



Lisieux
CATHOLIC PRIMARY SCHOOL



FROM THE PRINCIPAL

Dear members of the Lisieux community,

We could not have been prouder of our Year 3/4 students who participated in a 2-day camp at Anglesea earlier this week. Many of these children had never spent a night away from home previously, and some were anxious about their first camp experience. The activities at Camp Wilkin encouraged collaboration and teamwork, and every single student impressed staff with their willingness to have a go, demonstrate courage and encourage others. I visited them on Monday afternoon/evening and saw amazing examples of cooperation and resilience. We are so blessed to have such special opportunities and we know the children all made some wonderful memories as well as strengthening friendships and learning about their own abilities. A special thanks to the staff who made this event possible. Camp is a huge commitment for educators who have their own families at home to organise, who often lose sleep and are on duty 24/7 to take care of students' needs, safety and wellbeing; camps would not be possible without their goodwill. Thank you to Amy Bateman, Siobhan Brooks, Ron Dando, Rhiannon Evans, Carla Fraser, Emily Magill and Jake Otto for your planning and involvement.

Next week from Wednesday-Friday I will be taking part in a conference with other Geelong network principals in Hobart. The theme is *Gratitude: Learning and Leading in Faith*. We are very lucky to have some incredible facilitators leading our conference including Dr Kerry Howells, who has spent over 25 years researching, teaching and practising gratitude; Carey McIver who is an accredited growth coach, and will lead discussion about what it means to be a leader of faith in these times and in our communities; and Lucy Carroll, who is the overall facilitator, and a very experienced leader in Catholic Education. I never underestimate how lucky I am to engage in such experiences, and I'm looking forward to bringing back some of the learnings from the 3 days to our school community.

God's blessings for the week ahead,

Susan Ryan
Susan.ryan@lisieux.catholic.edu.au
Principal

MAY

Fri 20th National Walk Safely to School Day

Fresh Juice Friday

Tues 31st Year 5/6 Winter Lightning Premiership

JUNE

Wed 1st Year 3/4 Beach Discovery

Thur 2nd P & F Meeting
7pm Staff Room
ALL WELCOME

Thurs 9th -

Fri 10th Staff Wellbeing Conference
STUDENT FREE DAYS
THURS & FRI
Kelly Club running
Curriculum Day
Program

Mon 13th Queens Birthday Holiday
STUDENT FREE DAY

Tues 14th Year 5/6 Beach Discovery

Mon 20th Year 3/4 Beach Discovery

Tues 21st Year 3 Sacrament of Reconciliation 5pm

Thur 23rd Semester One Reports distributed

Fri 24th Pyjama Day and Sausage Sizzle
Term 2 concludes
3.15pm finish time



PRAYER

Lord,
Each day we take time to dwell upon the goodness in our lives.
We cherish in our hearts the gifts You give us,
We notice the blessings of life: fresh air, the seasons, friends and family, our school community, the colours of nature,
the warmth of our homes, opportunities to learn and grow.
We are so very grateful.
Thank you, Lord.



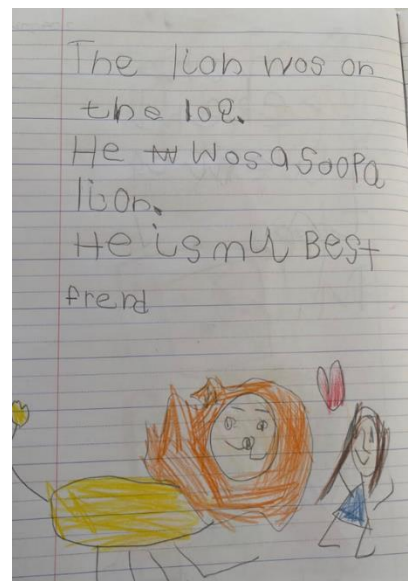
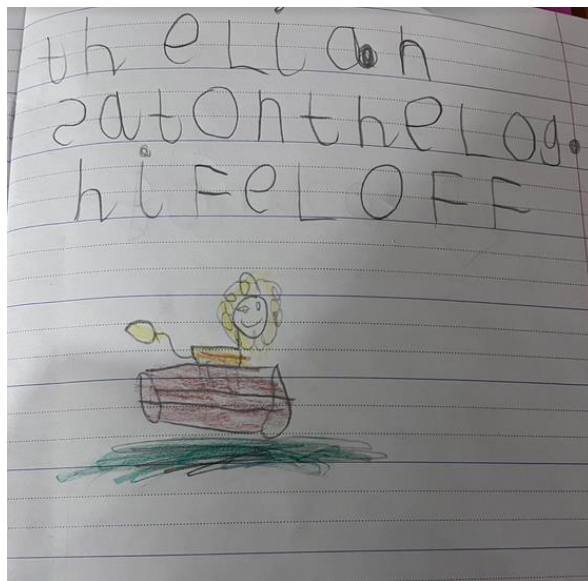
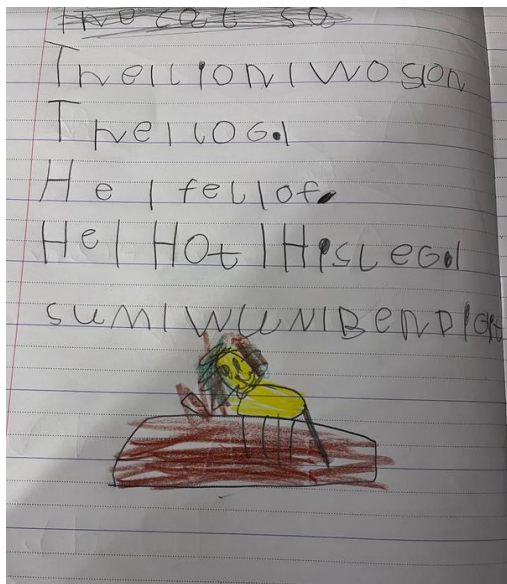
Congratulations

