

known and loved

ISSUE 11 | 28<sup>th</sup> April 2022  
**SCHOOL CALENDAR**



## FROM THE PRINCIPAL

Dear members of the Lisieux community,

Welcome to Term Two! It certainly is a positive start – no masks, fewer regulations, a bit closer to ‘normal’ times – very exciting! It promises to be an action-packed term and we’d love to see family members involved in the life of the school so please come along to whatever events you are able to support. Coming up in the first few weeks, we have our Sports Carnival this Friday (on our oval), our Mothers’ Day High Tea next Thursday and our Mothers’ Day Liturgy next Friday. Our Year 3/4 students will also head off on an overnight camp in Week 4 and Year 3 students will celebrate the Sacrament of Reconciliation later this term.

Our Mothers’ Day High Tea has been a Lisieux tradition since our very first year in the Carmel Centre. This year we are changing the format a little to encourage mixing and chatting so it should be a great opportunity to get to know a few people. We do understand that not all mums will be able to attend as it is a day time function, however, it is never possible to cater for all needs and please note that other special female role models (grandmothers, aunties, etc) are welcome to come along. Please see details of how to book your ticket later in this edition of The Tide.

Another important date to mark in your diary is Monday 9 May. On that day all students will be participating in cyber safety workshops and in the evening at 7pm we are hosting ‘Parenting in the Digital World”, facilitated by eSmart, part of the Alannah and Madeline Foundation. This is such an important topic. Cyber safety and cyber bullying was the area of my PhD study, which I completed in 2017, and in the 5 years since then, the issue has become even more critically important. As we know, being ‘connected’ has a very different meaning for young people today than it did for their parents with the boundary between being ‘online’ and ‘offline’ often blurred for young people. The impact of social media and gaming on our young people is now huge, with a potential connection between excessive online activity being linked to increased levels of psychological distress and problem behaviour. This is a topic that every family needs to know more about. I urge you to come along and join in the discussion. Tickets are free, however, you are asked to register <https://www.trybooking.com/BZFBV>

### APRIL

Fri 29<sup>th</sup> School Sports Carnival  
9am-2.30pm  
See attached program

### MAY

Mon 2<sup>nd</sup> Prep- Yr 6 Brainstorm  
Productions

Tues 3<sup>rd</sup> Interschool Cross  
Country

Thurs 5<sup>th</sup> Mother’s Day High Tea  
2pm

Fri 6<sup>th</sup> Mother Day Liturgy  
2.15pm

Mother’s Day Stall  
12pm (please send \$5  
per child)

Mon 9<sup>th</sup> Cyber Safety  
Presentation 7pm  
Multi Purpose Room  
All parents welcome

Tues 10<sup>th</sup> Year 5/6 Sea Living &  
Growing Program

Mon 16<sup>th</sup>-  
Tues 17<sup>th</sup> Year ¾ Camp

Next month our Year 3 and 5 students will undertake NAPLAN tests. NAPLAN is a national assessment tool which assesses the literacy and numeracy skills that students are learning through the school curriculum and provides data which allows parents to see how their child is progressing against national standards and over time. As I reinforce each year, NAPLAN does not and cannot measure creativity or engagement; it doesn't measure students' enjoyment of learning or their persistence to master a skill or use a skill outside of a test situation. It doesn't measure a child's wellbeing. In essence, NAPLAN will provide some data about a specific moment in time and will only tell part of the story of student achievement. I urge parents to keep this in mind. Currently, our Lisieux wellbeing team is undertaking research to look at tools that could help us collate data on the longitudinal wellbeing of our students, as we believe this will be an equally valuable set of data to collect and share. If parents have any concerns about their child participating in NAPLAN tests this year, please contact your child's teacher directly.

God's blessings for the week ahead,

Susan Ryan

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

Principal



*Lisieux Mother's Day  
High Tea*

We are thrilled to welcome all Mums,  
Grandma's, Special Women in our children's  
lives to celebrate Mother's Day at our annual  
Lisieux Mother's Day High Tea.  
Come along on Thursday May 5th at 2pm for a  
glass of bubbles, finger food and great company.  
Tickets are \$5 each.

