



FROM THE PRINCIPAL

Dear members of the Lisieux community,

Last Thursday and Friday we held our annual Student Leadership Conference for Year 5/6 students. On Thursday we worked off-site at Anglesea where students participated in a range of outdoor challenges and team activities. On Friday the students took part in surfing locally before returning to school for afternoon discussion and activities. Over the next few weeks, we will be introducing the specific leadership roles which students can nominate for and they will prepare and present speeches to their peers and teachers. As a number of large events have been postponed in the first weeks of the school year, including the Beginning of Year Mass, we will be scheduling a leadership assembly where roles will be announced and Year 6 leadership jackets will be presented.

Yesterday afternoon we hosted via Zoom our Transition and Wellbeing Discussions which were very well attended by parents. Thank you for taking this opportunity to meet your child's teacher and chat about your child/ren. Home/school partnership is so vitally important in setting students up to succeed and we strive to establish an environment built on open communication and shared goals as well as shared language. We understand that families have busy lives and appreciate your involvement in whatever aspects of school life are manageable for you. We would love to see some new faces (as well as well-known ones) at our Parents & Friends meeting this Thursday evening in the Multi-Purpose Room at 7pm. Come along to say hello and enjoy a glass of wine on arrival.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

FEBRUARY

Thurs 17th P&F AGM Meeting
ALL WELCOME
Multi-Purpose Room

Fri 18th Year 5/6 Gallery
Excursion

Wed 23rd Prep Rest Day

MARCH

Tues 1st Shrove Tuesday

2022 School
Information Tour
10am

Wed 2nd Ash Wednesday

Thur 3rd Year 5/6 Beach
Discovery & Clean
Up

Fri 4th Year 3/4 Beach
Discovery & Clean
Up

Clean up Australia
Day

Family Picnic at
Lisieux 5pm-7pm



PRAYER

Mother Teresa – *"Kind words can be short and easy to speak, but their echoes are truly endless."*

It is interesting that the word ‘kind’ comes from the Old English ‘cynd’ for kin or family. It is within the family unit that we first learn about acts of generosity and kindness, and where we develop a deep respect for others. Kindness is one of the most powerful ways we show that we love and care for others, ourselves and the world around us. Sometimes a simple act of kindness can be transformational.

Dear God,

Thank you for all those who are sharing kindness in our community. Help us to live in your goodness and kindness each day. Remind us that our actions express who we are even more than our words. Support us to see where kindness is needed and to reach out in kindness to all we meet. Let us be grateful for those who have shown us kindness. Thank you, God, for inspiring us to be kind through your love for the world.

Amen.





TAKE NOTE

STAFFING UPDATE

Some recent staffing appointments have taken place as follows:

Rachael Richards is a newly appointed educator who will support the Prep team, working with the Prep cohort each afternoon as during Term One, Brienca Dries and Amanda Duthie will have some release time to replace Gerard Douglas' Learning Diversity role.

Kelly Ratten has been appointed as an additional Learning Support Officer and will also work primarily in the Carmel Centre with the Prep team every Monday-Thursday.

On Thursdays we welcome Emma who is a VCAL student completing an administration traineeship and who will support Brooke and Fiona in Reception and on Fridays, Shelby will be working in The Carmel Centre, as part of her Education Certificate 3 traineeship.

We have also recently advertised for two replacement roles which will commence in Term Two.

TO NOTE

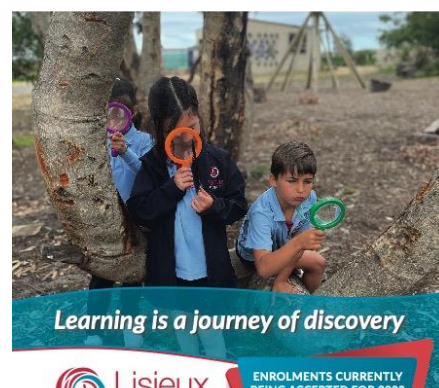
In the first three weeks of term, 12% of our students have tested positive to COVID-19 with a further 5% isolating at home due to being a close contact. These cases are across almost every class in the school. Please continue the routine of twice weekly rapid testing even if your child shows no symptoms (preferably Monday and Thursday) and advise Susan directly via email if affected: susan.ryan@lisieux.catholic.edu.au

As Friday Flow recommences next week, we would be very grateful for any fabric squares which could be donated for the beeswax wrap group. We also appreciate donations of recycled pots, pans, tin teapots, mixing bowls for sandpit use and also love to receive plastic dinosaurs for our dinosaur garden if you happen to be visiting an Op Shop or doing a spring clean at home.

