

known and loved

ISSUE 26 | 23<sup>rd</sup> August 2022  
**SCHOOL CALENDAR**



## FROM THE PRINCIPAL

Dear members of the Lisieux community,

Book Week is always a special time of the year and we kicked off our festivities on Monday with a wonderful parade of much-loved characters. It was a feast of colour and creativity! Students have engaged in a range of activities this week relating to Book Week, all of which have been designed to build their love of literature. Reading is one of the most powerful tools for building connection and a greater understanding of the world. Storytelling and reading books fosters so many different life-long skills such as:

- cognitive skills – encouraging exploration of different opinions and experiences.
- emotional intelligence – fostering emotional development as characters face different moments of challenge and decision making; books can help children develop a higher acceptance of new experiences and changes.
- social skills – encouraging children to accept other people and their differences.
- an increased vocabulary.
- an appreciation of our own and others' cultural heritage.
- creativity and imagination.

We love to immerse our students in a wide range of literature and encourage a life-long love of reading. Today our Book Swap took place and hopefully your child will come home with a new book to add to their collection.

This Sunday most of our Year 4 students will celebrate the Sacrament of First Eucharist at St Therese Church at 8:45am, with a small number of students having celebrated this last weekend. Congratulations to our students on this important step in their faith journey. As Catholics, we believe that the eucharist is the 'source and summit' of our faith and when we receive the sacrament, it is an act of thanksgiving to God. It recalls the Last Supper of Jesus and his apostles, and is the nourishment to enable us to remain spiritually strong.

God's blessings for the week ahead

**Susan Ryan**

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

Principal

### AUGUST

Sun 28<sup>th</sup> Sacrament of Eucharist  
8.45am  
St Therese Church

### SEPTEMBER

Thurs 1<sup>st</sup> Father's Day stall

Fri 2<sup>nd</sup> Father's Day BBQ  
Brekky  
See flyer below

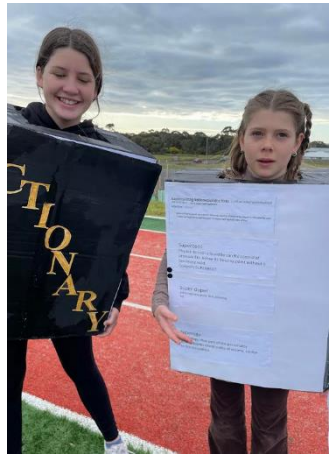
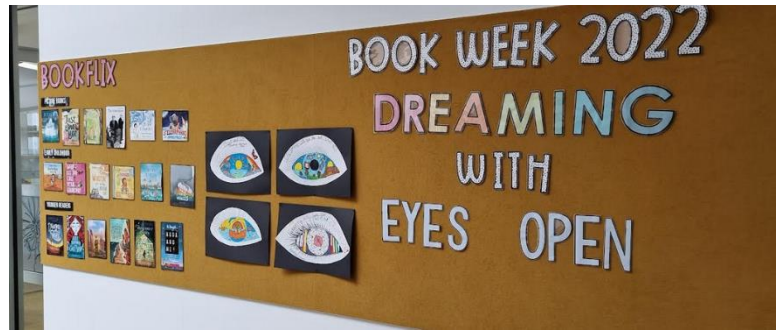
Father's Day Stall

Sat 10<sup>th</sup> Lisieux Trivia Night  
7pm

Sun 11<sup>th</sup> Family Mass  
St Therese Church  
8.45am

Wed 14<sup>th</sup> Year 3/4 Beach Discovery  
Day

Fri 16<sup>th</sup> Footy Colours and Hot  
Dog day  
**LAST DAY OF TERM 3**  
**3.15pm finish**





# PRAYER

Loving God,

Bless the children of Lisieux coming forward to receive Holy Communion for the first time.

May this celebration be an initial step into a 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 into full discipleship.

May their hands, extended in anticipation of your Body and Blood, inspire us all to cherish this sacred sacrament.

Amen.

Congratulations and God bless these First Eucharist candidates: Blake Abella, Archie Begg, Kai Brody, Eddie Byrne, Emma Collins, Winter Del Popolo, Tyler Deledio, Raphael Doherty, Jacob Ferraro, Samuel Frost, Xavier Fuller, Kai Hay, Jackson Heaysman, Tommy Kvesic, Orlando Mannix, Alexandra Marriott, Clancy Meyer, Sibylla Meyer, Izaah Popping, Claudia Richmond, Madison Russo, Louie Walsh.





