



APRIL

- Mon 3rd Holy Week Liturgy
Oval 9am
- Year 5/6 Summer
Lightening Premiership
- Tues 4th Holy Week Liturgy
Oval 9am
- Wed 5th Holy Week Liturgy
Oval 9am
- Year 3/4 Inquiry Expo
2.30pm
- Thurs 6th Easter Bonnet Parade,
Easter Raffle and Coin
Trail 9am
- Holy Week Liturgy
Oval 10.30am
- FINAL DAY OF TERM ONE**
3.15pm finish

Wed 26th STUDENTS COMMENCE
TERM TWO

MAY

- Mon 1st Brainstorm Productions
All Year Levels
- Tues 2nd Family Night First
Eucharist Candidates
St Therese Church
6pm-7pm
- Fri 5th Athletics Day
- Sun 7th First Eucharist Rite of
Enrolment Mass
St Therese Church
8.45am
- Mon 8th District Cross Country
Year 3-6
- Thur 11th Mothers' Day Stall
- Fri 12th Mother's Day Breakfast &
Liturgy
- Wed 17th District AFL Round Robin

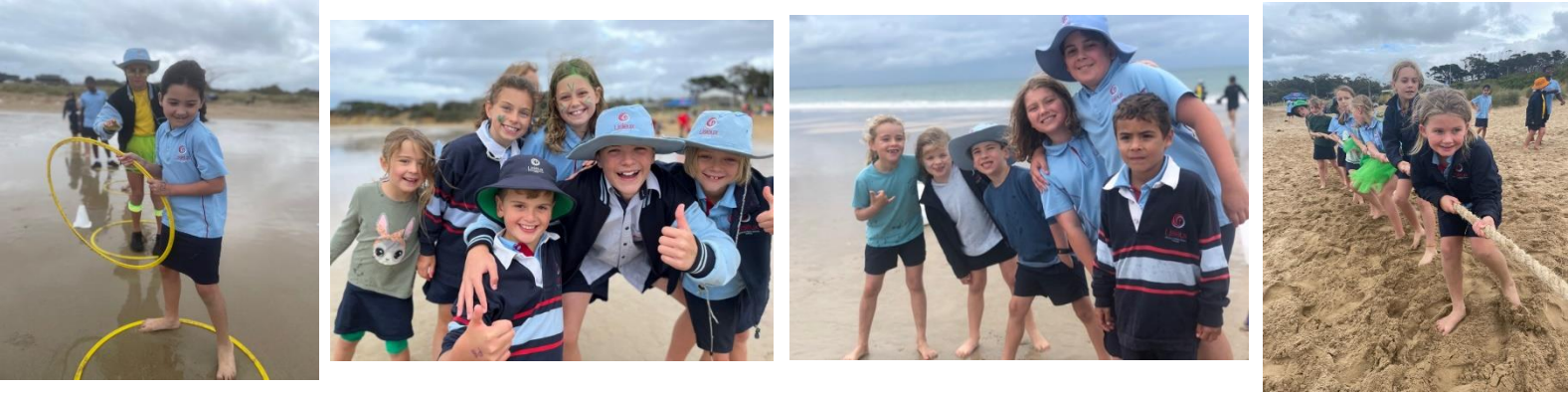
Dear members of the Lisieux community,

"If everyone is moving forward together, then success takes care of itself." (Henry Ford)

It's been a big week for teamwork and collaboration at Lisieux! Last Thursday, our Cross Country was a brilliant day for all, where students shone for their sense of camaraderie, team spirit and support of their peers. Individuals also demonstrated incredible grit and perseverance, crossing the line with great courage in many cases. Congratulations to Parrwang (green house) for the overall win on the day, and to all those students who really showed courage to do their very best.



Yesterday we held our Beach Activities Day at Fishos Beach, one of our highlight days of the year, where colour, participation and house connection is the focus of the day. A range of fun activities included tug of war, find the treasure, water relay, volleyball, caterpillar races and sandcastle design competition. Once again, Parrwang accrued the highest number of team points on the day- well done! A special thanks to Mr Dean Roberts, sports coordinator extraordinaire, for his management of both big events. Dean's coordination is always superb and helps to ensure a successful day. Thank you also to the parents and family members who came along to support students and staff on each of the days.



Next week is a short final week of term. How did that happen?! This term has flown by. Each morning next week, we will be celebrating a short Holy Week liturgy on the oval, weather permitting. The liturgies will be at 9:15am on Monday, Tuesday and Wednesday. The final day of term is Holy Thursday. We will hold our annual Easter bonnet parade on the oval at 9am, followed by the Project Compassion coin trail. Our Holy Week liturgy on Thursday will be at the later time of 10:30am. Family members are most welcome to these events.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

CONGRATULATIONS

On Tuesday, Maeve Timms and Sammy Timms represented Lisieux at the Western Metro Regional Swimming Championships at Kardinia Aquatic Centre. Both achieved amazing results; Maeve finished 4th in the 50m breaststroke and Sammy finished 11th in the 50m backstroke. Congratulations!

PRAYER



“For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me.”

“I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me”.

Mt. 25:31-35



Loving God, help us to be more, to give more.

As the forty days of Lent progress guide us in your loving compassionate ways so we may see the vulnerable and marginalised within our midst.

**We ask these prayers through Christ our Lord,
Amen.**

Holy Week

Next week is Holy Week. Holy Week is the most important week in the Church's year. It is a time where we celebrate the life, death and resurrection of Jesus. We remember his actions, reflect on his messages and recommit to living as his disciples in the world today.