ENROLMENT 2023

If current Lisieux families have younger children who are due to commence Prep in 2023, we encourage you to submit your enrolment applications by the end of April or earlier if possible. As we are anticipating more enrolment applications than we expect to be able to accommodate, it is important for us to include all siblings in that number. Our recommendation is that students commencing Prep should be five years of age before the commencement of the year, and turning 6 in their first year of school.

A number of enrolment tours will be held throughout March for interested families and to register, please phone Reception to book a place in a tour.



Learning is a journey of discovery



ENROLMENTS CURRENTLY BEING ACCEPTED FOR 2023

Come and see our learning community in action...

Visit our classrooms and hear from our Principal about what we offer.

We believe you'll be excited by our vision.

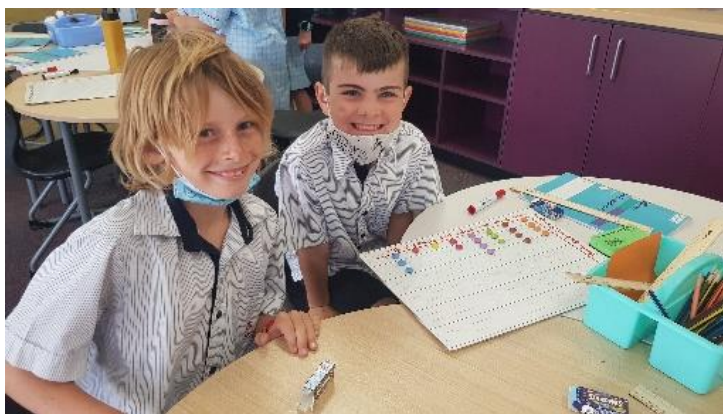
Group tours currently being offered weekly throughout March.

To Register Phone: 9089 6614

www.lisieux.catholic.edu.au



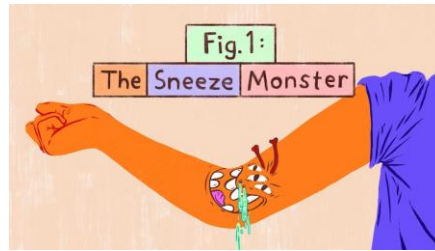
STUDENT LEARNING & ACHIEVEMENTS



How to talk to kids about the coronavirus pandemic

[ABC Everyday](#)

/ By Lawrence Leung



Getting kids to practise good hygiene can be an "any means necessary" exercise — which, as Lawrence Leung writes, should definitely include making up games. (*ABC Everyday: Stacy Gougoulis*)

"Why are those shelves empty?"

"Because people have bought more toilet paper than they need."

"Why?"

"Because they are scared it will run out?"

"Why?"

I hesitate, looking down at my three-year-old daughter. What do I say? Do I explain viruses? Death tolls? Curve flattening?

COVID-19 could not have come at a worse time for parents of annoyingly curious kids in supermarkets.

"Listen, just don't touch your face."

"Why?"

How do we explain the coronavirus and the various social distancing measures to our kids without freaking them out?

Recently, New Zealand Prime Minister Jacinda Ardern and Norwegian Prime Minister Erna Solberg held press conferences to answer questions from concerned children. It was very cute and informative.

But where are the press conferences for worried parents of grubby kids who can't keep their filthy fingers off their faces — or ours?

Over the past week, I have spoken to health experts, child psychologists and other parents for advice on how best to explain the virus, and why Daddy was crying for three hours because he couldn't go to the New Order concert.

Over the past week, I have spoken to health experts, child psychologists and other parents for advice on how best to explain the virus, and why Daddy was crying for three hours because he couldn't go to the New Order concert.

