



Lisieux
CATHOLIC PRIMARY SCHOOL



FROM THE PRINCIPAL

Dear members of the Lisieux community,

Many people have commented to me that the most recent lockdown was their most challenging, and it would be true to say that we have noted that in a more significant number of students returning after this period of remote learning with an increased sense of anxiety. An article I have recently read recommended “making peace with uncertainty”; in essence, we don’t know what may happen, how long it will last or what things will be like when this time of challenge is over. We do know, however, that worrying won’t change the outcome, so finding ways to tolerate the uncertainty is a big part of building healthy coping skills. For us at Lisieux, we are working together to break that down in simple ways:

- maintaining a strong focus on relationships – checking in with one another, being present (when safe to do so) and thoughtful;
- prioritising the most important things – rather than introducing new initiatives and programs, working to embed the essential focus areas of education;
- making time for mindfulness activities such as deep breathing, meditation, exercise and gratitude practices – these are great routines that help us to intentionally recharge and re-centre. It has been wonderful to hear of similar family initiatives to support wellbeing. I have heard from Lisieux families who have introduced daily family walks or new rituals such as taking time at the dinner table to each mention one good thing about the day. Psychologists support such practices as routines that help us to slow down, stay present and come together during tough times. As you would know from our published calendar, next Friday 13 August was scheduled as a student free day / curriculum planning day. We plan for and publish these dates well in advance so that families can make appropriate care plans if needed. Unfortunately for us as a staff team, the current regulations do not allow us to meet for professional development, so the student-free day will be cancelled and rescheduled at a later date. Please note that, accordingly, Friday 13 August will be a normal school day for students.

God’s blessings for the week ahead,

Susan Ryan
Principal

Susan.ryan@lisieux.catholic.edu.au

AUGUST

- Thurs 5th P&F meeting
(via Zoom)
Details below
- Fri 6th Year 5/6 Beach
Discovery Day
- Thurs 12th 100 Days of Prep
Details below
- Fri 13th Curriculum Day
STUDENT FREE DAY
CANCELLED-will be
re-scheduled at a later
date
THIS WILL BE A
NORMAL SCHOOL DAY
- Mon 16th July/August Birthday
Morning Tea with
Principal
- Thurs 19th Year 3/4 Beach Discovery
Day
- Mon 23rd **BOOK WEEK**
Book Week Parade
- Tues 24th ‘Teeth On Wheels’
forms due back to
Reception
- Thurs 26th Book Exchange Stall
- Fri 27th Year 5/6 Beach
Discovery Day

SEPTEMBER

- Fri 3rd Father’s Day Breakfast
And Father’s Day Stall
(subject to COVID
regulations)



PRAYER

God of Peace,

Slow us down, ease the worries of our minds

Be the quieting of our minds.

Give us, amid the confusing times we live in, a sense of calm.

Help us to know, the magical power of sleep, the art of taking rest as needed, how to slow down – to see the beauty of a flower, chat with a good friend- or make a new one-, appreciate the power of a pet, learn from a child.

Remind us each day that life is not a race.

Inspire us to look up, feel energised by creation's grace, and be at peace with uncertainty.

Amen.





NATIONAL TREE DAY

National Tree Day was celebrated last Sunday. The day is a call to action for all Australians to put their hands in the earth and give back to the community. In The Growth Project and Outdoor Discovery, students learned about the importance of trees and photosynthesis.

100 DAYS OF PREP

Next Thursday the 12th of August 2021 the Preps will be celebrating their 100 Days of School. During the day we will have activities all about the number 100. We encourage students to dress up as '100 year olds'. We will also provide a hot chip lunch for students. If parents have any concerns about allergies, please email your classroom teacher and we can discuss alternate arrangements.

MINDFULNESS

Try some of these practices to increase mindfulness. Mindfulness doesn't have to be complicated. It is simply about focusing on being present, intentional and thoughtful about where you are and how you are feeling.

- Belly breathing: Put one hand on stomach and one hand on chest. Slowly breathe in from stomach (expand like a balloon) and slowly breathe out (deflate).
- Blowing bubbles: Notice shape, colour, texture, size.
- Listening to music: focus on the whole song, lyrics, voices, instruments.
- Meditation: Sit in a relaxed position and focus on breathing. Or try an App such as Smiling Minds to guide you.
- Colouring: focus on the colours and design when colouring.
- Mindful meal: Pay attention to the smell, taste and sight of your meal, without trying to multi-task, and without media to distract you



TAKE NOTE

Introducing... Ms Angie Clifford

Q: What is your role at Lisieux?

A: I am the Learning Support Officer for Year 1 /2 Acacia Bleu and Acacia Rouge this year.

Q: Who is your Inspirational person?

A: My Grand-mere, Germaine, who grew up in Montreal, Canada. She had a challenging life, was a talented cook, seamstress and very intelligent but mostly she was a loving and warm Grandmother. She encouraged me to learn French and be proud of where I came from.

Q: What is your favourite place to travel to?

