

known and loved

ISSUE 34 | 10th November 2022
SCHOOL CALENDAR



NOVEMBER

- Mon 21st
Year 5/6 Beach
Discovery
- Tues 22nd
Sacrament of
Confirmation
St Therese Church
6.30-8pm
- Mon 21st
Year 5/6 Beach Discovery
- Thurs 24th
2023 Prep Transition
Session 4
9-11am
- Mon 28th
Prep Excursion
Details to follow

Dear members of the Lisieux community,

Last week, six of our Lisieux staff members attended Positive Schools “Wellbeing in Action” Conference in Melbourne, extending our knowledge of topics such as neuro-diversity, student voice and agency, optimising play and creativity, rites of passage for young people, cyber-safety, and understanding risk and resilience. Some of the key speakers included John Marsden, Dr Michael Carr-Gregg, Susan McLean, Dr Helen Street and Dr Arne Rubinstein.

I found Dr Rubinstein’s address particularly valuable – he is a medical doctor who worked in emergency medicine for 15 years before leaving this work to create programs for parents and schools. His decision to move from the medical field was influenced by some of the crisis events he witnessed in the emergency department at Bryon Bay, among these the damage some young people experienced through participation in the ritual of Schoolies. After extensive research into world-wide ritual practices, he set about creating his own Rites of Passage foundation which would encourage young people to take supported risks as part of a loving community, explaining that when it is done well it is a really positive experience, but when it is done badly “...and unfolds through grief and trauma, it actually creates more wounding and issues that people then have to deal with in the future”. Our plan is to build upon some of Arne’s ideas to strengthen our Year 5/6 leadership structure next year. I’ve included a reference to Arne’s work in the wellbeing section of today’s newsletter.

Tomorrow, 11th November, is Remembrance Day, a day of commemoration dedicated to those who have died fighting to protect our nation. We held a remembrance ceremony at school this afternoon, with our own Lisieux parent, Katie Reaper, as RSL representative. Tomorrow our House Leaders will represent our school at Pt Danger at a public ceremony.

God’s blessings for the week ahead,

Susan Ryan
Principal

Susan.ryan@lisieux.catholic.edu.au



PRAYER

Scripture

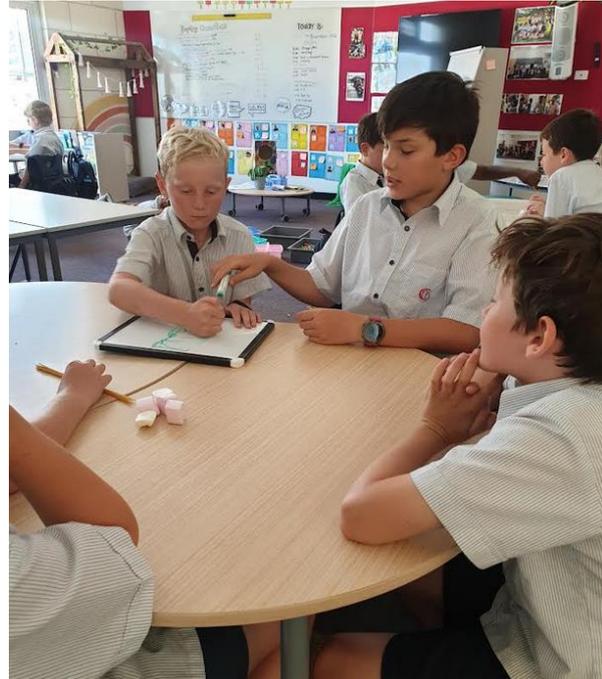
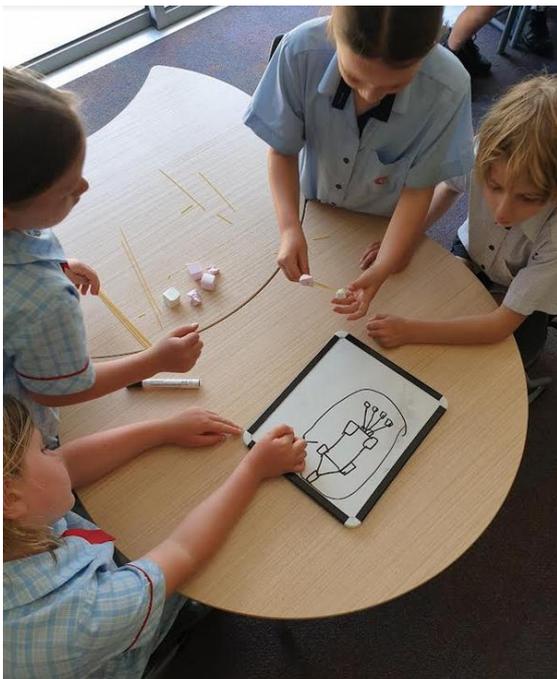
A reading from the holy Gospel according to John (John 15:12-17) My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