The good news? There are some very helpful and simple things you can do to suit your child's level of understanding without making them terrified of everything and everyone!

I may not be a prime minister from a progressive country, but I will teach you about the Elbow Monster. Read on, fellow parent!

How to talk about coronavirus without freaking out your child

Stay calm yourself

Children are very attuned to us, so we must be aware of what we transmit to them both verbally and non-verbally.

"You are their attachment figure," says Lauren Ban, mother of a one-year-old and a clinical psychologist who has worked with children with trauma.

"A child's sense of safety and security in the world has more to do with you than world events."



Let them lead the discussion

Chances are, your kids will be already aware of the virus from the media, friends or all those tabs you've left open on your browser.

A starting point is to listen to what they are concerned about.

"Ask open-ended questions in order to get a sense of what they already know and what they may be ruminating about," says Dr Ban.

Knowing your child's curiosity and understanding helps you to find the right responses. Instead of hearing facts about infection rates, they might just be interested in why they now have to sing Happy Birthday when they wash their hands, instead of at actual birthday parties, which they won't be going to for a little while.

"For most kids, the impact has been acutely felt with the cancellation of birthday parties," says Bethany Macdonald, a public programs producer for libraries and mother of two boys.

"My oldest son's birthday is in May, and we've given him a heads up that the situation might not have cleared by then so his party could be postponed."

Bethany says she doesn't sugar-coat things, explaining big words to her four- and six-year-old when they have come up in conversation.

"We haven't talked about the pandemic, but we have covered the lockdown and panic-buying, and having an asthmatic child. We do have a benchmark for discussing respiratory issues and their effects."

Provide reassurance/a sense of safety

If your child is frightened by news in the media, it's important to find out what conclusions they have drawn about the information.

Reassuring them may consist of correcting misinformation (e.g. being fearful of certain racial groups) or providing evidence that may reduce catastrophising, or jumping to conclusions.

For example, if they are worried about dying, Dr Ban suggests you can counter with factual information: "It is highly unlikely that are you going to die. There are no cases of children having died."

"I've been very open with my children about coronavirus. I have to be, as they wonder why I've been working so much!" says Sarah McNab, paediatrician and director of General Medicine at The Royal Children's Hospital.

"I am honest and tell them that coronavirus is not a bad virus for kids. I tell them that we want to make sure everyone else is OK, so we have to try to stop the virus spreading."

Information should be age appropriate

Organisations such as Early Childhood Australia have [recommendations for the different levels of information](#) your child may find relevant.

Very young kids and toddlers

It may be enough to have simple reminders to wash their hands with calming songs to sing together. Toddlers may be aware of parents home more, empty shelves at supermarkets and separation from grandparents and friends. So give simple factual explanations such as what 'little germs' are, and why getting them on our faces can make us sick.

Social distancing could be explained by saying "there are some illnesses about and so we can't visit your grandparents; we can FaceTime them until everyone is healthy again". (Teaching grandparents how to use FaceTime is a separate topic altogether.)

For children aged 4-6 years

Kids at this age are curious and may ask questions about why people are wearing masks or "why does Uncle John have a room full of hand sanitiser?"

More knowledge can be given in a simplified way, like "Viruses are so tiny you need a microscope to see them", or "They are transmitted via droplets of water when people cough", or "Uncle John is not a good role model".

School-age children

It's likely these kids are already aware of the coronavirus from the media and school closures. As explained above, it's important to approach with child-led conversations with reassuring answers to help children process the information in a way that doesn't cause too much anxiety.

For children on the spectrum

Information should be concrete and factual. In some cases, [they can be presented as 'social stories'](#) where concepts such as physical distancing can be communicated in a literal way, which may improve their understanding of the new ambiguous social situations.

Everyday activities that give kids a sense of control

COVID-19 is a big global issue, so kids may feel helpless. Emphasising practical activities they can actually do, such as hygiene measures and ways to help others, gives them a sense of agency and purpose in an uncertain world.

Staying connected with others

Social distancing doesn't mean social isolation. Video call with friends and grandparents. Dr Ban suggests fostering community mindedness by bringing attention to helpers such as people who take food and care packages to elderly/other vulnerable groups.

