



FROM THE PRINCIPAL

Dear members of the Lisieux community,

The Age published an article last week titled, 'Teen girls drive mental health hospital visits post-lockdown' which discussed a significant rise in mental health admissions by adolescent girls following our recent pandemic. They labelled this as an 'acute exacerbation of a problem that has been rising over the past five years' with an up to 80% increase in 12-17-year-old females in particular. Upon reflection, what may be even more concerning is that young males are no doubt experiencing similar mental health challenges, but for a range of reasons, including the tendency of boys not to verbalise their feelings as readily, they may not be seeking appropriate support. Our national data about mental health is frightening. What we know is that half of mental disorders emerge by the time people are 14 years old and three quarters by 25 years of age. This is why the integration of positive psychology practices in school is so important and so age-appropriate.

At school, in the return from lockdown, we have certainly noted anecdotally that our senior students have experienced the most significant challenge in re-adjusting to the school day and re-navigating their friendship groups. Many of them have developed habits of long periods of time online, including gaming and message platforms, rather than school work. Many of them are tiring after short periods of class work and need regular brain breaks.

Anxiety can be difficult to spot because it manifests in many different ways. At school and at home, the following strategies may be useful:

- Give young people the language to label how they are feeling, so they can identify their emotions, for example, say, "It looks like you might be feeling a bit worried. Sometimes when I feel worried, my tummy feels a bit wobbly."
- Help young people recognise their own internal cues that they are becoming anxious, for example faster heart rate, sweaty hands, not able to think clearly. Practise strategies that help them manage their anxiety and calm down.
- Talk about chunking down tasks so they are more manageable so the whole task does not present as an insurmountable challenge.

NOVEMBER

- Wed 17th Eucharist 5pm
St Therese Church
(details below)
- Thurs 18th Parents & Friends
Dinner
Front Beach Café
7pm
- Fri 19th Official Opening of
Lisieux Catholic Primary
School (zoom link will
be provided for parents
to view opening)
- Tues 23rd Year ¾ Beach Discovery
Day (Rescheduled from
8/11)
- Prep 2022 Transition
Session 2
9-10.30am & 11.15am-
12.45pm
- Confirmation 4.30pm
St Therese Church
(details below)
- Wed 24th Year 5/6 Beach
Discovery Day

DECEMBER

- Thurs 2nd Premiere Night for our
School Production
- Wed 8th- Thurs 9th
Year ¾ Camp
Sovereign Hill
- Wed 15th Students Conclude
12PM FINISH TIME

- Help young people recall situations where they have succeeded and used their character strengths such as perseverance to succeed despite being anxious, which will strengthen their self-belief that they can cope and manage anxiety.
- Help young people recognise their own self-talk when approaching new situations and to develop some positive coping statements such as “I know I have the skills to think this through” or “I’m good at problem-solving.”
- Encourage quiet reflection time and time in nature as part of a young person’s daily routine. Taking time each evening to reflect on what has gone well in the day is a positive way to build good mental health and feelings of affirmation.
- Monitor carefully and limit online time, encouraging activities that build social connection and positive interaction instead.

Today is Remembrance Day, a day commemorated since the end of the First World War, to remember all those who have fought and died in the line of duty to keep us free. At the eleventh hour of the eleventh day of the eleventh month in 1918 the Armistice came into force and the ‘war to end all wars’ was finished, with the expectation that young soldiers would never again be called upon to sacrifice their lives. Sadly, this expectation was short-lived and wars have continued throughout the world. Two of our senior students, Banjo and Daphne, represented Lisieux at the RSL service at Pt Danger this morning, and all students participated in a Remembrance Day service at school this afternoon, with RSL representative Colonel Clive Badelow from Torquay RSL in attendance. Together, we acknowledge and express our gratitude for the service of returned servicemen and women. We continue to pray that justice and peace is possible.

God’s blessings for the week ahead,

Susan Ryan

Principal

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On this day of Remembrance, we remember the courageous men and women who gave their lives in wartime and as a result of war. Sadly, war still rages in many parts of today's world, frequently impacting on vulnerable children caught in war zones. Pope Francis has reminded us that, "Each of us is responsible for his or her neighbour: we are our brothers' and sisters' keepers, wherever they live."

As we remember the lives that have been lost, let us promise each other to work for the freedom of all who are oppressed in the world today.

A reading from the holy Gospel according to John (John 15:12-17)

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other. The gospel of the Lord.