TO PURCHASE TICKETS PLEASE LOGON TO  
[HTTPS://WWW.TRYBOOKING.COM/BZEU](https://www.trybooking.com/BZEU)



# PRAYER

Monday 25 April was Anzac Day. On our first day of term, we held an ANZAC Day service, commemorating the contribution of all those who have served Australia in times of war or peace-keeping operations. As people of faith, we honour and remember the sacrifice of our forebears, and actively work to be people of hope who work for peace in our world.

Lord God,

Help us to remember the sacrifice of the first ANZACs,

The generations of men, women and children who have died in the cause of peace.

Help us to remember those who bear the scars of their service- physical, mental and spiritual.

Help us to remember those who had to say goodbye- widows and widowers, parents and children, sisters and brothers, girlfriends and boyfriends, and all who anxiously waited.

We give thanks for the peace and security we enjoy, which was won for us through the courage and devotion of those who gave their lives. May that spirit live on in us and in generations to come.

Save us from every glorifying war and its horrors and tragedies, and lead us to be advocates for peace.





# STUDENT LEARNING & ACHIEVEMENTS

## SURF COAST EXPRESS

### Kids fun day

\$3

Friday 4th of March 2022  
 Possum Pete from Great Ocean Road council spoke to the students of Lisieux Catholic Primary school about marine life.

They split up into two groups to clean up and go on a marine walk. They went to Aireys Inlet Lighthouse to go and clean up. It was Clean up Australia Day.



## THE LISIEUX SUN

2\$

### Is it really fun in the sun?

Friday Saturday Sunday

Students from Lisieux primary last Friday battled against the boiling sun needing shelter and water.

3/4 students from Lisieux went to a town called Aireys inlet. It was a utterly boiling day. So when they got there they started to listen to Possum Pete talk about marine life in the river.

A 3/4 student called Indie Gooch said her favourite part about beach discovery was the Sand scripture the Sand scripture compella. "I was super excited to come 'Thind expird Indie' Indie also said she saw some wonderful shells in the sanctuary but possum pete said she couldn't take the shells Possum Pete had lots of interesting things to say.

People the final shorts still had a great day and yes they did have fun.

## LISIEUX TIMES

3\$

### Sea salt sun shine

Friday

By Indie Gooch

3/4 loved cleaning up the beach.

Students from Lisieux catholic primary travelled by bus last friday to Aireys inlet.

They first sat down on the grassy lawn in the scorching sun.

The 3/4 students started eating their fruit snack when they met a tour guide called possum Pete.

They started to listen to him he explained that some 3/4 were to clean up some of the beach and others were to explore the sanctuary.

They started to listen to him he explained that some 3/4 were to clean up some of the beach and others were to explore the sanctuary.



## Children and gaming devices – the red flags and when parents need to be concerned

- written by Martha Thurstan via [www.parents-guide.com.au](http://www.parents-guide.com.au)

Over the last year or two I have noticed that my 9 year old son has become less and less interested in toys, books, pets, imaginative play and even TV. Instead he gravitates constantly to his tablet. Although he is an only child, life naturally limits his access – school, family activities and sports take up a lot of his time, but when he has any down time he now automatically spends it on his tablet unless I insist he does something else. This one-track focus has been worrying me for some time, and I decided to do some research into kids' use of videogames, appropriate amounts of time to spend gaming, and when parents should intervene.

In May 2019, the World Health Organisation (WHO) recognised 'gaming disorder' as a behavioural addiction and added it to the International Classification of Diseases. They recognised that too much gaming can tip over into addiction, having a detrimental effect on many aspects of a young person's life and impacting families.

In the light of this, should I be actively curbing my son's obsession with using his tablet for Minecraft and YouTube at every opportunity? What are the warning signs I should be looking for? When does over-enthusiastic gaming tip over into something more serious and approach the boundaries of addiction?

I know there are many other parents out there who share my concerns, and wonder how to address these problems with their own kids. In fact a survey carried out in 2018 showed that approximately half of parents of school-age children worry about their kids becoming addicted to computer games. I've collated the information I have found and I hope it will be useful to other parents looking for advice.