Talk about ways to cheer up lonely neighbours, picking flowers, drawing pictures, or drop food off to older relatives and people in your community — while maintaining necessary physical distance.

"We've set up a game with our neighbours who have kids, where we've created a book," says Cara Whitelaw, a graphic design director and mother of two.

"We're writing part of a story, then drawing pictures, then putting it in their letterbox for them to do the next part. The kids are pretty excited by the idea we'll get something in our letterbox every day!"

Making handwashing fun

Promoting good hand hygiene is a necessary and positive activity to prevent yourself (and others) from getting sick.

Here are some ways to make the chore more fun:

- Imagine that hands are animals.
- Health professionals recommend a good 20 seconds of soapy hand rubbing. Singing Happy Birthday gets boring, so let your kids decide on a playlist of different choruses from their favourite tunes.
- For older kids you can teach about the properties of soap repelling germs with [the Pepper and Soap Experiment](#).

How to stop them touching faces

Is telling kids not to touch their faces a futile exercise?

"Make it a game," Jordan Bell tells me. The psychologist, children's author and mother of a seven-year-old recommends drawing up a counting chart.

"If anyone sees anyone in the house touch their face, they get a dot on the chart. The person with the least face touches in a day gets to pick the music for a family dance party that night."

How to teach social distancing

Dr Bell says it's almost impossible to explain social distancing to younger kids. Instead we should remind them "we're not high-fiving, hugging or getting too close to people outside the family".

She suggests you work with children to make up a safe alternative: "A silly wink, or a toe tap, or jazz hands."

How to get them to cough/sneeze into their elbow

Struggling to get younger kids to cough or sneeze in their elbow? Make an Elbow Monster!

1. 1. Grab a pen and draw a googly-eyed face in the crease of your kid's elbow.
2. 2. Tell them that it's their pet Elbow Monster and it only eats sneezes and coughs.
- 3.

So there you have it. Some ideas about how to talk to your kids about coronavirus.

Following all of the advice, I have decided my three-year-old is probably too young to discuss the pandemic.

However, she has taken the hygiene games to heart.

Perhaps too much. This morning my daughter requested I draw her Elbow Monster to resemble a cactus with two eyes. Then, before lunch she refused to wash her hands.

"No! No! I want to be sick."

"Why?" I asked.

"So I can feed the monster."

I facepalmed... then immediately regretted it and scrubbed my face with hand sanitiser.

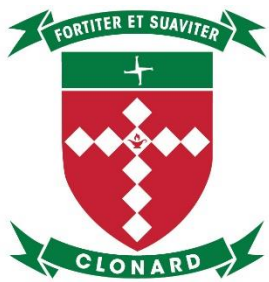


LEARNING COMMUNITY IN PICTURES





COMMUNITY NEWS



**CLONARD
COLLEGE**
GEELONG

Clonard College Open Day
Tuesday 15 March until Friday 18 March.
Multiple Information and tour sessions.
Bookings are essential via www.clonard.vic.edu.au
Enrolments for Year 7 close on Friday 6 May 2022.



Guided Tours 2022.
www.ignatius.vic.edu.au




ST JOSEPH'S COLLEGE GEELONG
COLLEGE TOURS

St Joseph's Geelong is excited to announce we will be conducting College tours this semester! We are proud to continue offering an innovative education for Geelong's young men. We welcome all senior primary school boys and their families to visit us.

Year 7 applications for 2023 are now open.
Apply via the College website.

Wednesday 9 March
Thursday 10 March
Tuesday 15 March
Thursday 17 March
Thursday 24 March
Friday 25 March
Monday 28 March
Tuesday 29 March
Tuesday 5 April

All tours depart at 9.00am



scan to book

TOUR REGISTRATIONS ESSENTIAL
REGISTER VIA OUR WEBSITE

WWW.SJC.VIC.EDU.AU

The Lisieux P & F AGM/First meeting of 2022 is on TONIGHT at 7pm in the Multi Purpose Room.

Please join us for drinks and nibbles as we form our committee for 2022 and plan social and fundraising events.

