



FEBRUARY

Tues 21st Shrove Tuesday
(details below)

Transition & Wellbeing
Discussions 3.30-7.30pm

Wed 22nd Ash Wednesday

Prep Rest Day/
Individual testing

Thur 23rd Lisieux Parents & Friends
AGM 7pm

ALL WELCOME

Tues 28th Reconciliation Family
Night 6pm

MARCH

Wed 1st Prep Rest Day/Individual
testing

Thur 2nd 2024 Enrolment Tour
9.30am

Sun 5th Reconciliation Rite of
Enrolment Mass 8.45am
St Therese Church

Mon 6th Year 5/6 Camp

Tues 7th Year 5/6 Camp
Prayers in Pyjamas
Evening for Prep Students
6.30pm

Wed 8th Year 5/6 Camp
Prep Rest Day/Individual
testing

Thurs 9th Year 5/6 Rest Day

Fri 10th Professional Practice day
NO STUDENTS

Dear members of the Lisieux community,

What a privilege it was to spend the day with our Year 5/6 students yesterday at Anglesea as they participated in Day 1 of their 2023 Leadership Conference. The students took part in a range of team challenges, designed to strengthen their understanding of what leadership is. Our day was held at St Christopher's Church and the nearby river and walkways, a scenic setting for time in nature and outdoor experiences. This is a very special cohort of students – the Year 5 group were our first Lisieux Preps in 2018 and many of the Year 6's commenced as Year 1's in the same year. Others have joined us throughout our journey, and even this year, we have 4 new Year 5 students and 3 new Year 6 students (who have fitted in beautifully). Along with the other staff present, I was so impressed by the depth of maturity displayed by these young people, who worked collaboratively and respectfully throughout the day and shared some incredible visions for the difference they would like to make as leaders at Lisieux this year. We are very excited about what the year holds with this group of leaders helping to shape our community. Today the Year 5/6s will be surfing as part of their second day of leadership training, and they will return to begin considering what roles they might nominate for. These roles will be announced in the coming weeks and Year 6 jackets will be presented as soon as possible.





Most of our students have now settled into the routine of school life. For those who experience some anxiety at drop off time, please let us know as we can arrange for a member of staff to meet your child at the Kiss and Drop zone in the morning. Often it helps to keep the drop off transition very short and sharp and the Kiss and Drop zone helps to support this.

On Tuesday next week, between 3:30pm-7:30pm, we will be holding Transition and Wellbeing Discussions as an opportunity to chat with your child's teacher. The discussion focus is not on academic progress, but rather on how they have settled in to the new school year and any pastoral needs you would like to raise. Parents may elect to meet face to face with teachers or can zoom in if preferred. Please ensure that you indicate your preference on the Operoo communication which every family should now have received.

Our Parents and Friends Annual General Meeting will take place in the Multi-Purpose Room on Thursday evening at 7pm. This is a great opportunity to come along, meet other parents, and get more involved in the life of the school. We will be serving wine and cheese and all parents are warmly welcome. I hope to see you there.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



PRAYER

Loving God, Creator of all times and places, we thank you for the gift of Summer time, the days of light, warmth and leisure.

Thank you for the beauty that surrounds us everywhere we look: the multi-coloured flowers, the deep blue of the sky, the tranquil surface of lakes, the laughter of children at play, people strolling in parks, families gathered around picnic tables and the more time to spend with family and friends.

As we open our eyes and ears to the landscape of nature and people, open our hearts to receive all as gift. Give us that insight to see you as the Divine Artist. Warm our souls with the awareness of your presence.

Let all the gifts we enjoy this summer deepen our awareness of your love so that we may share this with others.

Amen



STUDENT LEARNING & ACHIEVEMENTS



Spotlight on... Carmel Bleu

The Prep's of Carmel Bleu have started school full of enthusiasm. We have begun our term developing our fine motor skills with a range of hands-on activities to strengthen our hand muscles in preparation for writing.