We congratulate staff member, Jessie Mackinnon, and Cam Fennell on the safe arrival of their beautiful son, Alby John Fennell on 12 May. Wishing you a lifetime of love and happiness together.





STUDENT LEARNING & ACHIEVEMENTS





WELLBEING

Helping your kids make friends is one of the most important things you can do

[ABC Everyday/](#) By Maggie Dent

Isn't it heartbreaking when a child comes home from school or day care and utters the words "no-one wants to play with me"?

Every parent wants their child to have friends, and to learn how to be a good friend themselves.

Learning how to communicate kindly and respectfully, and learning how to navigate social interactions, takes time and experience. This is something every parent surely knows, as we all inevitably have a friendship scar hiding deep in our own psyches.

As a passionate play advocate, I am very concerned that many of our children are not spending as many hours playing with other children — at home, in their neighbourhoods or at school. After all, play facilitates social and emotional growth.

While playing on screens may seem physically safe inside your home, your children are not learning the fundamentals of how to connect and interact with other children during screen time. And the longer it takes to learn these fundamentals, the more difficult it can become.

And with more parents working, the challenge for families to find the time to meet with other families, to simply have fun and play, is more difficult than ever.



Wired to connect

Biologically we are wired to connect to others.

If you've ever noticed a child in a playground who may not know any other children, you'll see how they kind of sidle up to these children waiting for the cues of a welcome to play.

It is so cute and also shows social skills in action. Even our neurodivergent kids want to connect; however, they often show this in different ways. Enabling friendships for these kids can be especially challenging and important.

I recently chatted with social and emotional wellbeing expert and founder of BestPrograms4Kids, Claire Orange, for the ABC Parental As Anything podcast I host.

Claire believes it's important for us to teach our children that it's normal for friendships to ebb and flow. We can have days when we disagree, or feel excluded or experience moments of relational aggression — all unpleasant and, yes, hurtful — however this is quite normal, especially for children. There is simply no perfect friendship

How can kids first make friends?

For healthy human relationships to begin there must be a way for two individuals to connect.

I am still astounded by the capacity of very little girls to have real conversations that explore things they have in common, playing games with negotiation, and experiencing mutually-bonding moments where they squeal with delight together.

They also tend to have a better grasp than boys on the non-visual cues of building rapport, such as smiling, waving and hugging. They often express their love and affection for each other well before they're three, and can also nag their parents to spend more time with their special friend.

Most boys tend to cultivate friendships by proximity with less words — spending lots of time in the company of other kids. Play dates are a reasonably recent happening, as in days gone by there was more of an acceptance of children playing for hours either in each other's backyards or at sporting events.

I remember my boys playing in our backyard with a few other mates with rarely any conversation occurring; however, there were a lot of strange noises they all

seemed to understand. Looking back, I know they would have been having fabulous fun in those moments, while creating bondedness and trust.

This may be another reason why some of our kids are struggling with social anxiety: these lengthy play times have disappeared, and even recess and lunchtimes at school are much shorter than they used to be.

Also, many children are infatuated with technology and this also diminishes the amount of time they connect with other children in real time.

The foundation of trust

A key secret to good friendship is having trust, even for younger children. It's like an invisible, warm fuzzy feeling when trust exists between friends.

However, when there has been a betrayal of trust it can look a little different between boys and girls. With boys, broken trust often looks like shaming. The 'fun teasing' that may have been a positive part of the friendship now becomes hurtful. Sadly, many boys can struggle to understand broken trust. They just know something feels 'wrong' and 'bad', and it is common for them to express their emotional pain physically.

