

known and loved

ISSUE 5 | 3rd March 2022
SCHOOL CALENDAR



FROM THE PRINCIPAL

Dear members of the Lisieux community,

Shrove Tuesday, the day traditionally associated with pancakes, took place this week, with our wonderful parent helpers preparing the most delicious pancakes for all students. It is amazing to now be able to have parents and community members back in the school and we very much look forward to more opportunities for this to occur as the term progresses.

The season of Lent began this Wednesday on Ash Wednesday, when all classes celebrated a simple liturgy and students received a sprinkling of ashes, marking their commitment to follow in the footsteps of Jesus. Lent is, in our Catholic faith, a period of spiritual preparation for Easter, the most important time of the Church's calendar. For me, growing up, Lent was a time of penitence and sacrifice – we did not eat meat on Fridays, frequently 'gave up' something for 40 days (a food, a habit, coffee, technology, etc), and went to mass more regularly. Today, many of those practices are not common, and some people may view Lent as 'irrelevant'. It can, however, be a meaningful time for reflection and action and there will be discussions in your child's class about this in the coming weeks. I recently read about a family who do the following during the season of Lent: for every unkind word they speak, they put a token in a bowl; for every good deed they put a different type of token in another bowl. These serve to generate family discussions, particularly about how our words and actions can impact others, and ways in which we can tip the balance towards acts and words of kindness. The same family, instead of a regular take-away meal, put the money they would spend on this, towards an agreed social action organisation. Today, during Lent, rather than focusing on self-discipline and guilt, we encourage our students to think about being more like Jesus, and showing his love in little ways.

Tomorrow evening we will be hosting our first family picnic since 2019. Sadly, the event has been cancelled in the last two years. We are thrilled that it is back on the calendar (weather permitting- please keep an eye on email and social media in case there is inclement weather).

MARCH

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

Clean up Australia Day

Family Picnic at Lisieux 5pm-7pm |
| Mon 7 th | 2023 School Information tour 9.30am
Booking Registration Required |
| Tues 8 th | Prep Prayer in Pyjamas 6pm Via Zoom |
| Wed 9 th | Beach Activities Day- Whole School |
| Fri 11 th | Fresh Fruit Friday |
| Mon 14 th | Labour Day Public Holiday |
| Wed 16 th | 2023 School Information Tour 12pm
Booking Registration Required |
| Tues 22 nd | Year 3 Reconciliation Family Evening 7pm |
| Fri 25 th | 2023 School Information Tour 9.30am
Booking Registration Required |
| Sun 27 th | Rite of Enrolment for Year 3 Reconciliation St Therese Church 8.45am |
| Mon 28 th | School Photos |

Come with your picnic rug, your drinks, snacks, dinner and make a fun family night of it. The event will be based on our new oval and we welcome all families to be a part of this occasion. Let's hope this event is the first of many more shared school community events this year.

Next Wednesday is Beach Activities Day, one of our favourite annual events. We will be based at Cosy Corner for the day – please come along if you have some spare time on Wednesday to share in the house spirit and fun of the day.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

As a special for our family picnic, Brooke, who you would know as a Mum and staff member has offered to do some grazing boxes from her business The Cracker Collective.

Boxes are normally \$125 and can feed up to 6 people but as Lisieux VIP's is offering them for \$100.

Please email Brooke directly on feedme@thecrackercollective.com to order **by 12pm tomorrow** and she will bring to the oval at 5pm.

Bon Apetit





Heavenly Father,

Thank you for the gift of this season Lent. Thank you for knowing our hearts and our need for rhythms in our lives, and for drawing us into a deeper connection with you throughout the coming 40 days. May we walk through this season intentionally, quieten our hearts to outside noise and listen for your guiding wisdom.

During Lent, we ask that you lead us to:

Give up unkind words and thoughts,

Open our hearts to acceptance and inclusivity,

Give up gossip and judgement and selfishness,

Open our hearts to respect, gratitude and love.

May we see your goodness in new ways throughout this season of Lent.

Draw us closer to your heart, that we might know you better and understand you more completely.



“Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity, let us do good to all.” (Galatians 6:9-10)



STUDENT LEARNING & ACHIEVEMENTS

RE News

Dear Parents/carers,

The Ash Wednesday liturgy was held yesterday to mark the beginning of Lent. This Lenten Season we continue our partnership with Caritas Australia and Project Compassion. All students will receive a Project Compassion Box/Bag. The hope is over the next 5 weeks we collect as many coins as we can. We will celebrate this important fundraiser on the last day of school when we will continue our annual coin trail activity.

Thanks in advance for supporting this important cause.

If you want to know more about Project Compassion and watch/read what our students will be learning about in the coming weeks. The QR code will take you to the Caritas website with more information.



Project Compassion Passport Hub



DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com





How to help your child make friends in school

Navigating a new school and making new friends can be a daunting experience for any young child and their parents — and the transition is not always easy.

For children starting kindergarten aged four, five or six, [friendships are often formed based on who is physically closest to them](#) in the school yard or classroom.

As they grow older, friendships slowly become more reciprocal.

While finding friends can happen naturally and with ease for some children, there are things parents and schools can do to help facilitate these relationships if a child is finding the process difficult.

1. Check in with them

"It's important to try and let children make friends themselves," says Natasha Wardman, lecturer in Education Studies at the Australian Catholic University.

"And sometimes that means their invitation or request to play might be accepted or sometimes it might be rejected — and that's very much like life.

"But if they are really struggling, it's important they trust their parents enough to have those open discussion, and if you're picking up on any of those signs that you're child is struggling to fit in or their wellbeing is being compromised, checking in with them and their teacher to find out what's going on is an important first step."

2. Guide their communication skills

Teaching children key interpersonal skills is the first step to setting your child up for making friends.

Skills include:

- Teaching your kids to express their opinions in constructive ways rather than negative ways, or in ways that will get people offside.
- [Respecting difference](#).
- Active listening skills.
- Caring about the feelings of others.
- This is how a conversation about making friends might look in practice, suggests Dr Wardman:
- "Sometimes it's tricky making friends — especially if you're starting at a new school. I can remember a time when it took a while for me to make some friends (explain the situation further). What worked for me was ... What do you think might help?"
- This advice could help a child approach a new person in the school yard:
- "Maybe you could ask to join in with the game they are playing? Maybe you could find something that you have in common with the other kids (for example, toys, sport, hobbies) and start talking to them about that? For example, 'I like your basketball — how long have you been playing?' It's also important to listen carefully to what the other kid is saying so they feel comfortable talking to you."

3. Foster friendships away from school

As a parent, creating opportunities for friendships and for practising communication skills is also important, Dr Wardman says. "For parents of early childhood and primary aged children, it's really key that they get to know other parents so they can help facilitate their child attending things like birthday parties and play dates, or other extra curricular activities like sport.

"So they are creating opportunities rather than hand-picking or selecting the friends for their child."

Sydney-based child psychologist Kimberley O'Brien agrees that broadening a child's social network leads to positive outcomes.

"There is definitely research that indicates when children have friendships outside of school, they have [higher self-esteem](#) and are more able to cope with peer relationship difficulties in school," Dr O'Brien says.

"[If the child is having trouble making friends] the child will know 'it's not me, because I have other friends outside of school'.

"I think sometimes people forget to tell their kids that it's OK not to like someone and that not everyone will like you. As long as you treat everyone with respect the friendships will naturally follow." — Nic, ABC Radio Sydney listener

"Otherwise they might think 'what's wrong with me', and that impacts on their self-esteem.

"It's good to have friendships in all different places."

Should you try to sort things out for kids?

Dr O'Brien says it's important to give children the space to socialise "at their own pace".

But she advises parents to look out for signs that indicate they might need to consider taking the matter further, if the child is on board with that.

"If it sounds like the young person has asked for help and is not getting it, like 'I told my teacher and she didn't do anything', or 'I hate my new school, I want to go back to my old school' — that's when the teacher and parent need to communicate."

Dr O'Brien suggests that parents do not confront other parents about what has happened socially during school hours, but to let the teacher know confidentially about what is happening.

What can you ask your school to do?

There are many things that teachers and schools can do to support students in making friends.

