



Dear members of the Lisieux community,

There were some excited (students) and nervous (parents) faces on Tuesday morning as our Year 5/6 cohort boarded buses for a four-day camp at Apollo Bay. Camps are an incredible opportunity for our young people to learn more about themselves and others, but other family members (siblings and parents) often really struggle with the absence. This is all perfectly normal. To reassure anyone missing their child this week, please know that, on camp:

- children interact together in a different setting and environment, improving their social skills in ways they could not at school e.g. travelling, eating, sharing accommodation. This helps them learn about working together and treating one another with respect;
- children learn about diversity as they break out of their normal family routines for a short while and develop insights into how it is possible to do some things differently;
- children have great opportunities to extend their skills in resilience, independence, teamwork, decision-making and environmental awareness.

Australian research has also indicated that camps and outdoor education programs can play a key role in increasing connection to school and peers, both markers of strong mental health. We look forward to welcoming the campers home tomorrow afternoon and remind families of the 'at home camp rule' which is double dessert for siblings not attending camp.

Congratulations to Kunuwarra House for their ultimate win at Beach Activities Day last Wednesday. It was a very close contest and most importantly, fun for all.

## MARCH

Tues 15 <sup>th</sup> - Fri 18 <sup>th</sup>	Year 5/6 Camp
Tues 22 <sup>nd</sup>	Year 3 Reconciliation Family Evening 7pm
Thurs 24 <sup>th</sup>	Family Picnic at Lisieux 5pm-7pm <b>NEW DATE</b>
Fri 25 <sup>th</sup>	2023 School Information Tour 9.30am <b>Re-scheduled</b>
Sun 27 <sup>th</sup>	Rite of Enrolment for Year 3 Reconciliation St Therese Church 8.45am
Mon 28 <sup>th</sup>	School Photos
Tues 29 <sup>th</sup>	2023 School Information Tour 10.30am <b>Booking Registration Required</b>
<b><u>APRIL</u></b>	
Sun 3 <sup>rd</sup>	Rite of Enrolment for Year 3 Reconciliation 8.45am St Therese Church
Mon 4 <sup>th</sup>	Back Up School Photos Day

Next week I will be away from school from Tuesday afternoon until Friday afternoon as I am attending the 2022 Victorian Association Catholic Primary School Principals (VACPS) Conference. The title of the conference is “Hope- for now and whatever lies ahead” which is so fitting in these times of world threatening events. More than ever, school leaders are charged with working together to develop hope in our students, optimism in our communities and the understanding that we can create a solution driven future. I feel very blessed to have this opportunity to hear from some nationally recognised speakers on this topic and look forward to sharing some of what I learn in future newsletters.

God’s blessings for the week ahead,

Susan Ryan

[Susan.ryan@lisieux.catholic.edu.au](mailto:Susan.ryan@lisieux.catholic.edu.au)

Principal





# PRAYER

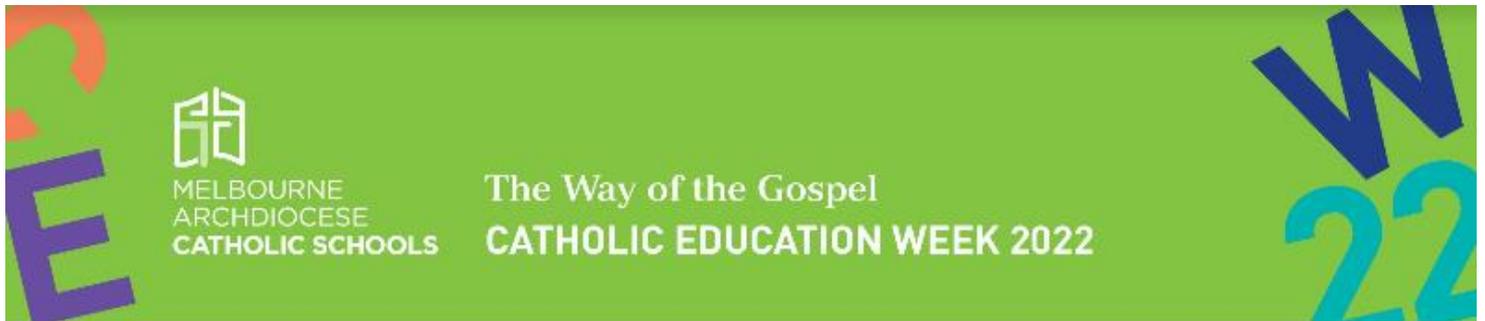
Dear God,

Thank you for the opportunities we are able to provide for our students. We are blessed to live in a part of the world where this is possible and where there are rich opportunities to engage with our environment and learn more about one another's gifts and talents. We are particularly grateful for the camp experience this week for our senior students. Open the hearts of each student as he or she learns more about the beauty of our world in The Otways- the green of the trees, the blue of the water, the early morning nature sounds. Thank you for our dedicated staff who enable us to provide such experiences, and in doing so, are away from their own families – we are grateful for their commitment. Keep our staff and students safe in your love and protection. Amen.