### Addiction is rare

Firstly, some reassurance. Gaming disorder is not something that happens to every child who enjoys video games. It affects a tiny proportion and usually takes a long while to develop into a full blown addiction, giving parents ample time to take mitigating action. Gaming disorder is a new phenomenon but the data gathered so far suggests that teens and young people, especially boys, are most susceptible. There is also a correlation between those that suffer from anxiety, depression or similar mental health conditions and those that are more likely to become addicted.

### What is gaming addiction?

The WHO defines gaming disorder as a *"pattern of gaming behavior ("digital-gaming" or "video-gaming") characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences."*

The WHO also states: *“For gaming disorder to be diagnosed, the behaviour pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months.”*

So in other words, it's not really the quantity of gaming by itself that is problematic, it's the way this affects the gamer and other areas of their life. However, it follows that the more hours spent gaming per day or week, the more the risks of developing a dependency are increased.

### How to spot the warning signs

As parents in the internet age, an era of omnipresent tech and toxic social media, we have much to be vigilant about and – in my case – much to learn. To find out more about how to prevent gaming disorder before it develops I have read several good articles on the subject, many by experts in the field, and they all agreed on the main indicators that point in the direction of addiction. They also agree that if there is any chance the behaviours you see could be due to a developing addiction, early detection and treatment are always best.

I have summarised what the experts say we should look out for.

- Excessive use, constant references to gaming, extreme reluctance to stop playing (anger and/or aggression).
- Disruption of essential activities such as interfering with sleep patterns, disinterest in meals, poor personal hygiene.
- Physical effects such as sore wrists and hands, sore eyes, back and neck pain.
- Increased anxiety, mood swings, impact on relationships with family and friends.
- Distracted, fidgety, frustrated and agitated when not able to play.
- Avoidance of school or other obligations in order to game, leading to an impact on performance.
- Lying to loved ones about time spent gaming and subsequent impact on other areas of life.

In the USA, medical authorities have put together a list of symptoms for children and adults to consult. If they tick 5 or more and these persist for 12 months then a diagnosis of gaming disorder will be made.

- Thinking about gaming all or a lot of the time
- Feeling bad when you can't play
- Needing to spend more and more time playing to feel good
- Not being able to quit or even play less
- Not wanting to do other things that you used to like
- Having problems at work, school, or home because of your gaming
- Playing despite these problems
- Lying to people close to you about how much time you spend playing
- Using gaming to ease bad moods and feelings



## Treatment

Early intervention has the most positive outcomes so it's worth checking in with your family doctor if you feel that your child's gaming behaviour is on the way to becoming compulsive. If gaming disorder is diagnosed (a very small proportion of those assessed receive this diagnosis) a referral to a psychologist will determine the right course of treatment and can vary from CBT to residential detox programs and 12-step style addiction courses that promote abstinence.

## Prevention

If, like me, you have been reassured by the experts that your child does not meet the criteria for gaming disorder but you feel you would like to reduce the hours spent gaming, there are a few strategies to consider.

- Start by sharing your concerns with your child. Explain to them that gaming is known to be addictive and perhaps read through the symptoms above with them if they are old enough, so that they can appreciate your concerns and understand that this can be a real problem. An open conversation about gaming addiction, its consequences and its warning signs will hopefully allow the dialogue to continue going forward.
- Agree some gaming rules with your child and stick to them. Make a schedule with allocated gaming time, negotiated together to ensure the child feels respected and involved in decision making.
- Sign your child up for fun activities after school or at weekends and during school holidays. Engaging with peers doing something they love offline can be a gamechanger.
- Build daily exercise into your child's routine. Even better if you can participate too, so the child gets extra attention free from devices. Gaming usually involves sitting stationary indoors, so fresh air and exercise is even more important.
- Nurture other passions. Aim to identify what else your child is passionate about and allow them to design a program to explore that passion. Maybe your child loves cooking – set a goal and enable them to learn something new. The basics of a particular cuisine or the art of baking, for example. If you can stretch to a cookery course even better. If their only goals are tech related, run with it. Perhaps they could learn coding, programming or build their own PC. Often parents will need to be involved in maintaining momentum and financing for such a project.
- Be supportive. If your child struggles to reduce their time online or to embark on new projects to distract from devices, repeated telling offs are unlikely to produce results. Positive feedback is proven to be far more effective than negative. Offer your empathy and your practical help (driving them to sports clubs, arranging activities with friends, helping them embark on a new hobby) to enable them to be successful in their attempt to cut down on gaming.