Ever-loving God,

We remember those courageous men and women who gave their lives in wartime and as a result of war. As we remember the lives that have been lost, let us promise each other to work for the freedom of all who are oppressed in the world today. Let us be people of peace. whom you have gathered from the storm of war into the peace of your presence; may that same peace calm our fears, bring justice to all people and establish harmony among the nations. Amen

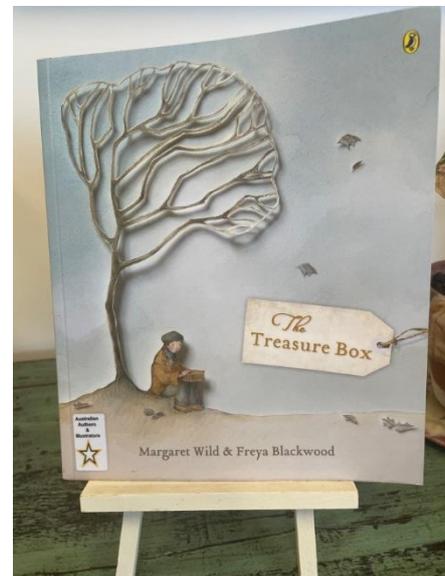


STUDENT LEARNING & ACHIEVEMENTS





This week we are sharing numerous stories with students that relate to the theme of war, as it is Remembrance Day on Friday. "The Treasure Box", written by Margaret Wild and illustrated by Freya Blackwood, embraces the themes of war, peace, lifetimes, resilience, survival and hope. It begins with the words, "...when the enemy bombed the library, everything burned." It is the story of the trauma of war, but it is much more- a reminder that there are things that cannot be destroyed by bombs. It is an extraordinary book about the importance of story and the power of resilience. The artistry of the illustrations, made from the burnt pieces of the library books, creates an impact and helps to share the message





TAKE NOTE

Please note that the window for communicating about 2023 class placement needs has now closed. Lists are currently being finalised and there will be no further opportunity for changes to be made. Students will take part in transition activities in the coming weeks, including a Moving Up morning on December 6. Please be assured that our staff have worked hard to ensure the groupings are evenly balanced and all student needs have been taken into consideration.

Thank you for your support over the last two weeks. We have had two fundraisers, Reach Vietnam and Remembrance Day. We ask that all money collected be dropped off at the office tomorrow and if your child would like to purchase a poppy pin, there are still a few available.



LEARNING COMMUNITY IN PICTURES







Parenting Your Child Through Rites Of Passage

By Jason Whitton via www.jasonwhitton.com.au

Figuring out how to navigate big transitional moments is tough for anyone – especially a child looking ahead into adulthood. Dr Arne Rubinstein has worked extensively in Rites of Passage to figure out just how we, as parents, can make this process a better, more fulfilling experience.

They're the transitional phases of life we all go through, but oftentimes these Rites of Passage are overlooked leaving many of our young people scrambling at an incredibly crucial life-point. Dr Arne Rubinstein, a medical doctor, speaker and mentor says it's in everyone's best interest to get this pivotal stage right.

"When we do it well, it's a really positive experience. But when it's done badly and unfolds through grief and trauma, it actually creates more wounding and issues that people then have to deal with in the future," says Dr Arne.

Traditionally, Rites of Passage have been used by Indigenous and Asian communities around the world to support their people from one stage of life to the next.

Through his years of research, Dr Arne realised that this framework is still relevant in modern society, particularly in times like helping adolescents transition to adulthood.

"A Rite of passage runs along a particular format," Dr Arne remarks.

"That format has three stages. It allows a teenager to go through a transformation where ideally, they integrate back into society as young adults."

WHAT EXACTLY ARE RITES OF PASSAGE

Dr Arne compares it to climbing the 'staircase of life'.