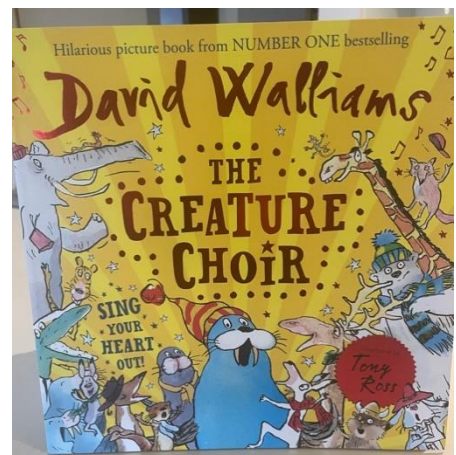
As part of our Reading and Spelling Program, students have loved using white boards and tangible materials to learn the focus sound for the week. When learning the focus sounds M and S, students traced the letters, sorted pictures with the focus sounds, used write and wipe boards, played eye spy and sound quizzes. Carmel Bleu has loved discovering new words that have the m and s sounds with our friends Milo the Monkey and Sally the Snake.

This Term we have also been exploring numbers and how numbers can be represented by objects. The students particularly enjoyed using different objects around the room and outside to make up our focus number for the day. Amazing work Carmel Bleu!





David Walliams' books fly off the shelves at Lisieux and "The Creature Choir", one of his latest releases, will be no different. It's the type of book that encourages you to be a bit silly, and is sure to encourage a giggle or two. It uses descriptive writing and onomatopoeia in fun ways, but most importantly, has a beautiful message: do what you love if it makes you happy.





VACANCY

We have an existing vacancy on our Lisieux Advisory Council for interested parents/carers/community members. The School Advisory Council works closely with the Principal and school representatives in matters relating to the school's vision. It acts as a forum for discussion on matters concerning education in the school. With the recent resignation of two Council members, we are currently seeking nominations for these positions. If you would like a copy of the Council constitution or a nomination form, please contact Brooke Walsh at Reception or feel free to have a chat to Council Chair, Simon Backhouse who can be contacted via: simon.backhouse@deakin.edu.au or you may wish to chat to Susan Ryan and can email via: susan.ryan@lisieux.catholic.edu.au

Traffic Management

A very big thank you to all parents/carers for your support in helping to ensure that afternoon pick up is as seamless as possible. In particular, we are appreciative of those who are choosing to park in a designated parking space rather than hold up traffic in the Kiss and Drop zone. We remind families:

- Please **do not park and wait in the Kiss and Drop zone** – this zone allows cars to drive through only (no standing) and students should alight safely and quickly to allow cars to move on. If stopping, please drive to the furthest park in the Kiss and Drop zone so subsequent cars can arrive behind you.
- Please make sure you enter and exit the school using the designated lanes. Cars exiting the school at peak times (as indicated by signage) must turn left (towards Surf Coast Highway) to avoid congestion.

Bike Safety

It is wonderful to see so many of our students riding to and from school. We regularly remind students of safe riding protocols, (such as travelling at a safe speed, being aware of pedestrians, stopping at corners to check for traffic) but from time to time, members of the public contact us, as they did last week, to advise that some Lisieux students are riding too fast and without taking notice of cars on the road. We do not want to see any Lisieux student involved in an accident. If your child is a rider, please chat with them at home about road safety so we can ensure students have a clear understanding of their responsibilities as a road/footpath user.

COVID

We have continued to have a small number of COVID-positive cases at school so far this year and very much appreciate your support in following the guidelines so we can minimise any potential spread of infection. If your child is symptomatic or tests positive, please advise Reception and keep your child home for 5 days from the date of a positive test. We are no longer officially required to advise families when we have cases within the school, however, we will continue to take all appropriate precautions to minimise infection.

WATCHES AND PHONES AT SCHOOL

Please note that smart watches are not permitted at Lisieux and students may not have mobile phones at school. If a phone is needed for after school contact, the phone must be handed to Reception upon arrival and collected at the end of the day.

UNIFORM MATTERS

You may be aware that a new range of Lisieux hats has been released. These are navy with the respective house colour inside the hat. For new students, and those seeking to purchase a replacement hat, these are now the official school hat. Families may now purchase these directly from Lisieux Reception. Hats are priced at \$18.

