

known and loved

ISSUE 25 | 18th August 2022
SCHOOL CALENDAR



AUGUST

- Mon 22nd Book Week
Book Week Parade
- Thur 25th Book Exchange Stall
- Sun 28th Sacrament of Eucharist

SEPTEMBER

- Thurs 1st Father's Day stall
- Fri 2nd Father's Day Breakfast
Father's Day Stall
- Sat 10th Lisieux Trivia Night
7pm
- Sun 11th Family Mass
St Therese Church
8.45am
- Wed 14th Year ¾ Beach Discovery
Day
- Fri 16th Footy Colours and Hot
Dog day
LAST DAY OF TERM 3
3.15pm finish

Dear members of the Lisieux community,

In any school setting, it is quite common for staff to receive concerned comments from parents about playground conflict. On occasions, it is incorrectly categorised as bullying. Here are some facts about conflict you may find of interest:

- The playground, just like the classroom, is a place for learning, and just as academic learning is an ongoing continuum, so too is social learning. During recess and lunch breaks, students learn how to make friends, take turns and resolve conflict. They don't get it right the first time they try it and the best way to learn is through hands-on practise. Playground conflict is inevitable and quite healthy – through these experiences, and over time, young people learn problem solving skills and negotiation.
- Our role as adults is to guide young people through conflict, not solve it for them. Every time we jump in to 'sort things out' we deny them an opportunity to learn the skills of negotiation. Young people need to learn to listen to other viewpoints, express their own ideas, find their voice, and stand up for what they believe is right and fair.
- Because young people are not as skilled as adults to regulate their emotions, sometimes they get physical when frustrated e.g. hitting or pushing. While this is not a response we condone, our role as adults is to support children to learn more appropriate strategies to express their emotions. We regularly conduct restorative circles to de-brief if /when this happens, with the goal of restoring relationships in a respectful manner, and clarifying school-safe expectations.
- We encourage students to attempt resolution of conflict when safe and appropriate. In doing so, they learn that they can face a challenge, recover from a disagreement and maintain friendships. At times, they will need adult support and students should always feel safe to report concerns or worries to a trusted adult.

It is important to clarify that bullying is a different matter and if your child is consistently targeted by peers or individuals, this can amount to bullying. If you believe this may be the case, we encourage you to speak to your child's teacher directly.

A big congratulations to the 60 students from Prep-Year 6 who practised over multiple lunch times to prepare their singing and dancing routine, which they took to the residents of Kithbrooke Park Country Club in Torquay on Monday. It was a joyous occasion for all. Special thanks to Miss Carly Finn and Mrs Siobhan Brooks for preparing the students. We hope to visit again later in the year.



Congratulations also to our Year 4 students who engaged in a First Eucharist Retreat on Wednesday, deepening their readiness to take part in this special sacrament later this term.

Lastly, extra special congratulations to Year 3/4 educator, Rhiannon Evans, on her engagement over the weekend to Lenny Wilkinson. We wish Rhiannon and Lenny a lifetime of love and happiness together!

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal





PRAYER

Heavenly Father,

You gifted us with relationships and created us to be social beings. Relationships are some of the very best and most beautiful parts of this life.

They reflect the heart of our God in so many ways -- reminding us of how loved we are, encouraging us in moments of weakness, uplifting our weary spirits, challenging us to grow, and inviting us into the fullness of life. While relationships won't always be easy, remind us that they are worth it. Give us wisdom to care for others with empathy and respect. Guide us to forgive when others make mistakes and hurt us. Lead us to bring our whole and best selves to our relationships with others. Amen.





STUDENT LEARNING & ACHIEVEMENTS



Spotlight on... Spotted Eucalypt 2

SPOTTED EUCALYPT 2

classroom news

LITERACY IN YEAR 2

This term we have been learning how to write Persuasive texts. We have had a lot of fun learning about Sizzling Starts, Sentence Starters and using our Opinions and Facts to support our reasons. Give us a topic and we will come up with 3 strong reasons why we agree or disagree, we're pretty persuasive!



NUMERACY

We have just finished learning all about Measurement! We had an exciting Volume lesson where we made 3D objects and measured the volume of these creations.





NEW TO THE LISIEUX BOOK SHELF

This week is Science Week and students have engaged in a range of hands-on Science tasks. It has also been a time to celebrate and enjoy a range of science literature. "Women in Science", written and illustrated by Rachel Ignotofsky, celebrates trailblazer female astronauts, engineers, biologists, mathematicians and physicists in STEM fields from the ancient to the modern world. The book has delightful illustrations and short inspiring stories. A wonderful addition to any book collection and a stunning gift idea for boys and girls alike.





