



Lisieux
CATHOLIC PRIMARY SCHOOL



FROM THE PRINCIPAL

Dear members of the Lisieux community,

Last week I was fortunate to travel to Hobart to participate in a conference with other principals of Geelong Catholic schools. The first day of the conference was facilitated by Dr Kerry Howells, who has spent 25 years researching the benefits of gratitude. Kerry explained that early in her career, this field was widely seen as 'nonsense', but in recent years, a wealth of data has changed the way we understand the science of gratitude. Kerry Howells describes gratitude as 'having an open heart to the giftedness of the day' and spoke with us about how we can all consciously prepare an innermost attitude of gratitude each day. Gratitude is associated with many benefits, including better physical and psychological health, increased happiness and life satisfaction. One of the main reasons for this is that gratitude shifts our attention away from toxic emotions such as resentment and envy. It can even impact better sleep, less fatigue, lower levels of cellular inflammation, mood and social connection. An attitude of gratitude also builds resilience. Gratitude practice is something we have consciously cultivated at Lisieux since our beginning in 2018. Across the school, we conduct daily gratitude circles every afternoon. Other activities your children may have been involved in include gratitude journaling or writing gratitude letters, for example. We do this because, as well as impacting on wellbeing, research tells us that a state of appreciation is the best state for cognitive ability – it has been shown to boost student learning outcomes as it builds a strong sense of self and encourages students to strive even harder. So, a daily habit of 'counting your blessings' and consciously acknowledging what we have, is a super-powerful and very simple strategy; essentially, it's 'good medicine' for everyone.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

JUNE

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

- Sun 5th **PENTECOST**
Commissioning of Staff
& Family Mass
St Therese Church
8.45am

- Thurs 9th -
Fri 10th Staff Wellbeing
Conference
STUDENT FREE DAYS
THURS & FRI
Kelly Club running
Curriculum Day
Program
**(There will be no
Newsletter this week)**

- 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

We give thanks for the blessing of winter:
season to cherish the heart
to make warmth and quiet for the heart
to make soups and broth for the heart
to cook for the heart and read for the heart
to curl up softly and nestle with the heart
to sleep deeply and gently at one with the heart
to dream with the heart
to spend time with the heart
a long, long time of peace with the heart...

– Michael Leunig



Staff Commissioning and Family Mass

On Sunday 5th June, St Therese Church will hold our first Family Mass of the year. We will celebrate the feast of Pentecost and the parish community will welcome our Lisieux staff and all families. All families are welcome to attend this mass at 8:45 am.



STUDENT LEARNING & ACHIEVEMENTS



Spotlight on... **Grevillea 2**

This week we begin a new feature in our weekly newsletter. We will 'shine a light' on the learning of a particular class. The students of Grevillea 2 have prepared a summary of some of their recent learning opportunities.

This week in Grevillea 2 we have been learning many exciting things. In writing this week we have been using persuasive devices such as emotive language, time connectives, rhetorical questions and fun facts to write adverts to persuade families to choose our school. It was so much fun to work together, use iPads and get outside to show off our terrific school!

In reading we explored verbs, adjectives and nouns and explored these in nature.

We also had fun learning about multiplication and division. We learnt different strategies to solve problems and even got to work outside creating division triangles with chalk.

This week we have also dived deeply into our preparation for Reconciliation. We have been working on different scripture stories such as 'The Lost Sheep' and 'The Lost Coin'.

Please enjoy reading some of our persuasive texts and watching our terrific adverts!



SCAN ME



SCAN ME



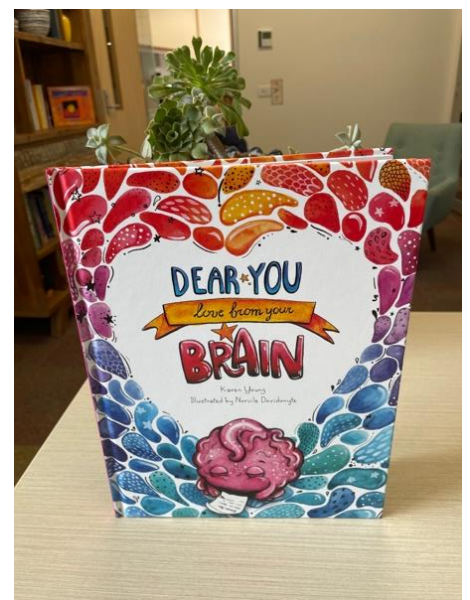


A new book hitting our Lisieux shelves this week is “Dear you, love from your brain” written by Karen Young (who began her career as a psychologist) and illustrated by Norvile Dovidonyte. It’s a sensational picture book about the parts of the brain, including neurotransmitters (your special messengers), how to create strong pathways (with positive reinforcement and a growth mindset), mindfulness and feelings.