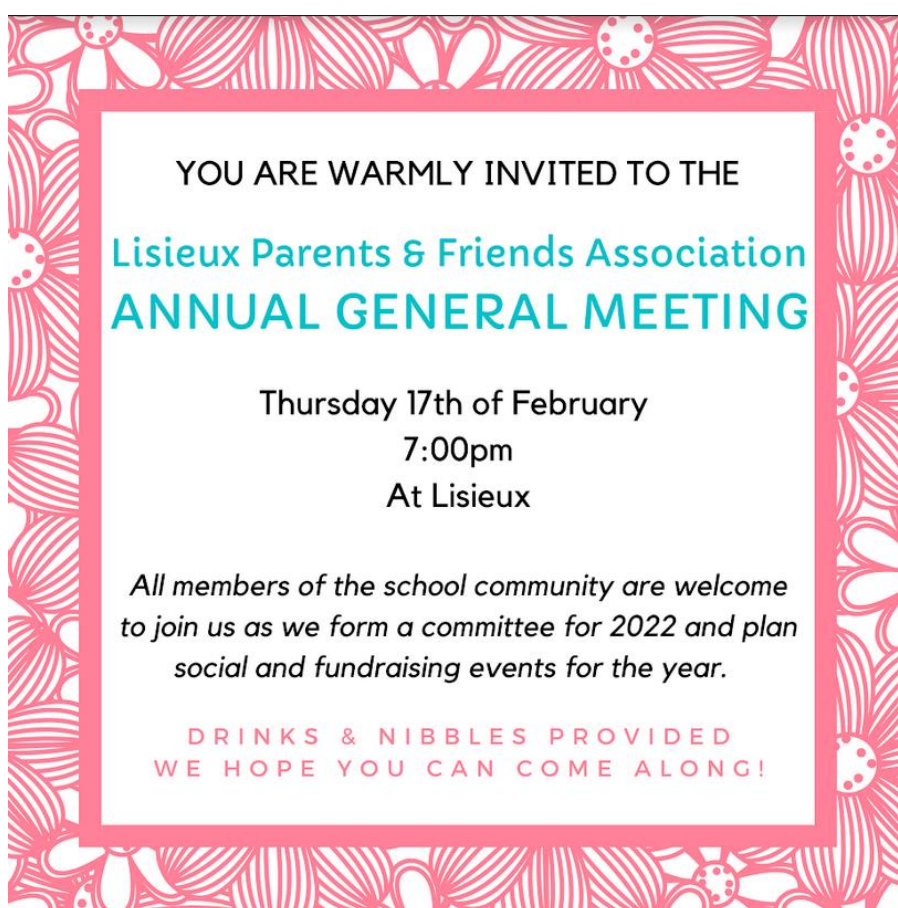
All Office Bearing positions are up for nomination. All members of the school community are welcome to nominate (no experience necessary!) If you are interested in taking on one of these positions but unable to attend this evening please email: lisieuxpandf@gmail.com

Office Bearers:

- *President*
- *Vice President*
- *Secretary*
- *Treasurer*

We hope to see you this evening!

If you have any suggestions or questions for the P & F, please contact lisieuxpandf@gmail.com



Newsletter Advertising/Sponsorship

Newsletter Advertising/Sponsorship positions for 2022 are now open. Limited spaces available.

We also have the opportunity for business to earn 'naming rights' to some 'wish list' items around the school.

If either of these are of interest to you or a business you know, please email lisieuxpandf@gmail.com

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 Parents and Friends Committee at: lisieuxpandf@gmail.com

Facebook Groups

Here are some Facebook groups useful for parents and carers to join:

Lisieux Parents &

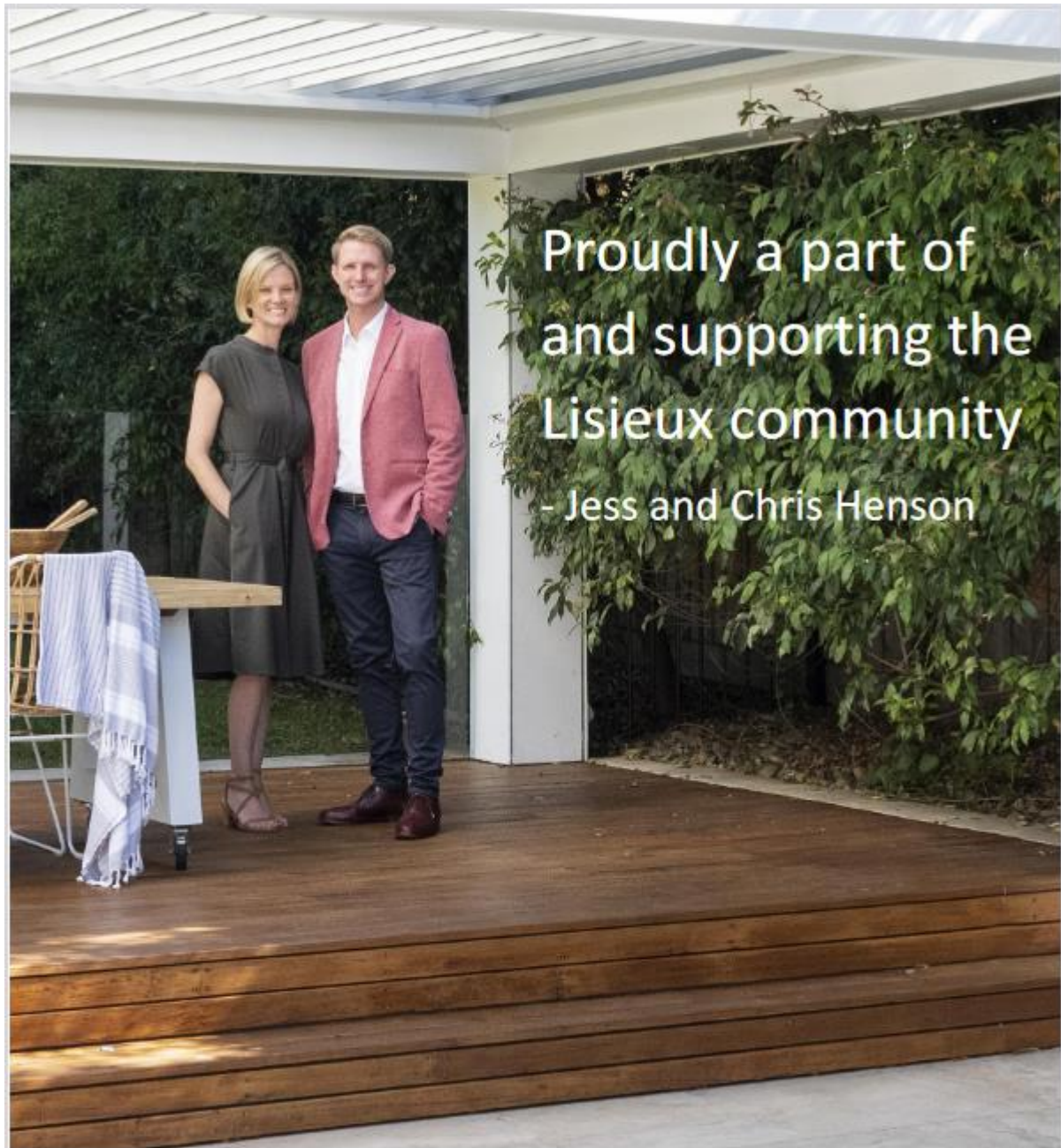
Friends: <https://www.facebook.com/groups/219863365445717>

Lisieux Parents & Carers

Noticeboard: <https://www.facebook.com/groups/291861974867417>

Lisieux Secondhand

Uniform: <https://www.facebook.com/groups/330510007547326>



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

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
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0415 966 471
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5261 5155

| linksproperty.com.au





WANT TO TALK HOME LOANS?

I'M YOUR LOCAL SPECIALIST
ON HAND ANYTIME, ANYWHERE



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. Terms, conditions, fees, charges and eligibility criteria apply to ANZ loans. Item No. 98037A 10.2021 WZ112763