



Lisieux
CATHOLIC PRIMARY SCHOOL



FROM THE PRINCIPAL

Dear members of the Lisieux community,

I suspect many parents have read 'Phosphorescence' by Julia Baird (if you haven't, do yourself a favour and get a copy.) Julia is an Australian journalist, author and occasional host of The Drum on ABC. Her non-fiction book 'Phosphorescence' mixes personal story with science and reflection, with a key message relating to finding 'the light within' to sustain us and cultivate true happiness. Much of the book talks about the importance of 'being present' and of seeking awe, and nature daily. She refers to scientific research about the impact of exposure to sunlight, trees, water or even just a view of green leaves, and how it has been shown to influence health and happiness. She also references Indigenous elder, Miriam Rose, of the Daly River, Northern Territory, who in her Ngangikurungkurr language refers to the term *dadirri* or 'inner, deep listening and quiet, still awareness.' So much of Julia Baird's book reinforced for me that our Lisieux commitment to outdoor learning, mindfulness and connection with nature is so vitally important. Miriam Rose explains the importance of *dadirri* when she says, "When I experience *dadirri*, I am made whole again. This is the gift that Australia is thirsting for. It is something like what you call 'contemplation'. The contemplative way of *dadirri* spreads over our whole life. It renews us and brings us peace. It makes us feel whole again."

At the same time that many people, including educators, are realising the vital importance of stillness and connection to nature, we know that our young people are more 'connected' to technology than ever before. Most Australian children spend more time on screens than is recommended. There is strong evidence that excessive screen time has negative effects on motor and cognitive development; school performance; social and psychological wellbeing; body weight; and, can also impact behaviour, anxiety, hyperactivity, attention and self-esteem. This is a topic that all parents /carers need to be aware of, in order that agreed family practices can be adopted to support children's learning and wellbeing. If you have not yet registered to attend our Cyber Information evening being held next Monday 9 May, hosted by The Alannah and Madeleine Foundation, I strongly encourage you to do so. Please come and be part of the conversation and hear from experts on this topic. The trybooking link can be found via and the event is free for our families: <https://www.trybooking.com/BZFBV>

MAY

- Fri 6th Mother Day Liturgy
2.15pm
- Mother's Day Stall
12pm (please send \$5 per child)
- Mon 9th Cyber Safety
Presentation 7pm
Multi Purpose Room
All parents welcome
- Tues 10th Year 5/6 Sea Living &
Growing Program
- Mon 16th-
Tues 17th Year 3/4 Camp

We were blessed with good weather for our Sports Carnival held last Friday on our oval. It was a wonderful day and special thanks must go to overall coordinator, Mr Dean Roberts. Congratulations to all students for wonderful involvement and house spirit on the day. Special congratulations to Gherang who were the overall winning house on the day!

This afternoon we have hosted our Mothers' Day High Tea, once again a very successful event with 70 mums or special female role models in attendance. It was wonderful to welcome so many into our learning community and have the chance to chat and share stories. Don't forget we are hosting a Mothers' Day liturgy tomorrow at 2:15pm, followed by an opportunity to visit your child's classroom.

May all mums, grandmothers and female role models know how special their role is in our lives and may they enjoy a beautiful day on Sunday.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