"We're all on a staircase and we move from being a baby, through adolescence and young adulthood, becoming a potential parent, grandparent, and elder," Dr Arne says.

"There's all these steps, and in an ideal world we move up those steps with awareness and through a facilitated process."

That facilitated process is a Rite of Passage. For example, when children turn 18 they're suddenly open to a whole new world of opportunities and independence. It's an exciting time in a young person's life, but it is likely a more terrifying time for the parents.

In order to have a positive experience with this Rite of Passage however, parents need to facilitate and simultaneously let go.

"Parents need to move to a different relationship with their children where it's about being available and being in a more mentoring-type relationship. Because if they keep trying to treat their young adults like children, the kids are going to push them away, and it's going to create conflict. "



rites of passage from adolescents to young adults

Through his work, Dr Arne helps to facilitate this process using a particular framework of elements.

Sharing of stories

The part of this Rite of Passage starts with the sharing of stories. Giving teenagers a space to share with each other helps to create a community around them.

On top of that, asking them to hear the stories of elders – whether that’s their parents, grandparents or teachers – helps to broaden perspective and learning.

“It actually doesn’t matter what age you are. We all need a sense of belonging and we all need to be learning, so sharing stories has a hugely powerful effect.”

Discovering their vision

The next step is to get them thinking about the adult they want to become. How do they want to be in the world?

They also take the time to determine what their challenges are in life, and what things could stop them from being the adult they desire, which if facilitated well, Dr Arne says can be a powerful process.

“Imagine how incredible it is if a child or a young adult actually has a vision, and can recognise what their own challenges are, and have strategies for dealing with those challenges.”

Honouring their uniqueness

The final aspect of this Rite of Passage is for the young people to recognise that each of them is different, and they each have their own unique gifts and talents.

Of course, it’s not enough to just ask them to reflect on this alone. Dr Arne notes that one of the things we know about children is that they don’t often recognise their own gifts or don’t value them.

“We do a process called ‘honouring’,” Dr Arne says.

“This is where each of them sits on a chair, and either the parents, teachers or their peers tell each person what they admire about them, love about them, and the gifts they see in them.”

Through this activity they build a stronger sense of self and validation, encouraging them to break the mold that pressures them to conform.

Helping or hindering your child’s rites of passage

For all of us, Rites of Passage come with conscious choices, and it’s how we deal with them that can impact the rest of our lives.

However, helping to facilitate these important milestones in our own children’s lives can be the difference between incredibly positive or negative experiences for them as they grow into adulthood.

Start by understanding these transformative moments better and addressing them through the steps Dr Arne outlined above. The more you make yourself available and present through these times, the greater the experience will be for your child.

Reminder

Orders for Friday school canteen lunches close at 5 pm on Wednesdays.

Order via School 24.

Go to www.school24.net.au and use the school code 25437963 to register, if you haven't already done so.

You can also volunteer to help in the school canteen via School 24.



Thank-you!

Thank-you to those of you who were able to support our mango fundraiser. Together we have raised \$1260 towards a pottery kiln. We will be given a week's notice of our expected delivery date.

Some additional mango trays were ordered. If you would like any please text your name and the number of trays you would like to Renee M. 0490701855.



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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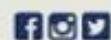
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Torquay Lions Club – Lap the Map for Diabetes

The Surf Coast community is invited to give up an hour for some exercise, and join the Lions Club 'Lap the Map' for Diabetes – this Sunday 13 November 2022. Registration from 10.30am at the Sundial (The Esplanade – end of Darian Road).

Raising funds for diabetes research and prevention – through the Lions Australia Diabetes Foundation – registration is \$5 per walker (or runner / pusher / dog-walker) (cash or card)!

We will walk from the Sundial to Point Danger and back – about 5km. Start by 11am, and you can be in a coffee shop by 12 (or call in at Salty Dog on the way!). Children, dogs and walking sticks all welcome.

With Lions Clubs around Australia we will collectively 'lap the map' – and bring some attention to this important issue. Please put this hour in your diary now – for some exercise, some new faces and a good cause.

Information on the Torquay Lions website: www.torquaylionsclub.org.au and Facebook page (search Torquay Lions Club).



LIONS INTERNATIONAL
LAP THE MAP



Join your Local
Lions Club in raising
awareness and funds for
World Diabetes Day.