

known and loved

ISSUE 21 | 21<sup>st</sup> July 2022  
**SCHOOL CALENDAR**



## JULY

- Fri 22<sup>nd</sup> Friday Flow Expo  
2-3pm  
**ALL WELCOME**
- Sun 24<sup>th</sup> Rite of Enrolment of  
Name Mass for  
Eucharist Candidates
- Fri 29<sup>th</sup> 100 Days of Prep
- Sun 31<sup>st</sup> Rite of Enrolment of  
Name Mass for  
Eucharist Candidates

## AUGUST

- Fri 5<sup>th</sup> Fresh Fruit Friday
- Mon 8<sup>th</sup> Curriculum Day  
**NO STUDENTS**
- Tues 9<sup>th</sup> Year 3/4 Beach Discovery  
Day
- Mon 15<sup>th</sup> Year 5/6 Beach  
Discovery Day
- Mon 22<sup>nd</sup> Book Week  
Book Week Parade
- Thur 25<sup>th</sup> Book Exchange Stall
- Sun 28<sup>th</sup> Sacrament of Eucharist

Dear members of the Lisieux community,

Our school assembly on Monday was a wonderful display of commitment, creativity and teamwork. It was a 'last minute call up' for Grevillea 1 (Year 3/4), due to staff absence, and they responded to the challenge with amazing enthusiasm and energy, leading the assembly as a TV show with interviews and a quiz show. The audience was deeply engaged from start to finish. Congratulations to Grevillea 1! You have set the bar high for future classes to follow.

The beginning of a new term is an ideal time to review and re-establish goals, whether these be academic or social. This afternoon's Learning Conferences will provide an opportunity for students to take part in conversations about their learning, their progress and their future goals, together with their parent/s and class teacher. The conferences are a perfect opportunity to chat with your child's educator and to receive quality feedback about both academic growth and engagement in school life.

Tomorrow at 2pm we have a Friday Flow Expo, to which family members are warmly invited. You will be able to see some of the amazing learning from late Term 2 and early Term 3 on display. We will commence the next round of Flow in the following week, and invite any interested family or community members who are able to volunteer their time and skills to let us know if they would like to be involved. Perhaps you can knit, sew, do carpentry, bake or paint? If you would like to be involved please contact Reception.

God's blessings for the week ahead,

**Susan Ryan**

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

Principal



# PRAYER

On Wednesday evening our Year 4 students and their parents joined together for a Eucharist preparation family evening. They are undertaking preparation for this special sacrament, one of three sacraments that initiate us into the life of Christ and the Church, the other two being baptism and confirmation. The sacrament of First Eucharist is an encounter with Christ and a sign that we belong to the church.

Lord, bless the children preparing to receive Holy Communion for the first time.

May this be a step in their life-long love of the Eucharist.

Give them a hunger for this sacred food so that they turn to you for comfort, guidance, and wisdom as they grow. Nourish them with your love. Amen





# STUDENT LEARNING & ACHIEVEMENTS



*Spotlight on...*

## *Silver Banksia 2*

The Year 5/6's of Silver Banksia 2 have returned to school full of enthusiasm. We have begun our term investigating the diverse cultures of Africa. This included their cuisine, traditional games, geography and history. This week we cooked up a traditional meal of pap, wors and chakalaka. Once prepared we sat as a class family to join in the meal.

Throughout literacy we have been exploring new novels and continue to build up our phonological awareness through the Soundwaves program.

Our mathematical mindset has also shifted this term as we explore measurement concepts using a range of hands on materials.

The students have enjoyed being the poster students of Lisieux this week.







## NEW TO THE LISIEUX BOOK SHELF

“Thank you for the little things” written by Caryl Hart and illustrated by Emily Hamilton is a picture book that beautifully supports our school-wide approach to building ‘an attitude of gratitude.’ It is a book that radiates warmth and appreciation for all the ‘little things’ in life such as the cool wind in our hair, ladybirds, puddles and bubble baths. The book teaches about gratitude and a positive focus in an uplifting way. Highly recommended.





# TAKE NOTE

## 100 days of Prep

Our Prep students will be celebrating their 100th day of school on Friday 29th July. This is a special celebration for our Preps who have grown so much during the year as they transition to school life. On this day, Preps will be dressing up as a 100 year old. We will be celebrating the day with all activities based around the number 100 and sharing a special lunch together. The Prep Team are incredibly proud of all the wonderful achievements that our Prep students have made in their 100 days at school.