Cyber safety workshops for all P-6 students will take place on Monday 9 May at school. The parent session will be held in the Multi Purpose Room at 7pm on the same date. To register please follow the link: <https://www.trybooking.com/BZFBV>

# eSmart Connect

alannah & madeline foundation



## PRIMARY SCHOOL WORKSHOPS

### 3 Cs of Cyber Safety (Grades 3-6)

A general cyber safety session tailored to individual year levels from Years 3 to 6. The workshop provides an overview of the key cyber safety topics and protective factors. The 3 Cs – Contact, Conduct and Content – supports young people to be smart, safe and responsible online.

#### Be Cyber Smart with Buddy (Prep)

A general cyber safety session delivered with input from Buddy Bear. Students are taken through steps and given strategies on how to navigate their ever-growing online world safely.

"THE KIDS LOVED IT!"

#### Be Cyber Smart with Buddy (Grades 1-2)

A general cyber safety session delivered with input from Buddy Bear. Students are taken through steps and given strategies on engaging safely online with a focus on video apps and games.

"RAISED MY AWARENESS"

#### Teaching in the Digital World

A professional development workshop exploring the latest trends, apps, traps and big issues to best support teenagers navigate the digital world. School staff will gain an understanding of effective responses for cyber bullying and become aware of the latest and best industry resources.

"VERY INSIGHTFUL"

#### Parenting in the Digital World

With the option of face-to-face or an online delivery, this workshop will provide insight into the online worlds of young people including the latest trends, risks and research with a strong focus on social media and gaming. It also focuses on advice parents can use to help manage a child's life online.





## Sports Carnival

Please note our Sports Carnival will take place, weather permitting, this Friday 29 April. This year we will be making the most of our new oval and holding it at school.

The morning block will be when the junior students complete most of their events so if you have P-Year 2 children, come along during the morning. Year 3-6 students have an anticipated finish time of 2:30pm. All events on the day will be scored in house groups: Parrwang (green); Bundjil (red); Kunuwarra (blue); Gherang (yellow). Students are encouraged to wear items that distinguish their house e.g. coloured top, socks, head band, etc.

	Prep Girls	Prep Boys	1 Girls	1 Boys	2 Girls	2 Boys	¾ Girls	¾ Boys	5/6 Girls	5/6 Boys
9.00-9.15	Sack Race	Egg and Spoon	200m	200m	200m	200m			Helping to Organise Preps	
9.15-9.30	Long Jump	Sack Race	200m	200m	200m	200m				
9.30-9.45	Long Throw	Long Jump	200m	200m	200m	200m				
9.45-10.00	200m	200m	Sack Race	Long Jump	Long Throw	Egg and Spoon				
10.00-10.15	Fruit Break	Fruit Break	Egg and Spoon	Sack Race	Long Jump	Long Throw	Discus	Shot Put	200m	
10.15-10.30	Egg and Spoon	Long Throw	Rest	Rest	Sack Race	Long Jump	Discus	Shot Put		
10.30-10.45	50m Sprint	50m Sprint	50m Sprint	50m Sprint	50m Sprint	50m Sprint	<b>CHEERING ON PREP SPRINT RACES</b>			
10.45-11.00										
11.00-11.20										
11.20-11.50	Recess									
12.00-12.15			Long Throw	Egg and Spoon	Rest	Sack Race	Shot Put	Discus	70m Hurdles	100m Sprint
12.15-12.30			Long Jump	Long Throw	Egg and Spoon	Rest	Shot Put	Discus	100m Sprint	70m Hurdles
12.30-12.45							100m	70m Hurdles	Discus	Shot Put
12.45-1.00							70m Hurdles	100m	Shot Put	Discus
1.00-1.50	Lunch									
2.00-2.30pm							200m		Finish any Shot Put/Discus Support 3/4s	

## Religious Education News

### Mothers' Day

All mothers, grandmother and special female role models of the Lisieux community are welcome on Friday 6<sup>th</sup> May to attend a special Mother's Day Liturgy at 2:15 PM. You are all then welcome to visit your child's class to see what they have been learning and just enjoy being in their classroom again.