# STUDENT LEARNING & ACHIEVEMENTS



## Catholic Education Week 13–20 March 2022

This year, all Catholic schools in the Archdiocese of Melbourne will celebrate Catholic Education Week 2022 from 13 to 20 March. The theme for Catholic Education Week 2022 is 'The Way of the Gospel'. This theme is based on Archbishop Peter A Comensoli's 2021 Pastoral Letter.

There are 335 Catholic primary and secondary schools across Melbourne, enrolling more than 150,000 students and employing approximately 17,000 staff. Catholic schools provide a high-quality education in a faith-centred environment. This annual event is held to promote the special ethos of Catholic schools and to highlight the great things that take place in Catholic schools every day.





## Six ways to raise a resilient child – Dr Rangan Chatterjee, *The Guardian*

Want to help your children deal with stress and adversity? It's easier than you think

Helping our children navigate the stresses and strains of daily life is more important than ever. Figures released in November last year by NHS Digital show a worrying rise in young people's mental health problems; sadly, my experience as a GP confirms this. One in eight children aged between five and 19 in England has a diagnosable mental health condition; the prevalence of emotional disorders, including anxiety and depression, has risen by 48% since 2004. "The pressures young people face range from school stress, bullying and worries about job and housing prospects, to concerns around body image," says Emma Saddleton, helpline manager at the charity YoungMinds.

While we may not be able to remove all these challenges, we can pass on skills to help young people cope with stress and adversity. "It's what's known as resilience," Saddleton says. "The ability to overcome difficult experiences and be shaped positively by them." Our brains respond to the information around us, so resilience can be taught, modelled and nurtured at any age. "By doing this, through strong support networks and encouraging communication, we can help young people understand when they feel down and know what they can do to make themselves feel better," she adds.

As a parent myself – I have a son of eight and a daughter of six – it's something that's high on my agenda, and I've discovered some effective techniques. Crucially, they don't require you to overhaul your parenting style, but simply to make a few tweaks that will help your children thrive.

### Have one-on-one time with each child, without distractions

I have a full-on job, two school-age children, and an elderly mother to care for, so I understand that we're all busy; I'm not trying to pile on the guilt. But I'll never forget what my daughter, then four, said one day. We were working on a jigsaw, but I kept nipping to the kitchen to check my phone. When I rejoined her for the third or fourth time, she rightly observed, "Daddy, you're not really here, are you?"

Resilience comes from relationships; children need nurturing. It's not a magical "inner strength" that helps kids through tough times; instead, it's the reliable presence of one, supportive relationship, be it parent, teacher, relative, family friend or healthcare practitioner. My key point is, it's quality, not quantity, that counts. Ten minutes of fully focused attention is better than an hour when your mind is on other things. If you're on your tablet at the dinner table, you're teaching them it's OK to always be distracted. And that they are not important enough for your sole attention.

One-on-one time doesn't have to be time carved out of an already hectic schedule. Make bathtime, car journeys, meals, queues count. Chat, listen, talk about your feelings, encourage them to express theirs. Once these one-to-ones become regular, your children will know they always have a safe space to open up.

### Give sleep a chance

I see so many children who are struggling to sleep, waking tired, with dark circles under their eyes. A lack of good-quality sleep is a huge driver for stress: it has a negative effect on memory, concentration, cognitive function, and decision-making. One of the fastest ways to improve sleep – for all of us – is to limit screen time before bed. The type of blue light emitted by digital devices suppresses production of melatonin, the hormone that signals to the body it's time for sleep. In addition, looking at screens before bed keeps us emotionally wired and stimulated, making it harder for us to switch off.

It's a steely parent who can ban tech completely, and I don't think you need to. But I would urge you to issue a household ban on devices at least an hour before bedtime. Turn off the wifi, if need be. (TV isn't so bad if you need that as a compromise; we tend not to sit as close to the screen.)