As of this term, the supply of Rapid Antigen Tests (RATs) will be reduced. Each child will be eligible to collect one pack of RATs per term, or may request an additional pack if they are symptomatic or have been a close contact. Students over 8 years of age are recommended to wear masks when indoors at school. If your child tests positive to COVID please email [susan.ryan@lisieux.catholic.edu.au](mailto:susan.ryan@lisieux.catholic.edu.au) to report this.

## NUDE FOOD *comp*

### HOW IT WORKS

1. *If you have a nude food lunch book show your teacher in the morning.*
2. *Get a raffle ticket and write your name on it. Put it in the jar in your classroom.*
3. *Each assembly the teachers will pull out a name from the jar and you may get a prize!*

PRIZES UP FOR GRABS:

**PRIZE PACKS**  
**GIFT CARDS**  
**STATIONERY**

**Begins**  
**in term 3**



## **Eucharist Candidates**

Thank you to the families who participated last night. It was a great opportunity to listen to Denise Arnel.

A few reminders for the coming weeks.

### **Rite of Enrolment Name Mass**

The candidates receiving the Sacrament of First Eucharist are required to attend a Parish Mass over the next 2 weeks.

At this mass, the children will be formally enrolled and presented to the parish community as young people preparing for the sacrament. Booking is not required; we trust that families will make every effort to attend at least 1 of these Masses over the 2 weekends.

### **Sacrament of Eucharist**

The Sacrament of First Eucharist for Lisieux, will be celebrated on Sunday 28th August at 8:45 am. The Mass will be celebrated at St. Therese Church. (If this date clashes with a prior engagement, you can book another date and time)

Please book your child in using the following link: <https://www.trybooking.com/CAQDM>

### **Stole**

This year your child will wear a white stole that they wore for Reconciliation, adding a symbol of Eucharist. If you are new to the school and require a stole, it can be purchased from gracious glyphs- [www.graciousglyphs.com.au](http://www.graciousglyphs.com.au). They can customise the stoles for you or you can just purchase the stole and decorate yourself. The same stole can be used for all celebrations. If you are making an order with them, I have organised that all stoles be dropped off at school by **Friday 5<sup>th</sup> August**, so they will be ready for the celebration.









# COMMUNITY NEWS

**KELLY SPORTS** WILD WINTER SPORTS!

FOR THE LOVE OF SPORTS **25 YEARS**

BOOK ONLINE NOW AT **KELLYSPORTS.COM.AU**

## INFORMATION FOR PARENTS | MULTI-SPORT PROGRAMME

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- ✓ Soccer
- ✓ Hockey
- ✓ Basketball
- ✓ AFL

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Year 4 students.

**\$160 FOR 10 WEEKS!**

Sign up anytime, and only pay for the weeks remaining in the term \$16 per week

**School: Lisieux Primary School**  
**Day: Every Tuesday after School**  
**Start Date: Tuesday 12th July**  
**End Date: Tuesday 13th September**  
**Time: 3:30pm - 4:40pm**



### BOOK EARLY & SAVE

Sign up online before June 27th to receive a 10% discount

**Website:** [kellysports.com.au](http://kellysports.com.au)  
**Contact:** Nick Clydesdale  
**Email:** [geelong@kellysports.com.au](mailto:geelong@kellysports.com.au)  
**Phone:** 0497 770 909  
**Facebook:** Kelly Sports Australia

**KELLY SPORTS**  
 BOOK ONLINE NOW AT  
[KELLYSPORTS.COM.AU](http://KELLYSPORTS.COM.AU)



## PRIMARY SCHOOLS GOLF



Primary students in grades 3, 4, 5 or 6 who attend a Victorian Primary School are eligible to play in golf events that are organised by Golf Australia in partnership with School Sport Victoria. In the qualifying rounds students will play 9 holes on a short course, players will be notified of their progression to the state finals by Golf Australia. Students who qualify for the SSV State final will play 18 holes on a shortened course at Koorringal Golf Club.

Entry to the events is online

<https://www.golf.org.au/events#/competition/3163415/info>

**Your local event is at Torquay Golf Club**

**On Thursday August 4th, 2022**

**Contact Jake Cole-Sinclair Phone 0401082821 Email [jake.colesinclair@golf.org.au](mailto:jake.colesinclair@golf.org.au)**



## 5 Ways to Encourage an Attitude of Gratitude in Children

Via [www.greenchildmagazine.com](http://www.greenchildmagazine.com)

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.” ~ Melody Beattie

Our adult brains know gratitude is important. When we’re in a state of gratitude – aware of our blessings, small and big, we feel happier and less alone.

We feel more connected to the people around us and to the life force greater than ourselves.