Hope to see you all there!

### Reconciliation

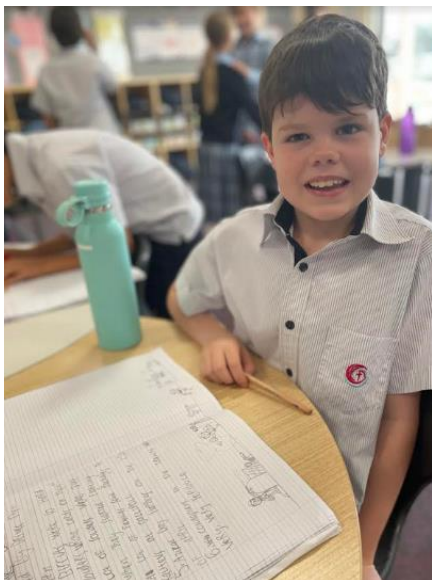
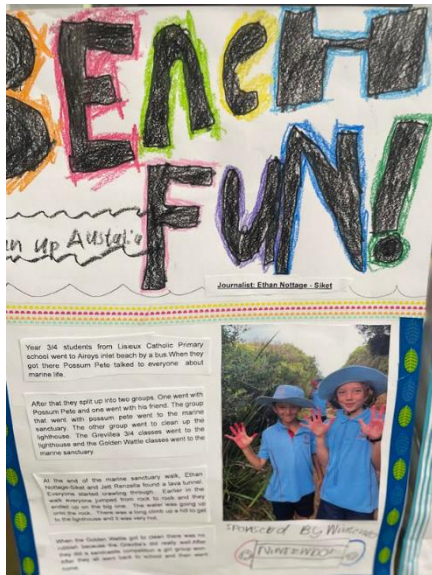
This term the Sacrament of Reconciliation is on **Tuesday 21st June** at St Therese Church at 5 PM.

### White Sacramental Stole

Children making their Reconciliation will require a white stole which they will also use for their Eucharist and Confirmation when the time comes. If you wish to purchase one, they are available from ['Gracious Glymphs'](#). Please contact them as soon as possible as they can get very busy.

If you have any queries about any of the above mentioned, please do not hesitate to email

Ron Dando- [Ronald.dando@lisieux.catholic.edu.au](mailto:Ronald.dando@lisieux.catholic.edu.au)





**The Torquay Times**

---

**Fun in the sun**

Journalist: Ollie Symes

The twist cleanup

Friday the 4th the kids of lisleux went to Aireys Inlet. Jett Renzella had red hands! It was crazy.

Ethan Nottage Siket shouted his favourite rock was the lava rock.



They went to the river mouth to do a cleanup. Possum Pete said "you guys are great citizens".

For cleanup our beach Jett Renzella said he had never seen a leaf spider. It was so fascinating. Jett said.

Students of lisleux loved the beach.





# COMMUNITY NEWS



**SURF COAST**  
LITTLE ATHLETICS

# CROSS COUNTRY

Whether you're representing your school, keeping fit for other sports or just want to improve at running...

**Little Athletics Cross Country season is for you!**

 [surfcoastlittleathletics.com](http://surfcoastlittleathletics.com)



**HAVE FUN**  
with your mates  
**12 WEEKS \$70**

-  15 May — 7 August
-  9am Sundays
-  4 different courses

## EASTER RAFFLE

WOW! What an amazing effort for our very first Easter Raffle. As a whole school community we raised \$1281.70. Your generosity with donating and buying the raffle tickets made it a success. A big thank you to all the P & F volunteers who gave up their time to put together the booklets, hampers and be there to hand out all the prizes!

## MOTHER'S DAY STALL

On Friday 6th of May the P & F will be running the Mother's Day stall. We are calling on any Dads to volunteer their time to help with the stall. We would love to see some new faces if you are available at 11.50am on the day to sell. The special Mother's Day packs will be \$5.