# STUDENT LEARNING & ACHIEVEMENTS

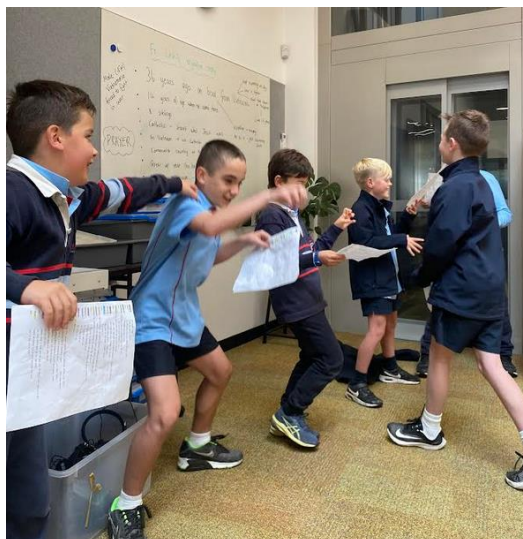


## Spotlight on... Golden Wattle 1



Golden Wattle 1 has had a very busy term focusing on diversity for our Inquiry unit. We had a great time learning how Australia has become a wonderful multicultural country at the Immigration Museum in Melbourne and have continued our learning since returning to school. The students have chosen a specific country and have researched how their culture, traditions, cuisines and dress have influenced Australia today. We have also written biographies that celebrate the lives of many famous people from all over the world.

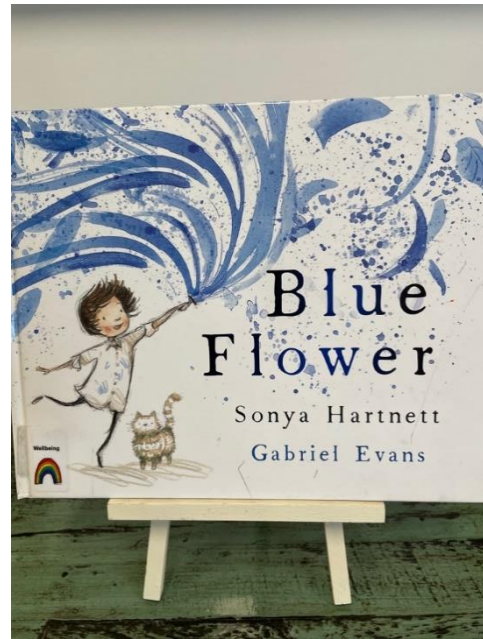
In Maths we are learning about financial mathematics and have had a lot of fun shopping for groceries online. As a challenge, our students planned a meal that they could purchase and cook for their family for \$40. So look forward to your child helping you do the groceries!!!





# NEW TO THE LISIEUX BOOK SHELF

One of the shortlisted picture books for 2022 is Sonya Hartnett's "Blue Flower". This is a beautifully told picture book about self-esteem, resilience and the discovery that being different can be something wonderful. It explores a child's realisation that it is her individual differences and creativity that make her special.





## TAKE NOTE

As our Term 4 Art Show approaches, we would really like to encourage families to take a pre-loved chair home and have a go at refreshing it with your artistic creativity. These re-designed chairs are a unique part of our silent auction at the Art Show. Let us know if you would like a chair- a great holiday project perhaps?

### **Special request from Year 1/2 classes:**

Bonjour families,

As part of the Year 1/ 2 Religion Mission Unit, we are learning about kindness and following in Jesus' footsteps by helping others. We have decided to support Geelong Mums by collecting items during the last few weeks of Term 3.