Earlier in the evening, insist everyone uses "night-time mode" on their devices, which swaps the blue light for a warmer glow. You can download apps that do this (such as [f:lux](#)), too, or buy blue-light-cancelling glasses. It's also worth switching your children's night lights to red ones – red has the least impact on melatonin production. When I did this in my children's rooms, they slept in more than an hour later the next morning.

### Get out and exercise

We all know that regular activity is important, and that most of us, children included, need to do more of it. But what if I told you that, as well as keeping them physically fit, exercise will increase your child's resilience? It actually strengthens the brain. It's well documented that exercise is on a par with medication when it comes to treating mild to moderate depression and anxiety. This could be because it gets the body used to moving more fluidly in and out of the stress state. The same hormones released when we're stressed (cortisol and adrenaline) are raised temporarily when we exercise. Regular physical activity teaches our stress-response system to recover more efficiently.

It can be a lot of fun to do this together, and I've learned that kids do what they see us doing, not what we tell them to. I'm a big fan of "movement snacking" – short bursts of exercise throughout the day. I'll put on the radio before dinner and we'll all dance around in the kitchen. Or my kids will join me doing squats, star jumps, bear crawls or frog hops. The sillier I look, the more they seem to enjoy it.



### Teach delayed gratification

Resilience means understanding you can't always have what you want as soon as you want it. It's an important concept to pass on in the age of Amazon Prime, Spotify, Netflix and Uber. Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without the ability to defer pleasure and reward, our kids are losing an important skill for their wellbeing.

One of the best ways to teach it? Playing board games. These require impulse control, turn-taking, and mental flexibility. They exercise the prefrontal cortex, the rational part of the brain involved in decision-making, emotional regulation and, yes, resilience. Board games are also a good way for you to model resilience by being a good loser.

But there are no shortage of other ways to encourage delayed gratification: learning a musical instrument; listening to whole albums instead of skipping from track to track online; mastering a new sport; even watching a TV series together week by week, instead of bingeing in a couple of sittings.

### Eat the alphabet

Nutrition has a significant impact on mental health. Good-quality food changes the composition of our gut bugs, which helps send calm signals to the brain. Poor-quality, highly processed food sends stress signals instead. A diverse diet, rich in fibre, will lead to greater diversity in our gut bugs, which in turn will help make us more resilient, and anxiety and depression less likely. Persuading kids to eat more healthily can feel like an uphill battle, though, especially if they're fussy, so this is not about becoming a top chef – just trying a few tricks that can really benefit them emotionally.

I like to challenge the whole family to "eat the alphabet" over 30 days. I think it's a realistic goal to consume 26 different plant foods in a month: A for asparagus, B for banana, C for chickpeas, and so on. It turns healthy eating into a game, and encourages children to try new foods. Turn it into a competition and see who can tick off all the letters first.

## Model gratitude

Instead of pestering your children with questions such as, “How was school?” and, “What did you do today?”, teach them to reframe their day.

The following is a game I learned from a friend, who played it with his daughter over dinner. Everyone must answer three questions:

- 1) What did someone do today to make you happy?
- 2) What did you do to make someone else happy?
- 3) What have you learned today?

I love this simple exercise for how it helps us all find the positive in every day. It teaches gratitude, nurtures optimism, and recognises kindness. It doesn't matter what may have happened at work or school, or how stressed any of us may have felt when we sat down at the table; the whole mood seems to lift once we've played this game. I learn things about my kids that they'd probably never have thought to tell me otherwise. Try it. It might just become the highlight of your day.





### Smart Watches

In line with both our Acceptable ICT Use Agreement and our Privacy Policy, the wearing of **smart watches at school is not allowed at Lisieux**. Naturally parents can make their own decisions about whether their children have the maturity and responsibility to use these devices out of school hours, but during the school day, we closely monitor the use of technology and the wearing and / or use of the smart watches is not in line with our approach.

If your child has a smart watch, please ensure they do not wear it or bring it to school. Any child found to have such a device at school will be required to hand it in to Reception, where it will be safely stored until such time that a parent can collect it. Thank you in anticipation of your support in this matter.

### Project Compassion

Students are encouraged to save and collect coins in their Project Compassion box during Lent. On the final day of term, we will host a coin trail contest between classes. On the same morning, we will hold our annual Easter Bonnet Parade-please mark this in your diaries as it is always a special event.

## Introducing...staff member, Emma Clancy

### What is your role at Lisieux?

Year 2 Teacher in Spotted Eucalypt.