To teach boys about being fair and kind, it's often better to have conversations around bath time and bedtime when they're relaxed.

For many girls, a betrayal of trust looks like name-calling, exclusion and putting down. The aim is to make the friend lose her sense of status in the friendship group. To help your daughter avoid becoming a girl who is sometimes mean, invest some time and energy in teaching her the values of empathy and kindness as early as possible (this goes for boys too of course).

Find your community

Author Rebecca Sparrow, who also joined me on the podcast, believes we need to help girls find their community in the teen years.

She believes we need to really help our girls work out boundaries and how to maintain them during those incredibly turbulent years of adolescence.

The opposite of friendship is bullying. This is not simply childhood nastiness when our kids spontaneously call each other names, give them a shove or try to cheat in a game. Bullying is intentionally aimed at hurting another, often repeatedly.

Every family needs to have very specific conversations about what constitutes bullying and how to be a good friend.

Sometimes that might be reminding our kids to be a connector, someone who brings others together. Other times it might be reminding them to avoid 'drama cyclones', as Bec Sparrow calls them, by stepping away from friends' dramas for a few days and being comfortable being alone.

Possibly the best thing to teach your kids around bullying is to be a positive bystander beside a person who is being bullied. In other words, be a friend.

The tribe is an important concept for us parents, too. If you are really interested in raising children who have the capacity to be a good friend at least some of the time, prioritise times where children can play for hours with other children.



Reconciliation

Reminder- 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 Glyphs', please make your order by Friday 3rd June.

Mr Dando has organised to pick up all stoles ordered from this company and will be ready for your collection at reception after Tuesday 14th June. If you have organised your own stole and would like Gracious Glyphs to add the reconciliation symbol, please drop off your stole to school by Friday 3rd June.

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



<https://www.graciousglyphs.com.au/>



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.



Outdoor Discovery Reminder

Winter is almost here! And haven't we started to feel that chilly breeze building over the last week or two? As we head into Winter, a reminder that we do not believe in "bad" weather here at Lisieux Primary. We must, however, dress adequately and be prepared for all types of weather, because we will be going outdoors on Wednesdays for Outdoor Discovery rain or shine (Year 1/2) and Fridays for Preps.

Please remember to check the weather and bring extra clothing for Outdoor Discovery Day - beanies, gum boots, extra socks, wear another layer underneath, a warm outer jacket, maybe even gloves. We can't let the weather stop us from exploring, so please be prepared.



Introducing...**Ms Chrissy Lehpamer**

Bonjour! My name is Chrissy and I am thrilled to be teaching Grades 1 & 2 Outdoor Discovery and Grades 3-6 The Growth Project. I live fairly close-by in Armstrong Creek and my favourite thing to do in my spare time is to be at the beach by the ocean and rock pools, any time of year, with my boy and my golden retriever. I love going roller-blading with my 4 year old son Mason, and hiking trails when I get time to myself!

I teach Yoga, Meditation and Group Fitness classes around Geelong and I've done this for the last 15 years, so I keep busy with many hats. Sunset and sunrise light up my soul and I love to capture photos of the beautiful colours and energies these times of day hold.

I feel very grateful and lucky to be part of the community and staff at Lisieux Primary, and it is a privilege to teach so many of your children in a specialist role. I look forward to getting to know the students and families in the school, and learning alongside the children as we discover nature, inspired by the awe of beauty and creation right before our eyes.





LEARNING COMMUNITY IN PICTURES







COMMUNITY NEWS

Kelly Club Lisieux Curriculum Days



What is involved?

Our full day program is packed with fun activities, games and structured free time. During our daily program, qualified and experienced Kelly Club staff will be running a range of cooking, sports, arts, dance, games, crafts and movie time experiences. We provide structured meal times and our activities will be based on the children's interests.

Location:

Lisieux Catholic Primary School, Torquay

Details:

Time:

6:30am – 6:00pm

Dates:

Thursday 9th of June 2022

Friday 10th of June 2022

Price:

\$65 per day (CCS will be applied if eligible)

What does my child need to bring?

Lots of snacks, lunch, appropriate clothing, drink bottle and a hat!

*Breakfast and afternoon tea is provided.

How do I enrol?

Let us know what dates you would like to book your child/ren in and contact us:

Via E-mail – lisieux@kellycluboshc.com.au

Via SMS to the Kelly Club phone – 0402 465 937

NEW
ENROLMENTS
WELCOME!

FEE'S WILL BE
REDUCED IF
ELIGIBLE FOR
CCS!