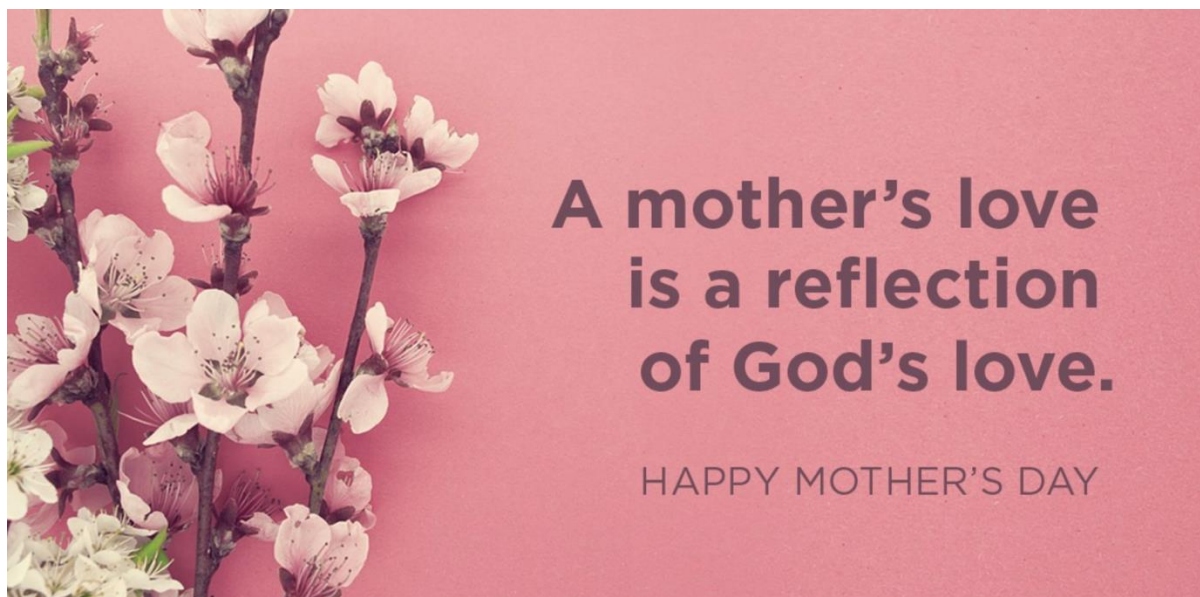
PRAYER

Good and Gentle Mother God,

We pray in gratitude for the gift of mothers and for all those who have life-giving roles in our lives – for their teachings, wisdom, patience and understanding.

We pray for those still waiting or wishing to be mothers, and for those who may never know this role. Bless them with strength. We pray for those who have lost their mothers or mother figures and who feel the loss of their presence. Bless them with compassion.

Amen.





Connect is on the way!

The Alannah & Madeline Foundation eSmart Connect team will be visiting Lisieux Catholic Primary School on Monday 9 May.

All students will be participating in their school program, 'Connect'. The 60 minute interactive workshop engages students in games, activities and discussion to promote positive online behaviours.

The Alannah & Madeline Foundation are trusted eSafety providers endorsed by the Office of the eSafety Commissioner.

"Thank you for such an engaging presentation!"
Classroom Teacher after Connect

 @eSmart_AMF
#eSmart


alannah & madeline foundation

 trusted
eSafety provider
esafety.gov.au





Why Kids Need Nature

KYLIE MCGREGOR looks at the importance of outdoor play and why children should be swapping screen time for 'green' time.

Recent research shows that our children are spending dramatically less time outdoors than previous generations and suffering what one expert has dubbed "nature-deficit disorder".

Climbing Trees: Getting Aussie Kids Back Outdoors is a study commissioned by environment group Planet Ark to investigate childhood interaction with nature and how it is changing. It reveals a huge shift in children's outdoor recreation time – reduced from 73 per cent to just 13 per cent in the space of one generation.

It also found that children are interacting differently with nature compared with the previous generation, with less than 20 per cent of children having ever climbed a tree and one in 10 playing outside only once a week or less.

Sonja Kuzich, a lecturer in education and sustainability at Perth-based Curtin University, says unstructured outdoor play is essential to a child's overall wellbeing.

"Studies are finding that outdoor play affects their cognitive, emotional and physical health," she says. "It has also been found to improve academic performance. And children with ADHD [attention deficit hyperactivity disorder] have also been found to perform better after contact with nature."

Kuzich cites another Australian study, *Growing up in Australia*, which showed that between 2004 and 2008, six to nine year olds spent (on average) just under two hours a day outdoors on the weekend, with the rest of their time spent on sedentary indoor activities. The result, she says, is a growing list of health issues including rising obesity, attention disorders and depression – the latter appearing at an increasingly early age.

Kuzich says the statistics are a wake-up call to reverse this trend and encourage children to venture back outside and reconnect with nature.

"Loving, living and learning through nature are an essential part of childhood," she says. "At a time when concerns about the state of the globe, environmental destruction, climate change and precarious political, social and economic conditions are paramount, there is an irony that children are being increasingly divorced from the very elements that may be the key to our future survival."