We have a lot of lost property at Reception. Unfortunately, the vast majority of items are un-named. If your child loses an item and it is clearly named, you can be confident we will ensure it is returned to its owner. If unnamed and uncollected within a fortnight, items will be sold and profits will be donated to charity.

LUNCH ORDERS

In addition to lunch orders being available on Thursdays, our wonderful P & F run a small canteen on Fridays. A new item on the menu is chicken nugget rolls. Orders must be in by 5pm on Wednesday.

GETTING STARTED

Welcome to School24. We look forward to providing you with an easy-to-use online ordering platform that can be used on-the-go at any time! Getting started is easy, just follow the steps below and you'll be ready to make your first order in minutes.

Registration

To register, visit www.school24.net.au on **any device** OR install the School24 mobile app on your **iPhone/Android** from the Apple App Store/Google Play Store

[Log In](#) | [Register >](#)

- Press the **ORANGE** registration button to create your account
- Enter your unique school ID number **below** to match your account with your school
- Once completed click **Create Account**.

Lisieux Catholic Primary School: 25437963

Congratulations you are now registered!

Activate your Account

Go to www.school24.net.au OR using the app you downloaded earlier to your iPhone/Android

- Use your registered email address and password to login. Once you have logged in you will need to complete the following steps to ensure you are ready to make your first order.

Step 1

- Setup your children. In the middle of the screen there is a **'Students'** button. Here you can input your child's name and class, along with any allergies or special requirements they may have.

Step 2 (optional)

- Top-up your account. You will be taken to a secure page where you can select a top-up amount and enter your card details. Top-up is instant when using visa/master cards. You can pay as you go when purchase an item/product at School24, top up a school24 account is only optional.

Place your first order!

Congratulations. You are now ready to make your first order.

For information on how to place your first order and use the School24 system, please visit our Help Center: <https://school24.tawk.help/>

Religious Education News

Sacrament Celebrations

Dear Parents/Carers,

We begin another year preparing students from various year levels to celebrate the Sacrament of Reconciliation, Eucharist and Confirmation.

Please keep these important dates free for each celebration:

Reconciliation (Year 3)

Reconciliation Family Evening- ***Tuesday 28th February***

Reconciliation Rite of Enrolment Name Mass- ***Sunday 5th March***

Celebrating the Sacrament of Reconciliation- ***Tuesday 21st March @ 5:30 or 6:30***

Eucharist (Year 4)

Eucharist Family Evening- ***Wednesday 2nd May***

Eucharist Rite of Enrolment Name Mass- ***Sunday 7th May***

Celebrating the Sacrament of Eucharist- ***Sunday 21st May & Sunday 28th May***

Confirmation (Year 6)

Confirmation Family Evening- ***Tuesday 22nd August***

Confirmation Rite of Enrolment- ***Sunday 27th of August***

Celebrating the Sacrament of Confirmation- ***Tuesday 12th of September***

Further detail will be sent to families as we move closer to each sacrament.

Click on this link for Sacramental Registrations <https://tagparish.com.au/Sacraments/Sacramental-Registration>



Sleep routines set kids up for success at school

Via www.miragenews.com

Late night movies, gaming marathons and impromptu sleepovers may have featured over the holidays, but as we near a new school term, UniSA sleep experts say it's time to settle kids back into a regular sleep routine.

Dr Stephanie Centofanti and Dr Alex Agostini from UniSA Online say modifying sleep routines now will allow enough time for children's body clocks to adjust to a new schedule before school starts.

"Just like jet lag, changing to a new sleep routine can take time," Dr Centofanti says.

"Throughout the school holidays, families and children have relaxed their schedules, perhaps sleeping in in the mornings and staying up later at night. But with the school term nearly upon us, it's important to start settling back into regular routines.

"Easing kids into consistent and predictable routines helps them avoid difficulties associated with sleepiness, irritability and paying attention in the first weeks back at school. So, it's important that parents start the process now.

"Making small changes to your child's routine over time – perhaps moving their bedtime by five or ten minutes each night – can adjust their biological rhythms more easily. And if you have kids who sleep in, make sure you wake them a little earlier each day."



Research shows that a good sleep routine is important for children's emotional, physical, and mental health*, especially post the school holidays.