Fresh Fruit Friday

The Parents and Friends Committee are excited to run Lisieux's second Fresh Fruit Friday tomorrow! A big thank you to Peachs Torquay for generously donating their delicious fruit so we can make some Fresh Fruit Juices for you all! Don't forget to bring your \$2 to buy your juice at recess time



Coming Up

We would love to see new faces at our next PFA Meeting on Thursday June 2nd. Please join us as we love to hear new ideas that can help our School Community raise much needed funds to buy our school great new resources!



Thank You!

To our wonderful school community for always supporting the Parents and Friends Committee and volunteering your time to help us. We encourage you to please connect to our Facebook Pages to stay up to date with any Lisieux 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.

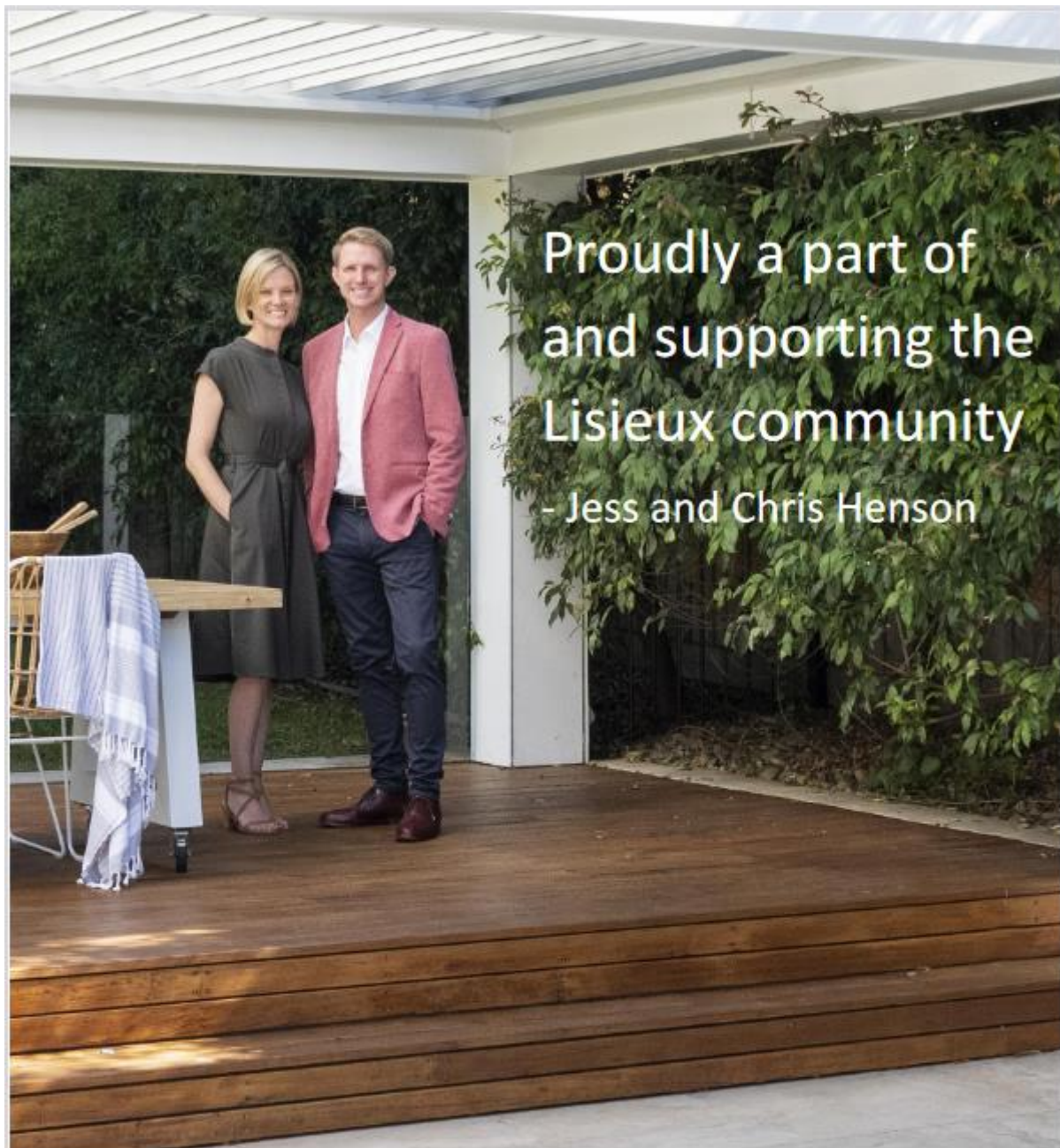
For Advertising Enquiries please contact Lisieux Parents and Friends Committee at: lisieuxpandf@gmail.com

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

ONEAGENCY
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



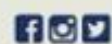
Lynne Hayden

0415 966 471

lhayden@linksproperty.com.au

5261 5155

| 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

 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