According to the *Climbing Trees* report, the main barriers to outdoor play are parents' concerns about crime and safety and a significant increase in time spent watching television and playing computer games.

Australians are not alone though, with US studies revealing that this "disconnection" with nature has become a worldwide issue. So much so that US author and chairman of the Children & Nature Network, Richard Louv, has coined the term "nature-deficit disorder" to describe the price of our children's growing alienation from nature.



The good news is that this trend can be reversed – with simple activities to encourage kids (and adults) to spend time in the great outdoors (see ‘Great Outdoor Activities’ box). And the pay-off is worth it. The *Climbing Trees* report cited numerous other research that demonstrated the physical, cognitive and general wellbeing benefits of outdoor play, including:

- Improved motor coordination and increased ability to concentrate.
- Greenery (such as trees and grass) in a child’s everyday environment reduces the attention deficit symptoms.
- While outdoors, a child is more likely to encounter opportunities for decision making that stimulate problem solving and creative thinking.
- An opportunity to learn vital social skills such as turn-taking, sharing, negotiation and leadership.
- The ability to improve emotional wellbeing, including minimising anxiety, aggression and sleep problems.

Even better – the benefits of nature-based play are just as good for big kids. “See nature as an antidote to stress,” says Louv in his book *Last Child in the Woods*. “All the health benefits that come to a child come to the adult who introduces that child to nature. Children and parents feel better for spending time in the natural world – even if it’s just in the garden.”



TAKE NOTE

Interschool Cross Country

Congratulations to the students who represented Lisieux in the interschool Cross Country on Monday. A great effort was shown by all and we are very proud of your contribution. The following students have qualified to proceed to the Division Cross Country in a few weeks' time:

Arlo Baranski, Ruby Barrett, Isabella Bradbury, Justin Cayzer, Archie Begg, Eddie Byrne, Justin Cayzer, Shari Furness, Kobe Leach, Harry Maw, Jackson Molloy, Maximus Sefton, Maeve Timms, Illara Topic.

Introducing...staff member, Miss Rhiannon Evans

Bonjour! My name is Rhiannon Evans and I am teaching Grade 3&4 in Grevillea 2. I have recently moved to Geelong from Melbourne to live closer to my sister, brother in law and beautiful baby niece. I'm originally from Ireland and moved to Australia more than five years ago.

In my spare time, I really love to go for walks with my puppy Henry, run and craft. I have completed a few marathons and love running with friends along the river and competing in different events especially if there's a medal at the end!

I love travelling and exploring new places, tasting delicious foods, meeting new people and experiencing different cultures.

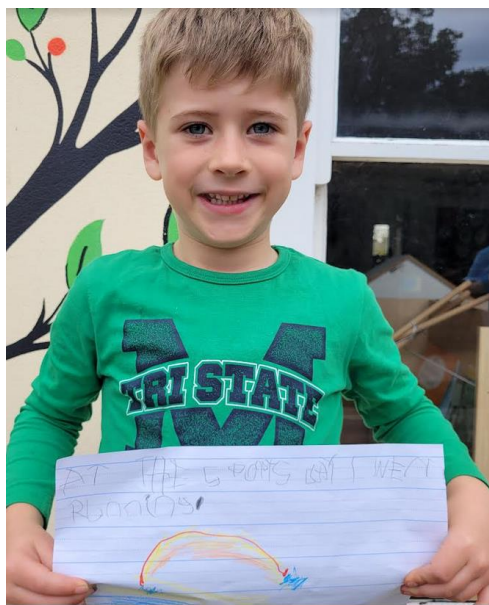
This year I am looking forward to getting to know the students and families in the school and celebrating the many successes that happen throughout the school year.





LEARNING COMMUNITY IN PICTURES







COMMUNITY NEWS





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"

ADULT WORKSHOPS

"VERY INSIGHTFUL"

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.

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.



Please register to attend via this link: <https://www.trybooking.com/BZFBV>

MOTHER'S DAY STALL



FRIDAY 6TH MAY

PFA are selling \$5 Gift Packs.

Don't forget to bring your money to school, to buy something at the stall.

THANK YOU!

To the amazing volunteers who help organise and give up their time to ensure our fundraisers & events are a success!



