

known and loved

ISSUE 13 | 12<sup>th</sup> May 2022  
**SCHOOL CALENDAR**



## MAY

- Mon 16th-  
Tues 17<sup>th</sup> Year 3/4 Camp
- Tues 17<sup>th</sup> Year 5/6 SEA Living & Growing Program
- Fri 20<sup>th</sup> National Walk Safely to School Day
- Fresh Fruit Friday

## FROM THE PRINCIPAL

Dear members of the Lisieux community,

This week, as you know, we hosted cyber awareness and safety sessions for all students and for parents as well on Monday evening. I hope this provided opportunity for some discussions at home about safety in the online world. The presenter from eConnect, Ryan, reiterated some common-sense reminders such as:

- having agreed and reasonable screen time limits for children and regularly chatting with children about what they are viewing/playing
- keeping technology out of bedrooms
- having a common charging location in the house for all devices each evening
- practising the habit of being off devices at least 30 minutes before bed-time
- being aware of the incredible power of adult modelling and reviewing how much time, as adults, we are on our phones, etc in front of children.

Ryan very briefly touched on social media platforms such as TikTok and Snap chat. These are both platforms that are very popular with upper primary and secondary students and many parents may assume they are harmless fun. TikTok works on an algorithm to determine which videos to show users, any of which may contain hashtags, audio and caption. TikTok is the world's most downloaded app and the world's most visited website; every day more than one billion different videos are viewed on TikTok. The factors that determine which videos scroll through include interactions such as video likes, shares and account follows. It is important to be aware that while there are videos about harmless and fun topics such as cute kittens and dancing, for example, many other videos are accessible – TikTok takes note of the videos you watch and how much time you spend watching them, and hones your preferences.

Michelle Mitchell is an author, speaker and educator who recently shared an article about TikTok for parents. She wrote about her experience of spending time on TikTok to check the pulse of teen culture and what is trending and advised that, "stealing is featuring strongly at the moment. Sleazy content is also completely out of hand." Michelle Mitchell is an interesting writer to follow and if you want more information on the topic of cyber safety, I would also recommend the following

[Susan McLean – Cyber Safety Expert](#)  
[eSafety Commission](#)  
[Dr Kristy Goodwin](#)  
[The Cyber Safety Lady](#)  
[Common Sense Media](#)

The purpose of our sessions was certainly not to be alarmist, or to suggest that technology is dangerous, but it's an important topic and one that we need to keep up to date with. For those unable to attend the session on Monday evening, we are hopeful of hosting further sessions of a similar nature in the future. If there are other topics that you believe would be useful to cover in a parent information forum, do please let me know.

Finally, a big congratulations to our Year 3 and 5 students who sat NAPLAN tests this week across several sessions and days. For many students, the format of working under test conditions (e.g. silence and separate rows, not able to ask a teacher or friend for support) for an extended period of time was quite overwhelming. The conditions were very different to the collaborative and interactive way our students are familiar with learning. All students are to be commended for their growth mindset and their effort in taking part.

God's blessings for the week ahead,

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





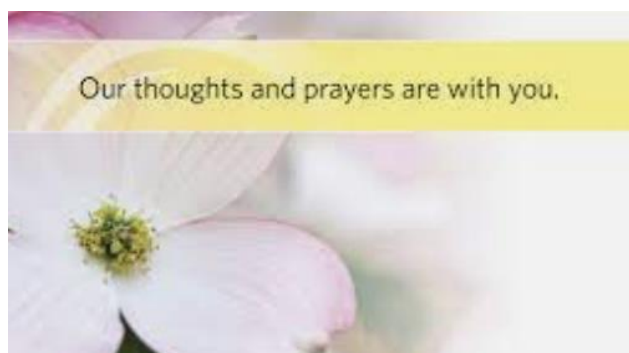
# PRAYER

Lord, our world is so strongly influenced by technology today – apps, iPhones, laptops, zoom meetings and more. Human ingenuity has created so many means for us to interact and stay in touch, to access information and connect – but sometimes we can feel controlled and disconnected by the technology that was designed to support us. Help us to have balance in our lives – and to use technology to enhance our interactions rather than be controlled by it. Guide us to put personal connection and family relationships first. Help us to rejoice at what technology provides for us, and be hopeful of future benefits it can bring, while also being mindful of the power of simplicity and human connection, and conscious of bringing no harm to others through use of technology. Amen.



## Condolences

The thoughts and prayers of the Lisieux community are with the Gerard Douglas and his family following the loss of Gerard's paternal grandmother on the weekend. Margery Elizabeth Douglas was a mother of 8, grandmother of 28 and great-grandmother of 19 (and counting). She died at the amazing age of 97, a keen Tiger supporter.





### Religious Education

*Laudato Si' Week* (16-24 May) is a celebration of Pope Francis' encyclical *Laudato Si'* and a call to action for Catholics around the world to care for our common home. Watch the video [here](#) to learn more. Our students will participate through prayer, action and reflection next week. Thursday 19<sup>th</sup> May is Outdoor Classroom Day and it fits really well with Pope Francis' encyclical. See what you can do as a family outdoors next week and send a picture to [susan.ryan@lisleux.catholic.edu.au](mailto:susan.ryan@lisleux.catholic.edu.au) to add to next week's newsletter.