For families who are able to support our initiative we invite you to help in the following ways:

**Prep's** can bring in baby toiletries - shampoo, bath wash/soap and moisturisers.

**Year 1/2's** can bring in additional baby toiletries -Baby wipes, nappy/barrier cream and baby oil

**Year 3/4's** can bring in adult toiletries - toothpaste, toothbrush, floss and mouthwash

**Year 5/6's** can bring in additional adult toiletries - body wash and soap, shampoo/conditioner and women's deodorant

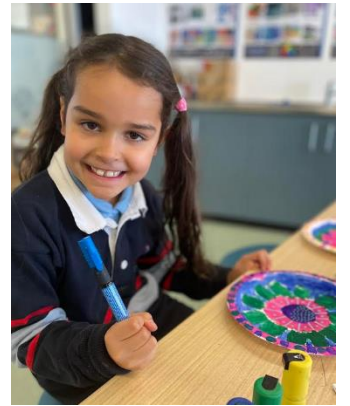
Each year level will have a box that students can put their donations in. The Year 1/ 2's will come into classrooms every couple of days to move the items into our collection area.

\*\* Additional items that can be brought to Reception- reversible car seats (less than 8 years old), prams/double prams, 5 point harness high chairs, safety gates with bolts and parts and cots (less than 10 years old with a clean mattress).

It would be wonderful if those who are able can get on board and support the families in need in our local community.

### **Eucharist Mass**

The Sacrament of First Eucharist for Lisieux, will be celebrated at St. Therese Church this Sunday 28th August at 8:45 am. We kindly ask that your child is dressed in neat casual clothes, some candidates may choose to wear a suit or white dress. Candidates are also to wear their sacramental stole. Please be at church 10 minutes early as the children will wait in the foyer to enter together. We ask that family members enter and find a place to sit ready for the ceremony.









# 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>**

Raising Your Child in 2022: Parenting strategies  
presented by

**Dr. Michael Carr-Gregg**



**Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, author, broadcaster and specialist in parenting, children, adolescents and mental health and is presenting 3 different topics across 3 nights in Torquay.**

**Location:** The MAC: Multi Arts Centre, 77 Beach Rd, Torquay

**Date:** August 9 - Raising Happy and Resilient Young People

**Date:** August 29 - Coping with Alcohol, Tobacco and other Drugs

**Date:** September 5 – De-mystifying and Managing Adolescent Risk

Parents and carers of school aged children from all schools are encouraged to attend.  
You can come to one or all of the sessions.

Tickets available for each event through Eventbrite

[REGISTER NOW](#) or scan the QR code





## Anxiety in Kids and Teens

Building Resilience in Children – 20 Practical, Powerful Strategies (Backed by Science)

Amended article by Karen Young via [www.heysigmund.com](http://www.heysigmund.com)

All children are capable of extraordinary things. There is no happiness gene, no success gene, and no 'doer of extraordinary things' gene. The potential for happiness and greatness lies in all of them, and will mean different things to different kids. We can't change that they will face challenges along the way. What we can do is give them the skills so these challenges are never able to break them. We can build their resilience.

Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.

The great news is that resilience is something that can be nurtured in all children.

How does resilience affect behaviour?

Children will have different levels of resilience and different ways of responding to and recovering from stressful times. They will also have different ways of showing when the demands that are being put upon them outweigh their capacity to cope. They might become emotional, they might withdraw, or they might become defiant, angry or resentful. Of course, even the most resilient of warriors have days where it all gets too much, but low resilience will likely drive certain patterns of behaviour more often.

Can resilience be changed?

Yes. Yes. Yes. Absolutely resilience can be changed. Resilience is not for the genetically blessed and can be strengthened at any age. One of the most exciting findings in the last decade or so is that we can change the wiring of the brain through the experiences we expose it to. The right experiences can shape the individual, intrinsic characteristics of a child in a way that will build their resilience.

Now for the how. Building resilience in children.

Building small humans into healthy, thriving big ones isn't about clearing adversity out of their way. Of course, if we could scoop them up and lift them over the things that would cause them to stumble, that would be a wonderful thing, but it wouldn't necessarily be doing them any favours. A little bit of stress is life-giving and helps them to develop the skills they need to flourish. Strengthening them towards healthy living is about nurturing within them the strategies to deal with that adversity. Here's how.



### 1. Resilience needs relationships, not uncompromising independence.

Research tells us that it's not rugged self-reliance, determination or inner strength that leads kids through adversity, but the reliable presence of at least one supportive relationship. In the context of a loving relationship with a caring adult, children have the opportunity to develop vital coping skills. The presence of a responsive adult can also help to reverse the physiological changes that are activated by stress. This will ensure that the developing brain, body and immune system are protected from the damaging effects of these physiological changes. Anyone in the life of a child can make a difference – family, teachers, coaches – anyone.