### Where did you grow up / go to school?

I grew up on a large cattle farm in rural North Central Victoria. I moved to Geelong for my secondary years and went to Sacred Heart College.

### How do you like to spend your spare time?

Camping and adventures! I love being outdoors with my family and my newly adopted Australian Shepherd dog, Minnie.

My favourite book is 'The Bronze Horseman' by Paullina Simons, I read all genres but I do love a book set in the past!

My favourite delicacy to indulge in is a chocolate almond croissant!

Some of the extraordinary experiences I have had whilst travelling are:

Skydiving over Lake Taupo NZ, climbing the Eiffel Tower in Paris, walking alongside the Berlin Wall, cycling and spending time in remote communities in Vietnam with no power, eating hotdogs in Central Park, New York and walking around the Colosseum in Rome whilst eating gelato.

My favourite dessert to bake is a lemon meringue pie made with the large, zesty lemons from my parents' garden.

### What are you enjoying about the Lisieux community so far?

I am absolutely loving how welcoming and friendly everyone has been, every day I walk into school with a smile on my dial.

### What are you most looking forward to at Lisieux this year?

I am looking forward to building relationships with everyone in the community and being a part of each student's journey.



## **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**

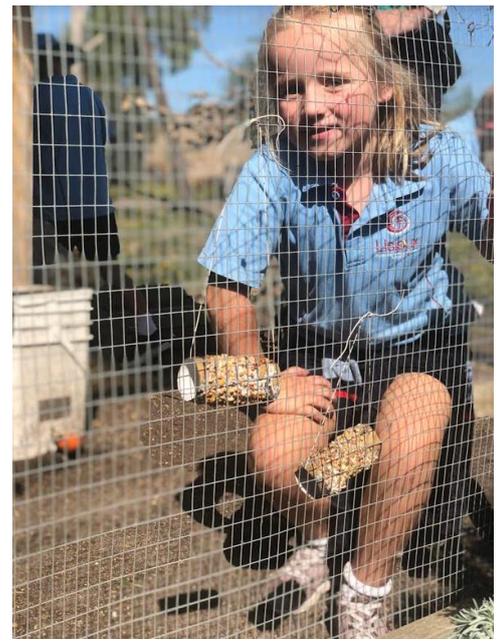
***Come and see our learning community in action...***  
*Visit our classrooms and hear from our Principal about what we offer.*  
*We believe you'll be excited by our vision.*  
***Group tours currently being offered  
weekly throughout March.***

To Register Phone: 9089 6614      [www.lisieux.catholic.edu.au](http://www.lisieux.catholic.edu.au)



LEARNING COMMUNITY IN PICTURES







# COMMUNITY NEWS



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## INFORMATION MULTI-SPORT

FOR PARENTS PROGRAMME

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

This term we will focus on the following sports:

- ✓ Soccer
- ✓ AFL
- ✓ Basketball
- ✓ Rugby
- ✓ Tennis

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 6 students.

**\$144 FOR 9 WEEKS!**

Sign up anytime, and only pay for the weeks remaining in the term.

**School: Lisieux Primary School**  
**Day: Every Tuesday after School**  
**Start Date: Tuesday 26th April**  
**End Date: Tuesday 21st June**  
**Time: 3:30pm - 4:40pm**



### BOOK EARLY & SAVE

Sign up online before April 5th to receive a 10% discount.

**Website:** [kellysports.com.au](http://kellysports.com.au)  
**Contact:** Nick Clydesdale  
**Email:** [geelong@kellysports.com.au](mailto:geelong@kellysports.com.au)  
**Phone:** 0497 770 909  
**Facebook:** Kelly Sports Australia





Lyette Hayden  
0415 986 471



Suzy Jones  
0438 438 388



## LINKS Property Happy Easter Colouring Competition 2022

Colour in this picture as best you can and then ask a parent or guardian to take a photo of your work and post it on the LINKS Property Facebook page or direct message to us on Instagram. First prizes will be given for three age groups, 3-5, 6-8, and 9-12 year olds. Each age group will have one lucky winner selected to WIN \$50! Entries close Thursday 28th April, 2022. Post your coloured artwork to facebook.com/LinksProperty/SurfCoast or Instagram @linksproperty. One entry per child. Free to enter for Surf Coast residents only. Happy colouring!

Full T&Cs available at [www.linksproperty.com.au](http://www.linksproperty.com.au)

Child's name: .....