## How to Keep Kids Safe on TikTok- [www.southernphone.com.au](http://www.southernphone.com.au)

TikTok seems to be the talk of Australian teens lately, but navigating the social network can be challenging, particularly for parents looking to understand more about the place their child is spending their time scrolling! Luckily, we have provided the ultimate breakdown of the application, answering questions such as: what is TikTok? Who owns the app? What is it used for? and what parental controls available to concerned parents.

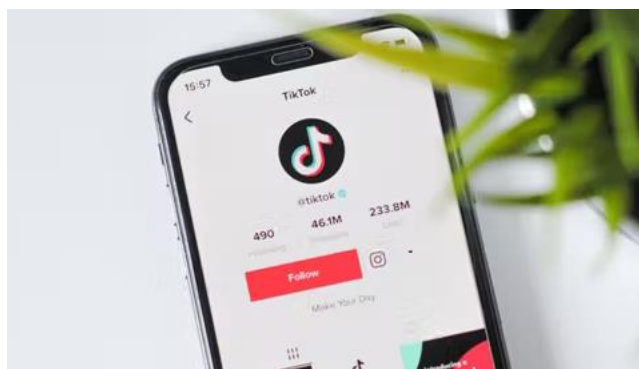
### So, what is TikTok and who is behind the app?

The TikTok app has risen in popularity following the beginning of COVID-19 lockdowns in Australia. Created in 2016 by Chinese research company Byte Dance, the social network application allows for short 15 to 60 second videos posted by creators for other users to watch. Before this, TikTok was known as Music.ly which launched in 2014, however, this was bought by Byte Dance in 2017. The decision was then made to combine both applications to form TikTok as it stands today.

Anyone with the app can become a creator and post their amateur videos for others to enjoy. Content posted typically plays along to a song or sound byte from trending music or popular movies. Videos uploaded vary in genre from comedy to beauty and fashion as well as music, dance, and much more! Today, over 2.5 million Australians are active on the app, with its primary audience being young people and teenagers aged between 15 to 24 who spend around 71 minutes watching content each day.

### What are the TikTok "challenges"?

Challenges on TikTok involve users re-creating a trending or viral video that encourages users to re-produce the video in their own way. A popular challenge example is #matildachallenge where users pretend to make objects move using telekinesis like the hit 90's movie, Matilda. This is a fun way for users to easily create content and engage with other members of the fan communities.



## How safe is TikTok for children?

Users under the age of 13 cannot publicly post or comment on videos. The content is also curated on their feed for a younger audience. To access these filters, ensure you set up your child's account with them and input their birthdate to indicate they are under the age of 13.

## What parental controls are available on TikTok?

There are many ways to monitor your child's use of TikTok, including:

**Screen Time Limits:** You could choose to set screen time limits or content filters on the app, which is password protected. Settings can enable a maximum time of 2 hours per day, to a minimum of 40 minutes daily. To enable this, go onto your child's account, click the three dots in the top right of the page, then click 'digital wellbeing' and 'screen time management'. You will need to enter a password to disable this setting once setup.

**Restricted Mode:** This aims to block mature content from the account. To set this up head to the 'digital wellbeing' tab again and enable this feature on your child's account. You can enable and disable this feature only with a password.

**Family Pairing:** This feature enables parents to monitor watch time, content, privacy, and safety settings and whether your child's account is public or private. To enable this feature click on the three dots on your account and your child's account. Then, click on 'family pairing'.

## How do I monitor my child's activity on TikTok?

Apart from the above features which can limit activity, simply keeping an eye on what your child is watching, or even asking about their favourite creators and videos is always beneficial.

### Account Set-Up: Privacy, Deleting Videos & More

## How do you delete a TikTok account?

1. - Go to the 'me' tab or your account page.
2. - Click the top right corner of your screen with the three dots (...)
3. - Click manage account
4. - Click delete account

## How do you delete a TikTok Video?

1. - Select the video you want to delete
2. - Click the ... icon in the bottom right corner
3. - Click delete or hit the trash icon
4. - You will be asked once more if you want to delete the video. Click delete
5. - The video will be deleted from your account

## How do you make your TikTok account private?

1. - Go to 'me' tab or your profile page
2. - Click the three dots in the top right-hand corner (...)
3. - Go to privacy
4. - Turn your account to private with the toggle button
5. - Your account will now be set to private

## The Wrap-Up

So that's our parent's breakdown and guide to TikTok! You should now know more about the app and feel confident navigating it, whether for yourself or your children.



# TAKE NOTE



Our next **Fresh Fruit Friday** will take place on **20 May**. Students are invited to bring \$2 if they would like to purchase a freshly made juice at recess or lunch. Fruit has been kindly donated by Peachs, Torquay, and funds raised will support our Parents and Friends Committee.