But our hearts can find it difficult to stay in a sustained place of gratitude. Rather, it is a practice of reminding ourselves over and over, to start, over and over. Sometimes it means keeping a gratitude journal. Sometimes that means taking a deep, conscious breath before we put our feet on the floor each morning.

What would happen if we introduced the concept of gratitude to our children when they are young?

If gratitude just became a part of their vocabulary, a daily habit like brushing their teeth or eating dinner? If they can experience the magic of gratitude early, perhaps the practice wouldn’t feel so challenging or foreign to them.



## 5 Ways to Encourage an Attitude of Gratitude in Kids

By parenting mindfully and modeling our own gratitude, children will naturally grow up noticing what's important in life.

### Start by cultivating your own gratitude practice

If we believe in the value of being thankful for all that we are blessed with, our vision starts to shift. We start to see the potential value or gift, even in difficult life experiences.

Children tend to follow what we do, even more than what we say. If our children see us connected and thankful, that energy will flow downstream toward them.

### Verbalize gratitude as part of an everyday conversation

Say it out loud, "I really appreciate being able to watch you play in your soccer game." Or, "We are so fortunate to share this meal together." Making a point to express our thankfulness out loud can increase our joint awareness. The more we say it aloud, the more we feel it in our bones.

"Saying thank you to a child can be really powerful," explains Patrick Coleman. "For one, if it's said with sincerity and excitement, a child understands they've done something good, which reinforces their behavior. A 'thanks' also helps kids build a foundation of empathy by learning to recognize gratitude in others." ([Source](#))

### Discover gratitude even for the small things

Children inherently are excited about both little and big things in life. Encourage gratitude for the simple, mundane parts of life, not just the exciting Disney World moments. As we adults know, much of life is a day in, day out, routine.

The trick is to see the beauty and wonder even in another day at work, or another morning of dropping the kids off to school. Sometimes, on difficult days, all we might be grateful for is another day on this Earth, or the beating of our heart. That is more than enough.

### Encourage downtime for reflection

If we are moving at breakneck speed, it is hard to slow down enough to notice what there is to be grateful for. Noticing is the first step towards counting our blessings.

Encourage lots of time for quiet, rest, and reflection. A good time is the end of the day, perhaps before or after a night time story. Ask your children questions about the enjoyable and difficult parts of their day, the highs and the lows. This can encourage a dialogue about both gratitude, as well as the struggles they are currently experiencing.

### Acknowledge the reality of your child's emotional experience

Kids, just like adults, won't feel grateful for everything, all the time. It is a practice for all of us. Sometimes, we need to feel through the anger and sorrow of an experience, before we can come to a place of gratitude. Otherwise, our gratitude becomes hollow or artificial.

Allow your children to feel what they feel, with adequate time and space. When the time feels right, see if there is an opportunity to include gratitude in the conversation.

Perhaps our practice of gratitude is one of the greatest gifts we can give to ourselves. We start to see all that is alive and breathing in our world, all of the collective energy and wisdom we are a part of. Whether we are grateful for our breath or another day, or whether we are grateful for a vacation or a yoga class, it is all important. We notice our life, and all of the details, and allow that noticing to sink into our lived experience.

If we can start this practice and conversation early, with our children, we build upon their young, resilient minds.

Gratitude becomes something we share with them, deepening our understanding of them, and deepening our connection to them. More than that, we can encourage skills that will last them a lifetime, enhancing their own sense of wellness in this world.

The P&F are working hard to bring some exciting events to Lisieux for the remainder of 2022.

### **FRESH FRUIT FRIDAY**

The very successful Fresh Fruit Friday will be coming up on August 5th, so once again we will be on the look out for some volunteers! If you are available, please email us if you're free!

### **TRIVIA NIGHT**

We are going to hold our first Lisieux Trivia later this term and would welcome any donations from local businesses to help with prizes and the raffle. Your generosity allows us to help raise money to buy much needed resources for our wonderful school!



### **LISIEUX CANTEEN**

Our very own Canteen is still in the developmental stage, so once we have organised how to order and finalised the menu, we will promote this further in the newsletter! We heard your wishes to have a Canteen onsite at Lisieux, so we aim to deliver!



### **EMAIL:**

Please email Nat at [lisieuxpandf@gmail.com](mailto:lisieuxpandf@gmail.com)

If you are available to volunteer for Fresh Fruit Friday or can make a donation to our Trivia night.



**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: [lisieupandf@gmail.com](mailto:lisieupandf@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 [lisieupandf@gmail.com](mailto:lisieupandf@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.

---

**ONE** AGENCY  
SURF COAST

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



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.



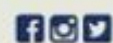
Suzy Jones  
0438 438 388  
sjones@linksproperty.com.au



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