TAKE NOTE

Next week is Book Week, a very special week in our school calendar.

Please note the following key dates:

Monday 22 August – Book week parade. All students are encouraged to come dressed in costume as a favourite book character. Parade on the oval (weather permitting) at 9am. Parents and family members welcome

Thursday 25 August- Book Exchange. All students are asked to donate a new book for this event. Bring book along any time from now to next Wednesday. Books will be wrapped at school and students will write a short blurb/ advertisement for the book.

On Thursday, students are asked to bring a gold coin donation and will select a specially wrapped mystery book, with all funds going to the Indigenous Literacy Foundation.

We have been thrilled to receive donations of pre-loved wooden chairs for our Art Show. Please keep them coming- all shapes and sizes welcome!

We also need volunteers to accept the challenge of 'renovating/painting' a chair- we would love you to come and choose a chair and have a go. Chairs will be part of a silent auction at the Art Show, where our goal is to raise funds to purchase a pottery kiln. We need your help to do this so please consider the challenge, and if you are an artist who would consider donating an art piece or helping as an artist in residence during Arts Week please let us know.

Just a safety reminder to families parking in the 'staff carpark' area in the afternoons or mornings- please note that there is a designated walkway for parents and students alongside the carparking area. We ask that all students and parents use this pathway rather than walking through the parked car area. This is to ensure optimal safety at all times as there will be cars reversing at these times. If possible, we would prefer that parents park in the designated asphalt areas to maintain safety.







COMMUNITY NEWS



Lisieux Catholic
Primary School

Father's Day Brekky

Friday 2nd September
8am

We are thrilled to host our Annual BBQ Brekky for our Lisieux community, Dads, Grandpas, Uncle's and Special Male role models

Bookings Essential: tickets \$5 via
<https://www.trybooking.com/CCAGC>



5 Strategies to Help Kids Resolve Conflict

By Katie Hurley via www.pbs.org

Two first grade boys argue on the playground while playing kickball with a group of kids. One calls the other a cheater and threatens to tell the teacher. The other boy yells back that he's not a cheater, but that he never wants to play with the other boy again. He stomps away from the kickball field with his head down. The game resumes without him.

Building friendships is a process, and there are generally a few bumps along the road. While these ups and downs may seem minor, hurt feelings between friends can lead to unkind interactions and shifting friendships. The boy who was called a cheater, for example, chose to end this conflict by walking away, but the conflict wasn't actually resolved.

Conflict resolution skills play an important role in healthy friendship development. A child who struggles to cope with frustration, for example, is likely to project that frustration onto a friend. A child who has difficulty finding solutions to friendship problems might feel hopeless when an argument occurs. A child who doesn't know how to verbalize his feelings will likely freeze up and shut down when conflict occurs.

The good news is that young children can learn to manage emotions and conflict to learn how to handle tricky friendship situations. With a few strategies, kids can become problem solvers and maintain their friendships, even when conflict occurs.

Teach the stoplight.

Ask your child to close his eyes and picture a stoplight. When the red light is on, he should take three deep breaths and think of something calming. When the light turns yellow, it's time to evaluate the problem. Can he handle this on his own? Does he need adult help? Think of two problem solving strategies that might work. When the light turns green, choose a strategy (ask for help, go outside and run around, work on a compromise) and give it a try.

Using the red light to calm down helps kids better able to understand the problem and choose a strategy. Practicing the stoplight when your child is calm will also help your child remember the process.

Model empathy.

It's natural for young children to feel overwhelmed with big emotions when they encounter a friendship problem. Sometimes a small disagreement feels like a huge issue. Listening and showing empathy not only helps kids feel heard and understood, but it also helps them learn how to empathize with others.



When your child comes to you to vent about an issue with a friend, get on eye level with your child and empathize. “It sounds like you had a hard time with your friend today. I can hear that you are frustrated and upset,” shows your child that you hear and understand what he’s going through. It’s okay for kids to experience heated emotions; it’s what they do to work through those emotions that matters. Going to a parent for support is a great coping strategy.

Listening and empathizing are helpful strategies in the moment. Parents don’t have to solve every problem. In fact, we shouldn’t. Providing a safe space to talk about and process emotions is the best support.