With the uncertainties surrounding schools amid COVID-19, a consistent sleep routine can help managing stress and anxiety. Dr Agostini says maintaining a consistent routine each day is vital for healthy sleep.

"Having a relaxing pre-bed routine and going to bed at the same time every night can teach the body when it's time to fall asleep. This can make falling asleep easier, leading to a longer and more restful night's sleep," Dr Agostini says.

"We recommend parents sit down with their children to design a pre-bed routine that will be relaxing for their child. This might include a bath, reading a book, listening to music, or even talking about tomorrow's plans. The important thing is getting kids involved in this process to ensure their buy-in.

"Technology use can be a big issue when it comes to getting enough sleep, so it can help if the whole family decides to put down all phones before bed.

"Setting clear boundaries around technology use is critical so that it doesn't creep into the late evening hours when kids should be preparing for sleep.

"Remember that sleep needs change with age and are different for every child. Take cues from your child's behaviour and sleepiness levels over the first few weeks of school and adjust their bedtime routines accordingly.

"Nobody wants a cranky kid in the morning – a regular, predictable and relaxing bed routine will help get your child off to sleep and start the day in the best way possible."

Notes for Editors

Top Tips for children's sleep:

- Exercise in the sunshine during the day
- Avoiding bright light in the evening
- Cut technology at night (blue light impedes sleep)
- Choose lighter meals in the evening
- Keep the bedroom dark, cool and quiet
- Get kids involved in designing their own bedtime routine.
- Set a good sleep routine and stick to it (for example, bath, quiet time, stories).

*Globally, almost one in seven children and adolescents (aged 10-17 years) will experience a mental health disorder.



LEARNING COMMUNITY IN PICTURES







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



KELLY SPORTS

SIZZLING SUMMER SPORTS!

LEARN NEW SPORTS IN TERM 1

Have heaps of fun with your friends while playing a range of dynamic and active sports throughout term 1.

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

25 YEARS FOR THE LOVE OF SPORTS

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
- ✓ Basketball
- ✓ Ultimate Frisbee
- ✓ Cricket
- ✓ Hockey

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 – Grade 6 students.

\$144 FOR A 9 WEEK PROGRAM

Sign up anytime and only pay for the weeks remaining in the term

School: Lisieux Primary School

Day: Tuesday's

Start Date: 7th February

End Date: 4th April

Time: 3:20pm - 4:30pm

BOOK EARLY & SAVE

Use the voucher code 'earlybird' before January 17th to save!

Website: kellysports.com.au/Geelong

Contact: Nick Clydesdale

Email: geelong@kellysports.com.au

Phone: 0497 770 909

Facebook: Kelly Sports Australia



KELLY SPORTS
BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

XAVIER CENTRE

Guided Tours 2023

www.ignatius.vic.edu.au



2023 OPEN DAYS

**Wednesday 15, Friday 17
and Friday 24 March 2023**

Multiple Information and Tour Sessions

Bookings are essential and can be made
online from Wednesday 1 February 2023
clonard.vic.edu.au

Tours can be scheduled outside of Open Days
by contacting Clonard College on 5278 2155
and making a booking with the Registrar.



Kilcare Education Ministries
Catholic School in the
Blessed Tradition



Dear Families,

We are excited to have Teeth on Wheels visiting our school for a dental visit on the **23rd of March**.

Below is a link to their E-form which needs to be completed by the **22nd of March** for your child to participate.

<https://teethonwheels.com.au/consent-forms/consent-eform/>

Teeth on Wheels are focused on providing a positive dental experience and specialise with working with children. They can provide check-up and clean appointments and more onsite and will be able to advise you if your child is eligible to received dental care for **FREE** under the Child Dental Benefit Schedule.

Complete your form today and the Teeth on Wheels team will be in contact to schedule your child's appointment.

EXCITING NEWS

Teeth on Wheels will be visiting this term!



At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

With the help of the government your child might be eligible for **FREE** dental care.

Our dental services include:

- ✓ Check-ups
- ✓ Scale, Clean and Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions

CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM



 TeethOnWheelsAustralia

 #teethonwheels

Phone: (03) 9338 1191

Email: info@teethonwheels.com.au