Condolences

The thoughts and prayers of our school community are with Miss Jessica Breuer and her family, on the recent death of Jess' uncle, Russell Ebert, after a battle with illness. Our hearts are with Jess and her family during this time of sadness and we pray that they will have many special memories to sustain them in their loss.



STUDENT LEARNING & ACHIEVEMENTS

Dear Families,

How exciting it is that we will be able to celebrate both the Sacrament of Eucharist and Confirmation in the coming weeks.

Mr Ron Dando and the teachers will be helping the candidates familiarise themselves with the order of the Mass celebration.

We would like to offer a reminder about maintaining the Government guidelines in relation to being double vaccinated. Upon entry, you will be asked to please show your vaccination certificate to Mr Ron Dando.

Things to know:

Eucharist

When: Wednesday 17th November

Time: 5pm (Please be at the church from 4:45pm)

Where: St Therese Church

Dress: Neat Casual

Attendees: Candidate and Two Adults

What to bring:

- Stole

Confirmation

When: Tuesday 23rd November

Time: 4:30pm (Please be at the church from 4:15 pm)

Where: St Therese Church

Dress: Neat Casual

Attendees: Candidate, Sponsor and Two Adults

What to bring:

- Stole
- Sponsor (16 years and older, a mentor who has celebrated Confirmation themselves.)



TAKE NOTE

Uniform Matters

Our school uniform makes a collective statement that 'this is who we are.' It should always be worn with pride. Of late, we are seeing an increase in different coloured socks, and occasionally different jackets being worn with the school uniform. Please note that parents have agreed, upon enrolment of their child, to abide by and uphold the uniform requirements. This includes students having hair neatly presented and tied back if longer than shoulder length; all items of uniform neat and tidy, and shoes polished. We ask that any matters of concern are addressed immediately to avoid the need for personal contact in relation to breaches of uniform code.

We continue to have challenges with parking in our no standing zone during pick up time. Please note that this zone is **NO STANDING** during 3:00pm-3:45pm. This means you should only pull into this space if your child is ready and waiting, can get in the car and allow you to move on. **PLEASE DO NOT** line up here waiting prior to 3:15pm. We have ample parking space now and you are asked to park and alight from your car to collect your child, where possible. This is a simple request and will avoid traffic congestion.



LEARNING COMMUNITY IN PICTURES







COMMUNITY NEWS

The **Scholastic Book Fair** is coming to Lisieux
November 8th-12th
Location: **Wayaperri Hub**

Dear Parents/Carers and Friends of Lisieux,

You are invited to a special **adults-only preview** of our 2021 Scholastic Book Fair at the Wayaperri Hub on Monday, November 8th from 5:30-7:30pm.

Be the first to preview the collection and visit our new building. Scholastic offers a variety of quality books and activities for primary to early secondary readers. Come browse their extensive collection of picture books, Information books and chapter books. Find well-loved classics and new up and coming authors and illustrators. Check out the craft kits, Christmas collection and more! Cash Sales and *EFTPOS are available*.

Students will have the opportunity to tour the fair during the week and may come home with wish lists for your consideration. Students will have the opportunity to purchase daily. Watch for book talks and virtual tours made available on our social media; we will use this to bring the book fair to you if you are not able to be here in person. The evening is designed for parents only and is a great opportunity to do some early Christmas shopping.

If you have any questions feel free to contact via email at angella.clifford@lisieux.catholic.edu.au

**Special Note:
Book Return Draw**

Do you still have Lisieux Library books at home?
Books from the "drive through libraries",
books that you have borrowed but are no longer reading?

This week is a great time to return any of these books. Return to the front entrance each morning of Book Fair week and receive a ticket to enter a daily draw for a gift certificate redeemable at the Book Fair.

Please note that currently we are missing approximately 200 borrowed books and your return of them would be greatly appreciated!

Last Chance for Wine Orders!

Thank you to those who have supported this fundraiser.

Orders can be placed via this link: <https://lisieux-catholic-school.square.site>

Orders close tonight!

Calendar

18th of Nov - Final P & F Meeting - 7pm @ Frontbeach Cafe



LAST CHANCE

ORDER YOUR WINE NOW

Orders close today, Thursday 11th November at 6 pm. If you miss the cutoff text your name and the number of bottles of red and white you would like to Renee on M. 0490701855.



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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.



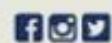
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Proudly a part of
and supporting the
Lisieux community
- Jess and Chris Henson

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

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