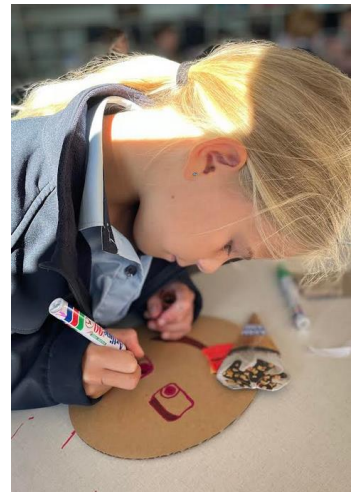
## Friday 20 May is also **WALK SAFELY TO SCHOOL DAY!**

We encourage students, where possible, to take up this challenge. Please remember, until they are ten, children must always hold an adult's hand when crossing the road.











COMMUNITY NEWS



## 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.

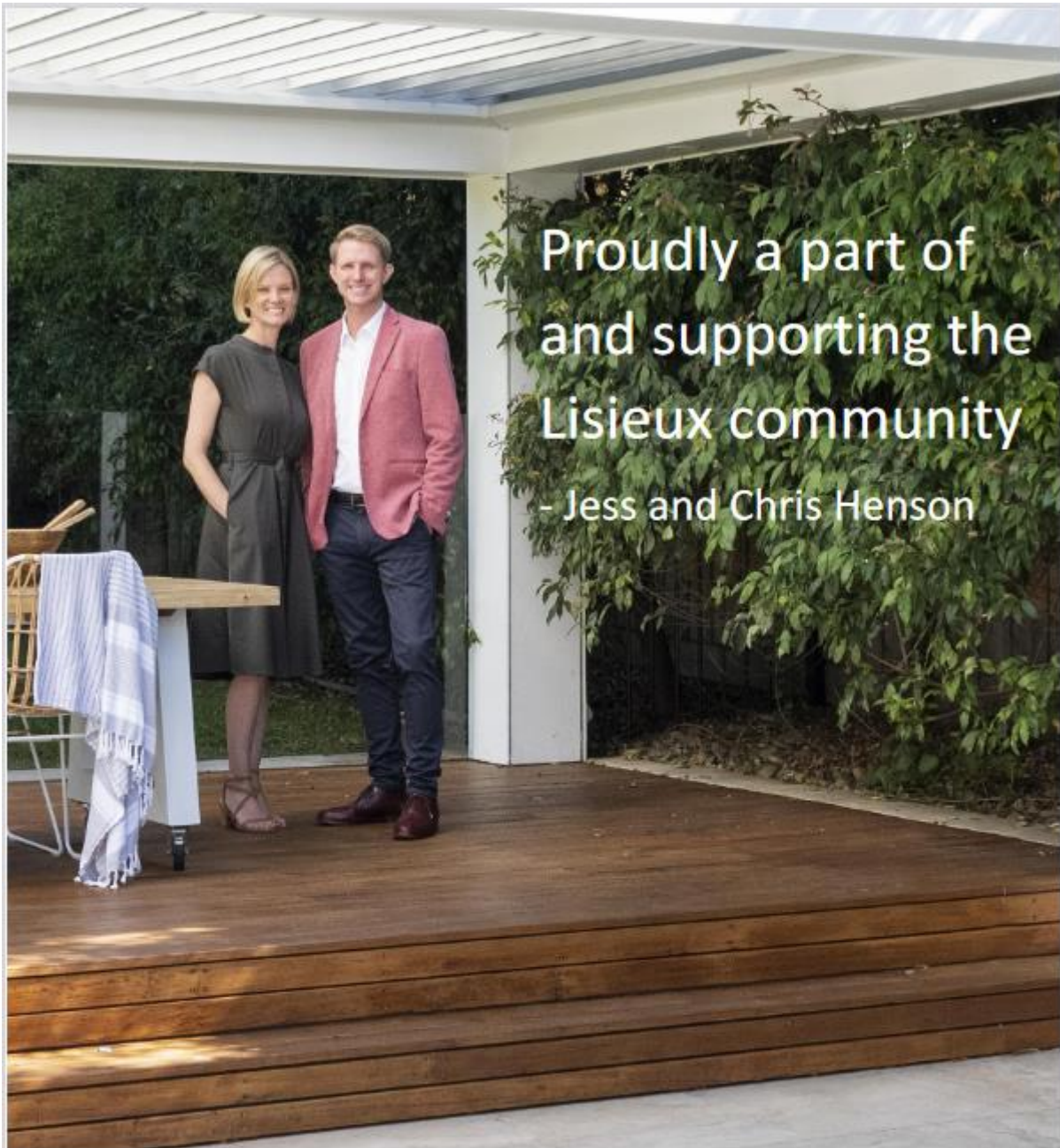
For Advertising Enquiries please contact Lisieux Parents and Friends Committee at: [lisieuxpandf@gmail.com](mailto:lisieuxpandf@gmail.com)

## 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](mailto: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](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](mailto:sjones@linksproperty.com.au)



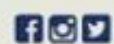
Lynne Hayden

0415 966 471

[hayden@linksproperty.com.au](mailto:hayden@linksproperty.com.au)

5261 5155

| [linksproperty.com.au](http://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