## 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](mailto: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	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](mailto:lisieuxpandf@gmail.com)

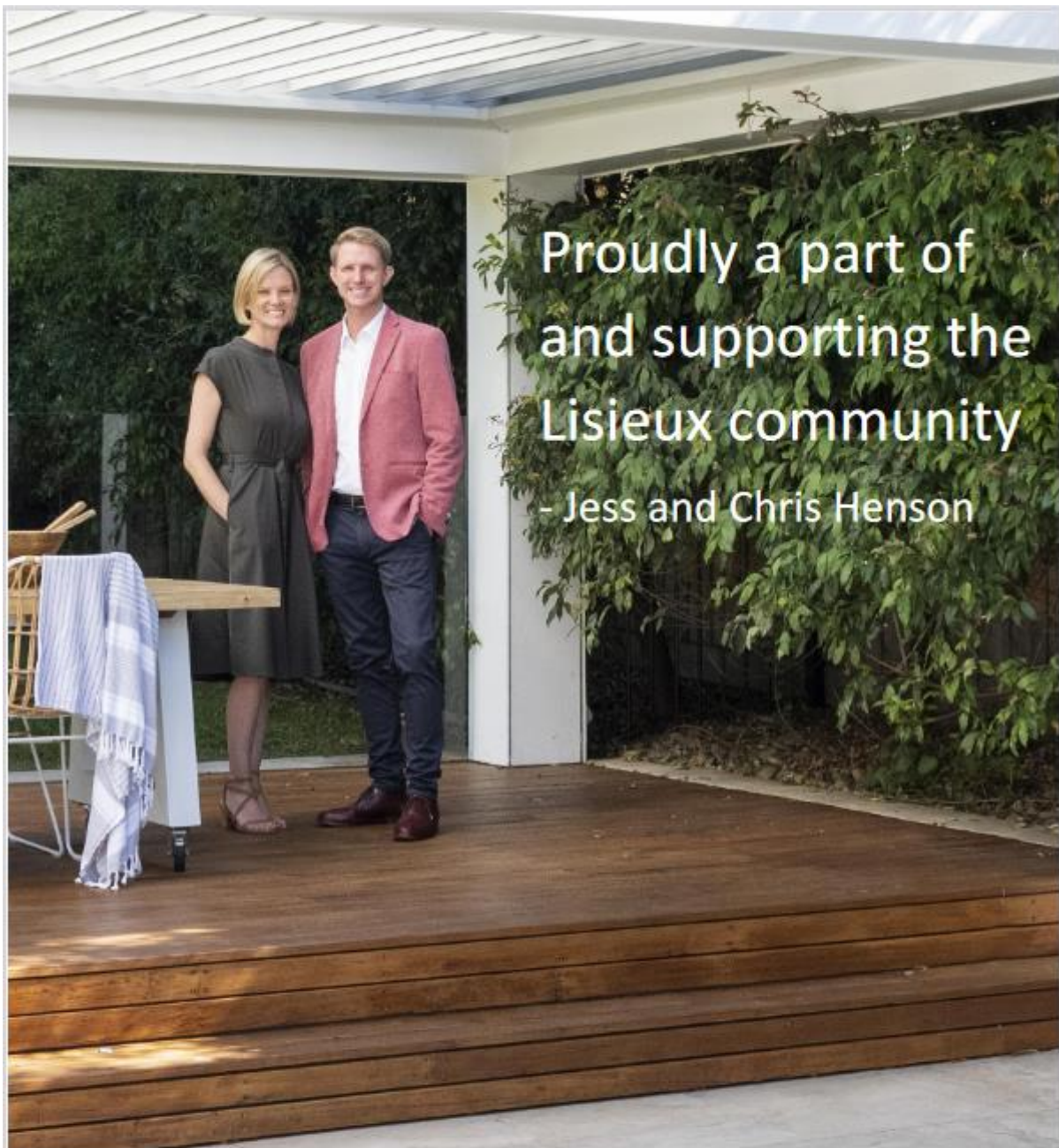
## Facebook Groups

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

**ONE**AGENCY  
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.



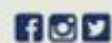
Suzy Jones  
0438 438 388  
sjones@linksproperty.com.au



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

5261 5155

| [linksproperty.com.au](https://www.linksproperty.com.au)



# 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](mailto: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





Online enrolments  
now open.