Age: .....

As Parent/Guardian I give my child permission to enter the LINKS Property Happy Easter 2022 colouring competition.

Parent/Guardian name: .....

Signature: .....

Illustrated by Sophia Crawley. @searhandtidedstudio



Parents & Friends Meeting

ALL WELCOME!  
at Lisieux Catholic  
Primary School

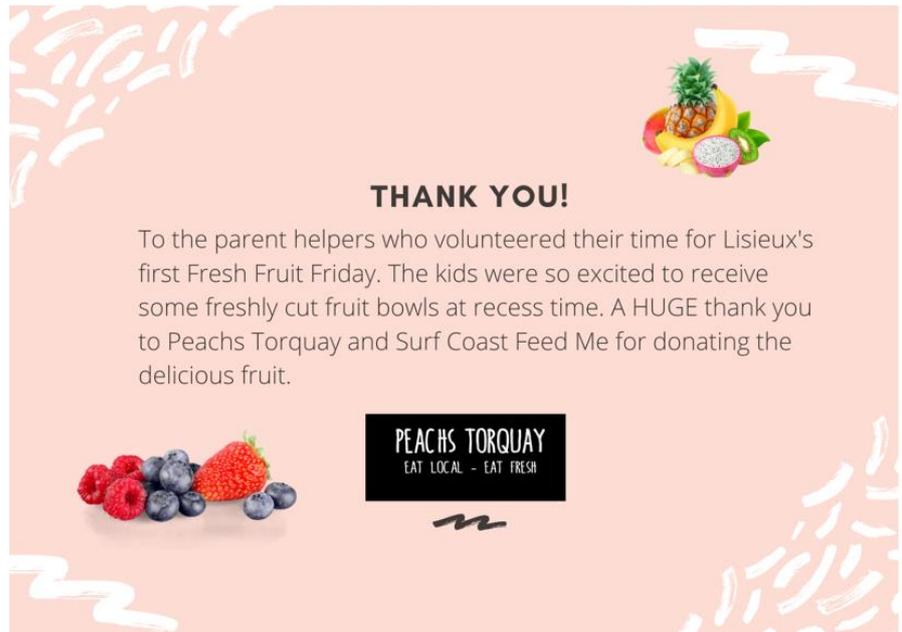
7PM

Thursday 17th  
March 2022



**THANK YOU!**

To the parent helpers who volunteered their time for Lisieux's first Fresh Fruit Friday. The kids were so excited to receive some freshly cut fruit bowls at recess time. A HUGE thank you to Peachs Torquay and Surf Coast Feed Me for donating the delicious fruit.