Dr Wardman says it might be worth asking them if they are doing or can implement any of the following:

- 'Getting to know you' activities at the start of the year/term.
- Randomly grouping students for learning activities from time to time.
- Buddy programs for new students where they are paired with a responsible peer who can help them to settle in.
- Explicitly teaching social skills and values to all students, such as being inclusive, being a good listener, being empathetic, and [being respectful of differences](#).
- Making sure there is time provided for children to discuss friendship issues in a 'safe space', whether that be as a whole class or one on one with the teacher.
- Encouraging students to participate in playground or lunchtime activities (for example, sport, chess, band, Garden Club).

"My son was struggling with the double whammy of new school and new country and made no friends. It was the principal who teamed him up with another kid in similar circles and it worked a treat — still friends 25 years later." — Deb, ABC Radio Sydney listener



TAKE NOTE

Next Wednesday 9th of March, Lisieux students will head to Cosy Corner to participate in a Beach Activities Day. The students will be broken into mixed level groups and compete for their house in an array of activities. Students are asked to wear their sport uniform with a splash of their house colour - this could be in the form of a T shirt, hat, zinc, ribbons, sweat bands, etc. Buses will transport students to and from the beach and they will return to school at around 2.30pm for a standard pick up time. Please make sure your child has their hat, snack and lunch as well as drink bottle for the day.

This year we are introducing regular **Fresh Fruit Fridays** each term. The first of these will be next **Friday 11 March**. Students are invited to bring \$2 if they would like to purchase a freshly made bowl of fruit salad at recess or lunch. Fruit has been kindly donated by Peachs, Torquay, and funds raised will support our Parents and Friends Committee.

PEACHS TORQUAY
EAT LOCAL - EAT FRESH

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



Lisieux
CATHOLIC PRIMARY SCHOOL
TORQUAY

**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



LEARNING COMMUNITY IN PICTURES







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INFORMATION FOR PARENTS | MULTI-SPORT PROGRAMME

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- ✓ Soccer
- ✓ Netball
- ✓ Hockey
- ✓ Cricket
- ✓ Basketball

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Year 4 students.

\$144 FOR 9 WEEKS!

Sign up anytime, and only pay for the weeks remaining in the term \$16 per week

School: Lisieux Primary School
Day: Every Tuesday after School
Start Date: Tuesday 8th February
End Date: Tuesday 5th April
Time: 3:30pm - 4:40pm



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Email: geelong@kellysports.com.au
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THANK YOU!

On behalf of the PFA, we would like to say a big thank you to Ginger & Zest for donating the ingredients to make the pancakes on Shrove Tuesday! To all the parent helpers who offered their time to make it a special day for the students! There were definitely lots of big smiles and a sense of school community for everyone!



PEACHS TORQUAY
EAT LOCAL - EAT FRESH

PROUDLY SUPPORTS

FRESH FRUIT FRIDAY!

PLEASE BRING A GOLD COIN, TO ENJOY DELICIOUS FRESH FRUIT GENEROUSLY DONATED BY PEACHS TORQUAY.



Friday 11th March 2022



Easter Raffle

TO CELEBRATE EASTER THIS YEAR, LISIEUX WILL HOLD AN EASTER RAFFLE. IF YOU CAN HELP, WE WOULD LOVE FOR EACH FAMILY TO PLEASE DONATE SOME EASTER THEMED PRIZES. THIS WILL CONTRIBUTE TO PUTTING TOGETHER SOME EASTER HAMPERS!

EASTER CHOCOLATES
EASTER CRAFT PACKS

FOR EXAMPLE:
EASTER EGG CUPS
EASTER COLOURING BOOKS

Thanks for your ongoing support.

DONATION BOX WILL BE IN THE FRONT OFFICE FROM NEXT WEEK

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

[insert sponsorship attachment here]

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>

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	MEDIUM AD	LARGE AD
One Off: \$20	One Off: \$40	One Off: \$80
One Month: \$50	One Month: \$100	One Month: \$200
One Term: \$100	One Term: \$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



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

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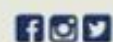
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wed 16th march **Lisieux & Torquay Coast PS**

wed 23rd march **Anglesea PS**

wed 30th march **FWC Steiner School**

to find out more and book www.commplay.com.au  [natur.ed_by_commplay](https://www.instagram.com/natur.ed_by_commplay)

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