A: Iceland. Landing in Keflavik you think you are on the moon, hardened lava craters everywhere. Then half an hour later the greenest moss-covered mountains with a glacier in the background. Truly out of this world. (My other choices are Tasmania and Newfoundland, Canada).

Q: What is your Favourite music?

A: Paul Kelly and Leonard Cohen. They are both musician/poets and capture the spirit of their homeland and cultures beautifully.

Q: What is your favourite food?

A: One that brings up special memories are Perogis, and making them at Christmas with my best friend and her Ukranian family in Ottawa. So good, little pockets of deliciousness.

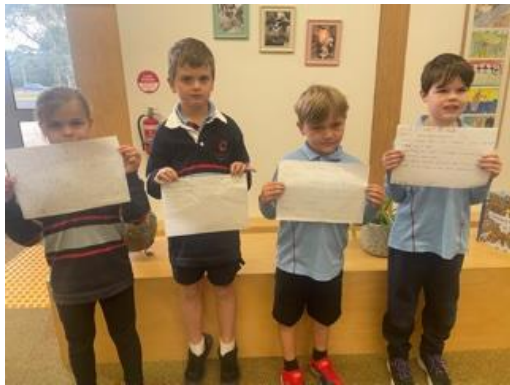
Q: What is your favourite book?

A: No way, can't choose. There is a book for all seasons and where you are in life. My mother was a reader and she signed me up for the Nancy Drew collection when I was young. One would come every month and I could not wait, I was hooked. The start of a great love of reading.





LEARNING COMMUNITY IN PICTURES







COMMUNITY NEWS

Congratulations to the Foott family – Hannah, Daniel, Indi (Year 5), Dallas (Year 2) and Nash (Prep) on the safe arrival of their daughter and sister, Goldie. May you share a lifetime of love and happiness together.



And another Congratulations to Mrs Ryan on the birth of her new Granddaughter, Goldie Wild.

May God bless Goldie and her family.



PARENTS & FRIENDS NEWS

Our Term 3 meeting will be held tonight via zoom. We will be discussing and planning out the remaining fundraising events for 2021.

All welcome!

Topic: Lisieux P & F Meeting

Time: Aug 5, 2021 07:00 PM Canberra, Melbourne, Sydney

Join Zoom Meeting

<https://zoom.us/j/91659890687?pwd=RGdkbVAzVUdEc0NTNmNKWkhYZVB0dz09>

Meeting ID: 916 5989 0687

Passcode: 466317

Please see next week's newsletter and the P & F Facebook group (link here: <https://www.facebook.com/groups/219863365445717>) for the time and link.

CHAT HOME LOANS FROM YOUR COMFORT ZONE

IT'S NEVER BEEN EASIER TO TALK
TO A HOME LOAN SPECIALIST



PHIL HASLAM

 0481 006 770

 phil.haslam@anzmortgagesolutions.com

 ANZ Mobile Lending



This Mobile Lender operates as ANZ Mortgage Solutions Surf Coast 70 511 955 266, an independently operated franchise of Australia and New Zealand Banking Group Limited (ANZ) ABN 11 005 357 522. Australian Credit License Number 234527, Item No. 97490 06.2020

Linking **People** with **Property**



We **sell**
where
we **live**

The Surf Coast Region
is our community
it's where we know the
market and where we
provide complete property
services from land sales
through to home sales
& property management.



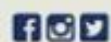
Suzy Jones
0438 438 388
sjones@linksproperty.com.au



Lynne Hayden
0415 966 471
hayden@linksproperty.com.au

5261 5155

| linksproperty.com.au





Proudly a part of
and supporting the
Lisieux community

- Jess and Chris Henson

If you have any questions about real estate, we're always
happy to have a chat.

chris.h@oneagency.com.au | 0477 774 271

ONEAGENCY
SURF COAST



With over 30 years experience in project delivery, we can help you through the full design journey and help to see your project realised successfully.



Feel free to get in touch to discuss your project!

GREG PITTS: 0425 802 948

**urban
creative**
ARCHITECTURE &
URBAN DESIGN

www.urbancreativestudio.com.au



Coulter Roache

1/9 Bristol Road Torquay
03 5264 8728
coulterroache.com.au

Protect your future. Exclusive limited time offer for families of Lisieux.

At Coulter Roache we build insightful legal partnerships to help you meet the challenges of today while planning for tomorrow.

We are offering Lisieux families 20% off the cost of Wills, Powers of Attorney and Estate Planning until 31 August 2021.

Call 03 5264 8728 to book an appointment with one of our lawyers today.



Two kids trail running events here on the Surf Coast!!



4km

Sunday 8 August - Anglesea Riverbank

4km race held as part of the Trail Running Series event (8km, 15km and 23km races also being held!)

TrailRunningSeries.com.au



100KM
SURF COAST CENTURY

2.5km

Sunday 12 Sept - Anglesea SLSC

A fun kids' run held as the finale of the 100km solo and teams Surf Coast Century ultra marathon

SurfCoastCentury.com.au

