the importance of not sharing passwords, even with friends. See [protect your personal information](#) for advice on setting strong passwords.
- Find more advice in [privacy and your child](#).

Help them build resilience

- Keep your cool if your child experiences a negative experience online. Remember, the choices they make as they navigate difficult situations can help them learn. Our 2017 '[State of Play](#)' research shows round six in ten young people were able to identify some positive impacts from a negative online experience.
- Remind your child that they can screen who they accept as online 'friends'.
- Make sure they know how to block and report users or pages on the sites they use.
- If they have a negative online experience, find out how they are feeling about it, offer support and encourage them to keep things in perspective at the same time.
- For example, you might say: 'What that person has done is not OK. They must be feeling pretty bad about themselves to treat you like this. How are you feeling? Let's block them to stop their messages coming through.'
- Build your child's confidence and encourage positive ways of thinking — looking on the bright side, thinking rationally, understanding that difficult times are a part of life but there is help and support available.

I am worried my child might be bullying others

If your child is treating others badly, is dismissive of their feelings or targeting or intentionally excluding a particular child or group, they could be seen as someone who bullies. If they also socialise online there is a chance they may be bullying that person or group online too.

Finding out your child is bullying others can be very painful but you can help them to change, with your guidance and positive engagement.

Here are some strategies to try

- **Talk to your child**, in a way they can relate to, about how it feels to be left out or teased. Use examples. Build empathy — what it might feel like to be the other person.
- **Encourage your child** to be honest about their behaviour, take responsibility for it and apologise to those they have bullied. Perhaps show them the page for kids [How do I know if I'm being mean online?](#) or for young people [I've been called a bully](#).
- **Talk about accepting differences** and how to deal with people that annoy them. Give examples from your own life such as working with a difficult colleague.
- **Explain there will be consequences** for them if they treat others badly — for example, if they are rude they need to apologise and lose access to something they enjoy. Remember to also praise any change for the good so they start afresh.
- **Identify activities that make your child feel good about themselves** such as membership of a sports club or an art class, where they can be successful and have fun.
- **Praise your child's strengths** and any behaviour changes they try to make.
- **Practice treating others well at home** and let them know when they are being kind.
- **Spend one-on-one time with your child** such as watching a movie, playing sport together or cooking with them.
- **Talk to your child's school** about their academic achievement, learning style and abilities and whether they need additional support.
- **Work with the school** on ways to develop your child's social skills.

PHOTOS WEEK 9





NAZARETH PARISH

GROVEDALE TORQUAY

ANGLESEA

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Friday, 27 November 2020

Dear Friends,

What a joy it is for us as a faith community to receive the announcement yesterday about the easing of the COVID-19 restrictions! After many months of living with the restrictions our patience, acceptance, and prayers, have been rewarded. We are now able to open the doors of our parish churches again for Sunday celebration of the Eucharist.

I am so looking forward to extending a very warm 'welcome home' to each and every one of you at our face-to-face weekend Masses, beginning next weekend, which happens to be the first week of Advent.

The cap on numbers allowed in any venue is 150 people with the 1.5 metres distancing still in place. The need for social distancing means that the maximum numbers for each of our churches are as follows:

- Nazareth Church, Grovedale – 132 people
- St Therese Church, Torquay – 150 people
- St Christopher's Anglesea – 80 people

Our homecoming for the celebration of the Eucharist during these COVID times will be different compared to the last time we gathered for Mass back in March. Therefore,

- Booking for Mass is essential;
- Social distancing is to be observed;
- Face coverings must be worn when indoor;
- Please follow the instruction of our Welcomers;
- No after Mass hospitality is possible at this time.

Acknowledging the challenges, our online Sunday Mass will continue until the end of the year and we will review this as we approach that point.

To book for Mass please use the following link <https://www.trybooking.com/BNAFG>

Please do not hesitate to ring the parish office if you need assistance with making a booking to attend Mass.

Again, I look forward celebrating the Eucharist together

With every blessing,

Fr Linh Tran
Parish Priest

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COME TRY ATHLETICS!

Grovedale Little Athletics Club is one of nine clubs competing in the Geelong region, giving kids from ages 5 - 15 the opportunity to compete in a range of athletic events each week for fun, fitness and enjoyment!

Saturday mornings at Landy Field

FREE TRY OUT SESSIONS!

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