Parents & Friends Meeting

ALL WELCOME!

at Lisieux Catholic
Primary School

7PM

Thursday 2nd
June 2022

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.

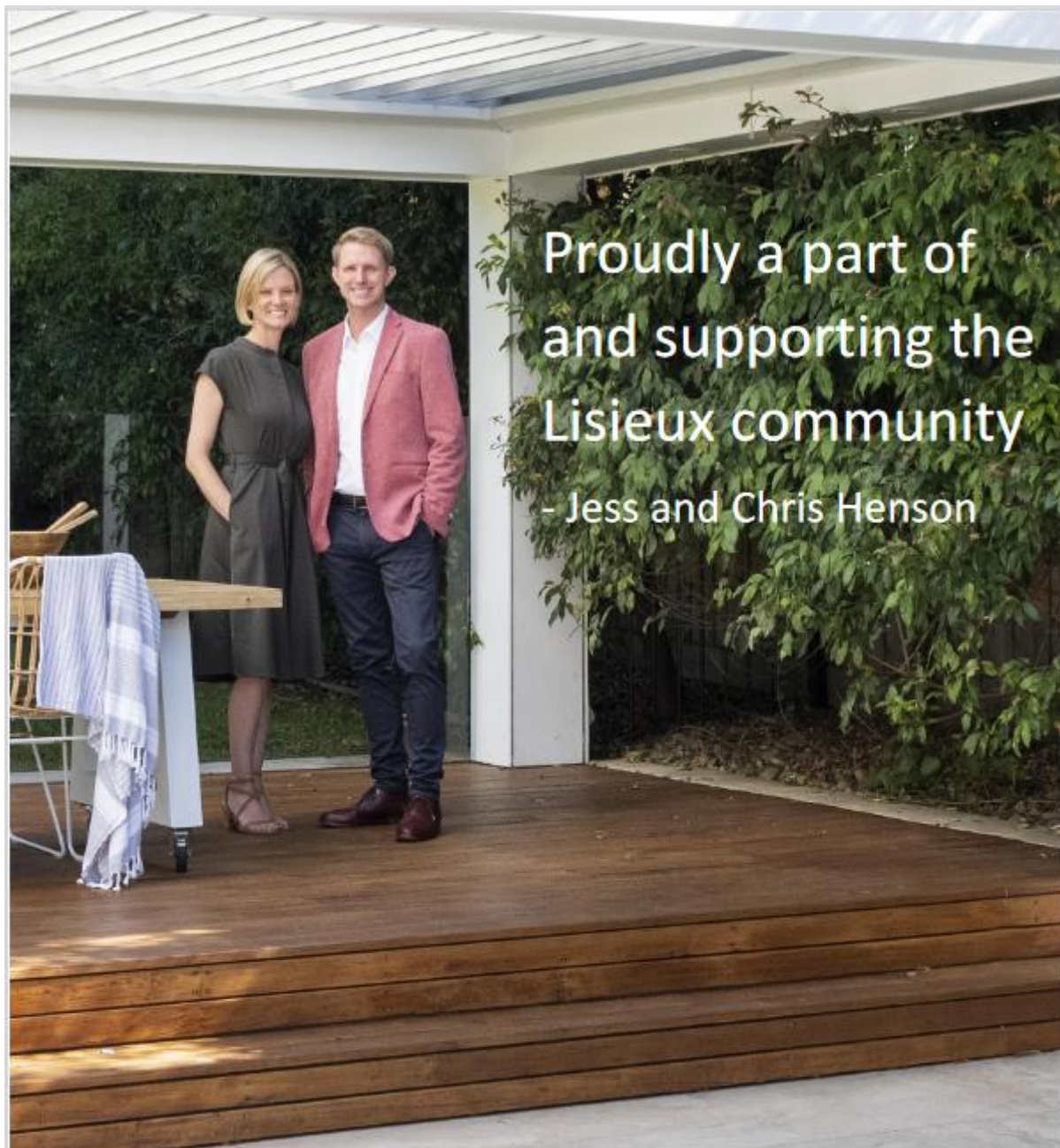
For Advertising Enquiries please contact Lisieux Parents and Friends Committee at: lisieuxpandf@gmail.com

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



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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through to home sales
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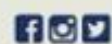
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