Favourite lines: *“Mindfulness strengthens your thinking brain, your feeling brain, and the pathway between the two (so they can work as a team.)”*

“Always remember, if there are three things the world will always need a lot of, its you, sunshine, and more people as amazing as you.”

We love all the incredible books we have at Lisieux and look forward to sharing different ones with families each week through this new addition to our newsletter.





7 Scientifically Proven Benefits of Gratitude

You'll be grateful that you made the change (and you'll sleep better).

Amy Morin via Psychology Today

"Stop feeling sorry for yourself," we are often told. And while it can be hard to avoid self-pity entirely, mentally strong people choose to *exchange* self-pity for *gratitude*. Whether you choose to write a few sentences in a gratitude journal or simply take a moment to silently acknowledge all that you have, giving thanks can transform your life.

Here are 7 scientifically proven benefits:

1. **Gratitude opens the door to more relationships.** Not only does saying "thank you" constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study published in *Emotion*. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or send a thank-you note to that colleague who helped you with a project, acknowledging other people's contributions can lead to new opportunities.
2. **Gratitude improves physical health.** Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.
3. **Gratitude improves psychological health.** Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.



4. **Gratitude enhances empathy and reduces aggression.** Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.
5. **Grateful people sleep better.** Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.
6. **Gratitude improves self-esteem.** A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.
7. **Gratitude increases mental strength.** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you have to be thankful for—even during the worst times—fosters resilience.

We all have the ability and opportunity to cultivate gratitude. Rather than complain about the things you think you deserve, take a few moments to focus on all that you *have*. Developing an “attitude of gratitude” is one of the simplest ways to improve your satisfaction with life.



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/>

Dear Parents/Carers,

The sacramental program for Reconciliation is well under way and your child is beginning to learn about a variety of scripture stories and the importance of Reconciliation. This is just a reminder note for the events and information related to this very important sacrament.

Sacrament of Reconciliation Celebration

Ceremony to be held at St Therese Church on the evening of Tuesday 21st June. Families are invited to attend the celebration of this special Sacrament. Lisieux Catholic Primary School have been given the time of 5pm, so we can all celebrate together.

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, you can purchase them from [‘Gracious Glymphs’](#) and you can choose to decorate them yourselves or allow the company to decorate for you for an extra cost.

Dress code

Neat Casual

If you have any questions, please email Ron Dando.

Kind Regards,

Ron Dando

Religious Education and Stewardship Innovation Leader

ronald.dando@lisieux.catholic.edu.au

Introducing...staff member, Jake Otto

Bonjour! My name is Jake Otto and I am teaching the Year 3/4 students in Golden Wattle 1. I have been living in the Geelong and Surf Coast area for the past 6 years after moving here from a small town in Tasmania called Penguin. In my free time I enjoy surfing, playing golf, cheering on the Tigers and going camping with my fiancée and our beautiful and very energetic kelpie, Rosie.

I can't choose a favourite food, as I have way too many, although, I love cooking and learning new recipes. This year I have been lucky to have already met so many wonderful people within the Lisieux school community and I look forward to continuing to meet many more!





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!

Tonight is our once a term meeting and we would love to see new faces! Why come along you ask? We are a group of enthusiastic parents who are keen to bring the school community together by organising fundraisers and special events. We especially come together to bring excitement for the kids and to offer something for them to look forward to, whether it is a sausage sizzle or Fresh Fruit Friday. If you can come along, our meeting will be at Lisieux, 7pm tonight. We hope to see you there!



COMING UP

We are getting ready to put on a Sausage Sizzle for the last day of term, which is Pajama Day. (Check your Lisieux Calendar.) If your child has any dietary requirements, a form will be sent home soon which you need to fill in and return to school so we can cater for them too!

WE NEED YOU!

To ensure our planned events that we are working on are successful, we would love for any businesses to help donate items that we can use for "prizes." If you are happy to donate, please email Nat at lisieuxpandf@gmail.com

Your support is much appreciated and it will help us to raise money to go towards school resources!

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.

ONEAGENCY
SURF COAST

chris.h@oneagency.com.au
0477 774 271

Linking **People** with **Property**



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where
we **live**

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through to home sales
& property management.



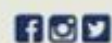
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Lynne Hayden
0415 966 471
lhayden@linksproperty.com.au

5261 5155

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