Practice talking about feelings.

Young children tend to react quickly to upsetting events. Being quick to frustration or engaging in black and white thinking and blaming are common reactions to friendship troubles with young children. They need to practice talking about their feelings in a healthy and calm way.

Teach your child to use “I feel” statements when upset with a friend. When kids learn to use these statements, they focus on how a behavior affected them without resorting to blaming.

“I feel angry when something is grabbed out of my hands. Please don’t do that,” states the feeling and the behavior without arguing or displacing the angry feelings. “I feel lonely when I’m not included at recess. Can I please join your group next time?” lets another child know that feeling left out hurts and offers a solution.

Practice brainstorming solutions.

While it might seem easier to help children solve a problem by telling them what to do to fix it, kids become better problem solvers when they learn how to find solutions on their own.

Get a blank sheet of paper and markers in a variety of colors. Ask your child to describe what happened from start to finish from her point of view. When she’s finished, ask her to pick a color and brainstorm three possible solutions to the problem that might work for her. Next, ask her to step into her friend’s shoes and try to retell the story from her perspective. This can be difficult and might take a few tries. Ask her to choose a color to represent her friend and brainstorm three possible solutions that might work for her friend. Finally, ask your child to look for the common ground. Is there a solution that might work for both? If not, brainstorm three more solutions that meet in the middle.

By looking at the struggle from different perspectives, kids learn to empathize with their peers and look for solutions that help everyone involved.

Create a jar of problem-solving sticks.

Chances are, your child comes up with a lot of potential solutions when brainstorming problem solving strategies with you. Write them down on popsicle sticks and store them in a mason jar. The next time your child struggles to come up with a workable solution to solve a problem with a peer or a sibling, ask him to look through the jar and give one a try.

Kids will experience ups and downs with their friends as they grow and change. That’s part of growing up. By preparing kids with strategies to cope with these upsetting situations, they are better able to work through the obstacles and preserve their friendships.

The P&F would like to thank you all for your continued support helping to raise money for our school. We are busily organising several events before we reach the Term 3 School Holidays!

Father's Day

Don't forget to give your child \$5 each to buy their Father's Day gift from our stall. We have several gifts on offer this year and I am sure it will be exciting for the kids to choose something for their special male role model in their life!

We have decided to run the event on Thursday 1st September for the kids, 2-3pm and then Friday 2.30pm till 3.15pm for anyone who forgot to bring their money the day before, or if you want to buy extra gifts for other family members. If you are interested in helping out at the stall, please email Nat at lisieuxpandf@gmail.com



Trivia Night

There are a limited number of tickets on sale now, so buy your ticket to ensure you don't miss out! Book your ticket through TryBooking. <https://www.trybooking.com/CBXIV>

Gather a group of 8 people to make a team, or come on the night and we can organise a table for you! Brooke from the Cracker Collective is still accepting orders for her grazing platters, so don't forget to pre-order yours at feedme@thecrackercollective.com.au or 0414613419. Otherwise, BYO nibbles only as there will be a bar onsite and drinks available at bar prices. (Strictly no BYO drinks.)

A massive thank you for all our generous donations, we have some awesome prizes to give away on the night!



LIMITED TICKETS!

SATURDAY 10TH SEPTEMBER

7PM TO 10PM

\$20 PER PERSON OR \$160 FOR TEAMS OF 8

PREORDER CRACKER COLLECTIVE PLATTERS

OR BYO NIBBLES

DRINKS AT BAR PRICES

AT LISIEUX CATHOLIC PRIMARY SCHOOL



THE CRACKER COLLECTIVE

BOOK NOW TO LOCK IN OUR DELICIOUS GRAZING BOX FOR OUR
LISIEUX TRIVIA EVENING SATURDAY 10TH SEPTEMBER
\$125

SERVES 2-6 PEOPLE

EMAIL US BELOW TO ORDER NOW
(DID WE MENTION IT MAKES YOU 50% SMARTER ???)

feedme@thecrackercollective.com

Don't forget to book your nibbles with Brooke from The Cracker Collective, she will be taking orders for grazing platters to have on your tables. This will be one less thing to worry about organising on the night!

To organise your platter contact Brooke at feedme@thecrackercollective.com.au or 0414613419.

COMING UP!

Footy Colours Day - Hot Dog Day

EMAIL:

Please email Nat at lisieuxpandf@gmail.com

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



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.

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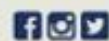


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