**DON'T FORGET!**  
*Easter Raffle*

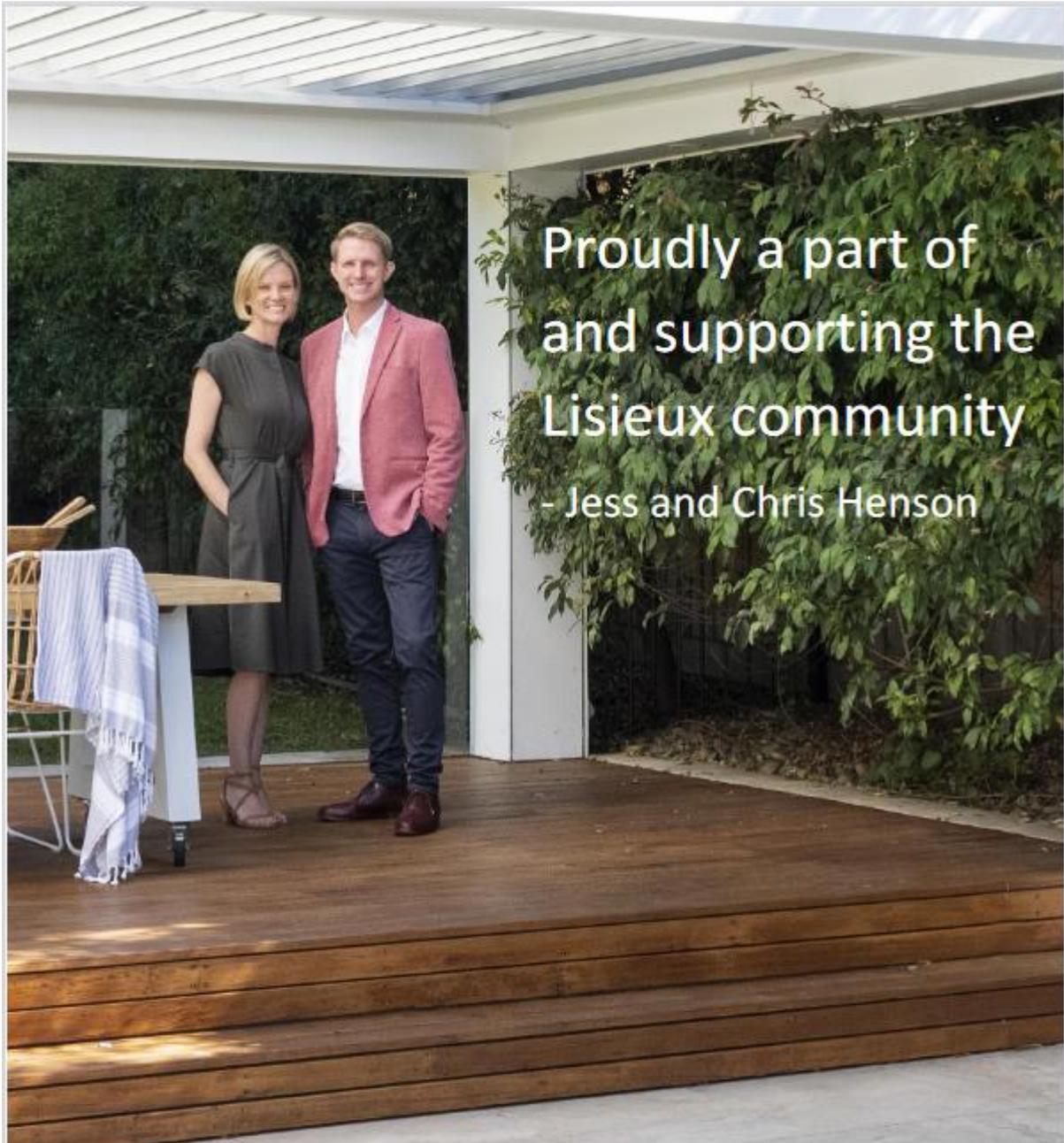
TO CELEBRATE EASTER THIS YEAR, LISIEUX WILL HOLD AN EASTER RAFFLE. IF YOU CAN HELP, WE WOULD LOVE FOR EACH FAMILY TO PLEASE DONATE SOME EASTER THEMED PRIZES. THIS WILL CONTRIBUTE TO PUTTING TOGETHER SOME EASTER HAMPERS!

**EASTER CHOCOLATES**      **FOR EXAMPLE:**      **EASTER EGG CUPS**  
**EASTER CRAFT PACKS**      **EASTER COLOURING BOOKS**

Thanks for your ongoing support.

**DONATION BOX IN THE FRONT OFFICE**





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](mailto:chris.h@oneagency.com.au) | 0477 774 271

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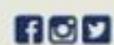
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# TUTU'S

STARTING  
APRIL 5<sup>TH</sup>



## In Torquay

### Come dance with Miss Remy!

Tuesday and Friday mornings.  
Mums & Bubs: 9.30-10am (both days)  
Tutu Ballet - 10.10-10.50am (both days)

\*No uniform; wear your favourite tutu  
(Tutu's available to wear at class if you forget)

**TIA, 12 Price St, Torquay.**  
Parking available as well as ramp for strollers

Classes are \$14 each  
You can buy a 5 class pass or a 10 class pass  
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Tutu's in Torquay

## EDUCATION WEEK 2022



The Surf Coast Times, Armstrong Creek Times, Bellarine Times and Geelong Times will publish a dedicated and informative report on Thursday 19th May 2022 in Celebration of Education Week which will commence from Sunday 22nd May and conclude Saturday 28th May 2022.

This year's Education Week 2022 theme is '150 YEARS OF PUBLIC EDUCATION'; this is an opportunity for all primary and secondary schools, higher education providers, and early childhood education and care services to commemorate the past, celebrate the present and imagine the future of education in Victoria

### DATE

Thursday 19th  
May 2022

### DEADLINES

BOOKING DEADLINE  
Thursday 5<sup>th</sup> May, 2022

AD BUILD DEADLINE  
Tuesday 10<sup>th</sup> May, 2022

SUPPLIED MATERIAL  
Thursday 12<sup>th</sup> May, 2022

EDITORIAL DEADLINE  
Thursday 5<sup>th</sup> May, 2022