### 2. Increase their exposure to people who care about them.

Social support is associated with higher positive emotions, a sense of personal control and predictability, self-esteem, motivation, optimism, a resilience. Kids won't always notice the people who are in their corner cheering them on, so when you can, let them know about the people in their fan club. Anything you can do to build their connection with the people who love them will strengthen them.

*'I told Grandma how brave you were. She's so proud of you.'*

### 3. Let them know that it's okay to ask for help.

Children will often have the idea that being brave is about dealing with things by themselves. Let them know that being brave and strong means knowing when to ask for help. If there is anything they can do themselves, guide them towards that but resist carrying them there.

### 4. Build their executive functioning.

Strengthening their executive functioning will strengthen the prefrontal cortex. This will help them manage their own behaviour and feelings, and increase their capacity to develop coping strategies. Some powerful ways to build their executive functioning are:

- establishing routines;
- modelling healthy social behaviour;
- creating and maintaining supportive reliable relationships around them;
- providing opportunities for their own social connections;
- creative play;
- board games
- games that involve memory
- exercise;
- giving them opportunities to think and act independently (if they disagree with you and tell you why you're wrong, there's a plus side – their executive functioning is flourishing!);
- providing opportunities for them to make their own decisions.

### 5. Encourage a regular mindfulness practice.

Mindfulness creates structural and functional changes in the brain that support a healthy response to stress. It strengthens the calming, rational prefrontal cortex and reduces activity in the instinctive, impulsive amygdala. It also strengthens the connections between the prefrontal cortex and the amygdala. When this connection is strong, the calming prefrontal cortex will have more of a hand in decisions and behaviour.

6. Exercise.
7. Build feelings of competence and a sense of mastery.
8. Nurture optimism.
9. Teach them how to reframe.

Let there be ridiculous ideas too. This will let them push past the obvious and come up with something that is beautifully unique. It will also encourage them to question any limits or ideas about how things 'should' be done.

#### 10. Model resiliency.

Imitation is such a powerful way to learn. The small humans in your life will want to be just like you, and they'll be watching everything. Without pitching it above what they can cope with, let them see how you deal with disappointment. Bringing them into your emotional world at appropriate times will help them to see that sadness, stuckness, disappointment are all very normal human experiences. When experiences are normalised, there will be a safety and security that will open the way for them to explore what those experiences mean for them, and experiment with ways to respond.

*'I'm disappointed that I didn't get the job, but that's because it was important to me. It's nice to have things that are important to you, even if they don't end the way you want them to. I did my very best in the interview and I know I'll be okay. That one wasn't the job for me, but I know there is going to be one that is perfect. I just have to keep trying and be patient.'*

#### 11. Facing fear – but with support.

Facing fear is so empowering (within the limits of self-preservation of course – staying alive is also empowering) but to do this, they need the right support – as we all do. Kids can be fairly black and white about things so when they are faced with something difficult, the choices can seem like only two – face it head on or avoid it at all costs. But there is a third option, and that is to move gradually towards it, while feeling supported and with a certain amount of control.

#### 12. Encourage them to take safe, considered risks.

Let them know that the courage they show in doing something brave and difficult is more important than the outcome. Age-appropriate freedom lets them learn where their edges are, encourages them to think about their decisions, and teaches them that they can cope with the things that go wrong. When they take risks they start to open up to the world and realise their capacity to shape it. There's magic in that for them and for us.

#### 13. Don't rush to their rescue.

It is in the precious space between falling and standing back up again that they learn how to find their feet. Of course, sometimes scooping them up and giving them a steady place to be is exactly what they need to find the strength to move forward. The main thing is not to do it every time. Exposure to stressors and challenges that they can manage during childhood will help to ensure that they are more able to deal with stress during adulthood. There is evidence that these early experiences cause positive changes in the prefrontal cortex (the 'calm down, you've got this' part of the brain), that will protect against the negative effects of future stress. Think of it like immunisation – a little bit of the pathogen, whether it's a virus or something stressful, helps to build up resistance or protect against the more severe version.

#### 14. Meet them where they are.

Resilience isn't about never falling down. It's about getting back up again, and there's no hurry for this to happen. All of us experience emotional pain, setback, grief and sadness sometimes. Feelings always have a good reason for being there, even if they can feel a little pushy at times. The key for kids is to learn to respect those feelings (even the bad ones), but not let them take charge and steer towards trouble. Sadness and grief, for example, can make us want to withdraw for a little while. It is during the withdrawal that information is reflected upon, assimilated and processed so that balance can be found again. If this is rushed, even if it is in the name of resilience, it can stay as a gentle rumble and show up through behaviour, sometimes at wildly unexpected times.

## 15. Nurture a growth mindset. We can change, and so can other people.

Research has found that children who have a growth mindset – the belief that people have the potential to change – are more likely to show resilience when things get tough. Compared to kids who believe that bullies will always be bullies and victims will always be victims, kids who believe that people can change report less stress and anxiety, better feelings about themselves in response to social exclusion, and better physical health.

## 16. Let them know that you trust their capacity to cope.

Fear of failure isn't so much about the loss but about the fear that they (or you) won't be able to cope with the loss. What you think matters – it really does. You're the one they will look to as a gauge for how they're going. If you believe they have it in them to cope with the stumbles along the way, they will believe this too. This isn't always easy. We will often feel every bump, bruise, fall or fail. It can be heartbreaking when they struggle or miss out on something they want, not because of what it means for us, but because of what we know it means for them. But – they'll be okay. However long it takes, they'll be okay. When you decide, they'll decide.

## 17. Build their problem-solving toolbox.

Self-talk is such an important part of problem-solving. Your words are powerful because they are the foundation on which they build their own self-talk. Rather than solving their problems for them, start to give them the language to solve their own. Some ideas:

- What would [someone who they see as capable] do?
  - What has worked before?
  - Say as many ideas as you can in two minutes, even the silly ones? Lay them on me. Go.
  - How can we break this big problem into little pieces?
1. So say, for example, the problem is, 'What if I miss you or get scared when I'm at Grandmas?' Validate them first, then start giving them the problem-solving language without handing them solution,
  - 2.
  3. Make time for creativity and play.

Problem-solving is a creative process. Anything that strengthens their problem-solving skills will nurture their resilience. Children are naturally curious, inquisitive and creative. Give them the space and the time to play and get creative, and they'll do the rest.

4. Shhh. Let them talk.

Try to resist solving their problems for them. (Oh but so tempting, I know!) Instead, be the sounding board as they take themselves to wherever they need to be. As they talk, their mind is processing and strengthening. The sparks that are flying up there could shine a light bright enough to read by. Guide them, but wherever you can, let them talk and try to come up with their own solutions. You are the safest place in the world for them to experiment and try new things. Problem-solving is a wonderful skill to have, and their time talking to you, and coming up with ideas, will build it beautifully. Give them the opportunity to explore and wander around their own great potential.

5. Try, 'how', not 'why'.

When things go wrong – as they will – asking kids 'why' will often end in 'don't know'. Who knows why any of us do silly things or make decisions that aren't great ones. The only certainty is that we all do them. Rather than, 'why did you paint your sister's face?' which might lead to the perfectly reasonable explanation of, 'to make it yellow', encourage problem-solving and reflection by asking how they can put it right. 'She's yellow but it's not okay for her to stay yellow. How can you fix this?'

And above all else ...

Let them know they are loved unconditionally. (But you already knew that.)

This will give them a solid foundation to come back to when the world starts to feel wobbly. Eventually, they will learn that they can give that solid foundation to themselves. A big part of resilience is building their belief in themselves. It's the best thing they'll ever believe in.

### Father's Day Stall

Father's Day Stall is next week! Thank you to all those who offered to volunteer. 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](mailto:lisieuxpandf@gmail.com)



### Trivia Night

Get your team together or come and meet new people and buy an individual ticket! We have already sold over half of our available tickets, so don't forget to purchase yours before they sell out! Book your ticket through TryBooking. <https://www.trybooking.com/CBXIV>  
Grazing platters available through The Cracker Collective or BYO nibbles. 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! We are still accepting donations for prizes, so if you are a local business and would like to donate, please email me or drop off your donation at the Front Office.



## **LIMITED TICKETS!**

**SATURDAY 10TH SEPTEMBER**

7PM TO 10PM

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

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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](mailto:feedme@thecrackercollective.com.au) or 0414613419.

### **COMING UP!**

Footy Colours Day - Hot Dog Day (Information will be sent home soon)

### **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.



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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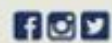


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