Project Compassion

Next Thursday (the final day of Term 1) we ask families to bring their Project Compassion box back to school. After the Easter Bonnet parade we will create a whole school coin trail on the basketball court. This money will be donated to Project Compassion.

Thu's story

Vietnam

Thu lost his leg after stepping on a land mine in Vietnam. With your generosity, Thu can now earn extra income and support his wife as she recovers from a stroke.



Thu was just 12 years old when he lost his leg. One day, he was looking after his cows when he stepped on an unexploded land mine.

"War is most terrible with great loss. At the end of the war, there are still consequences such as unexploded ordnance, causing many losses, casualties and death," Thu says.

Thu lives in the Quảng Trị province, located on the Northern Central Coast of Vietnam. Situated along the demilitarised zone that divided Vietnam, the province was one of the most heavily bombed areas during the Vietnam War and is considered one of the most polluted provinces in terms of unexploded ordinances (UXOs) in Vietnam.

In addition to being the breadwinner for his family, Thu had to take on the role of caring for his wife, Linh, after she suffered a stroke.

"She almost lost herself after the stroke and had to lean on me. I could understand how she felt because I had experienced the same at the age of 12 after a landmine accident took one of my legs," Thu said.

Determined to turn their lives around, Thu and Linh joined the Empowerment of People with Disabilities program, run by Caritas Australia's local partner in Vietnam, the Centre for Sustainable Rural Development (SRD).

The Empowerment of People with Disabilities program supports people living with disabilities to establish Village Saving and Loans Associations (VSLA) so that they can access affordable loans. Through the VSLA he was able to obtain a low-interest loan, which he used to open his own barber shop on a new road that was constructed near his home.

For Thu, the greatest impact that the program has had is seeing the change in Linh's physical and mental wellbeing. With the support of a physiotherapist, Linh can now walk short distances with the aid of a walking stick.

"I am grateful to Caritas Australia for the help they give to people living with disability like me and my wife," Thu says. "Thank you to Caritas Australia and the Australian people."



STUDENT LEARNING & ACHIEVEMENTS

Spotlight on Golden Wattle 1

In Golden Wattle 1 we have had a busy start to the year, with many trips to the beach, cross country, as well as many other wonderful opportunities to build positive relationships with each other.

In maths we have had a strong focus on number and have been playing many games that have taught us about place value, addition and subtraction. From this, we have used our new knowledge to tackle many challenging mathematical problems.

In literacy we have been using the 7 steps to writing, to create entertaining narratives, as well as persuasive texts, some of which may have persuaded Madame Ryan to add some amazing new ideas to our school!

Next week we will be displaying our knowledge of our interests, character strengths and how they can influence others in our community at our Inquiry Expo. We hope to see our families there.



Introducing.... Madame McManus

Madame McManus

Bonjour tout le monde!

My name is Siobhan McManus and I have been teaching for 12 years. I have taught across all grade levels, completed further study in teaching autistic students and have even done some teaching in Uganda. This year I am teaching Acacia 1 every Tuesday and working with the Year 3/4's on Wednesday and Thursday through a learning support teacher role.



I grew up in Essendon, the youngest of 7 kids so Christmas celebrations are always big! I have 2 energetic boys, Hamish and Paddy aged 4 and 2, and together with my fiancé Jacob we love to go on bush walks together or getting out in nature on the weekends. When I get a moment to myself, I love painting, drinking tea, cooking, reading, playing music or dabbling in photography.



NEW TO THE LISIEUX BOOK SHELF

“The Cockatoo Wars” by Helen Milroy is the fourth in the series Tales of the Bush Mob. It opens with the adventure of a group of birds and their animal friends who live in Outback Australia. White Boss Cocky and Black Boss Cocky do not see eye to eye – their clans fight about who is responsible for the protection of the ancient forests. Their disagreement becomes worse when two baby cockies fall out of their trees. Because the birds have few feathers, their mothers cannot tell them apart so they decide to move to the edge of the forest and raise them as brothers. Before long, a forest fire breaks out, threatening the safety of all





TAKE NOTE

CAR PARK REMINDERS

Unfortunately, we have experienced a small number of impatient drivers tooting others, overtaking or driving too fast within the school park. Safety and respect for others are both essential for smooth operation. We ask that all parents and family members involved in pick up and drop off enter the school zone with a respectful and calm approach. It is 10-15 minutes of the day, and we all want the same result- to pick up students safely, so please show respect and drive slowly. **If using the kiss and drop zone, drive to the furthestest (first) parking bay, but only if your child is ready and waiting. Please don't park there to wait as it clogs up the traffic.** If your child is not waiting, please park your car in a designated space.

WE NEED CHICKEN VOLUNTEERS FOR HOLIDAYS

If you can assist with caring for our chickens over the holiday break, please email Gerard.douglas@lisieux.catholic.edu.au You will be required to check on feed and water, lock chickens up at end of day, etc. We would be very grateful for assistance and helpers may collect and keep some fresh eggs.

MOTHERS' DAY CELEBRATION

This year we will be hosting a Mothers' Day breakfast on Friday 12 May at 8am. Mums and special female role models are welcome to purchase tickets and come along.



ENROLMENT 2024

Applications for Prep 2024 enrolments are due by the end of April. We urge any family with a current Kinder child to complete and submit application for enrolment forms before the end of Term One. Offers for Prep 2024 will be posted early in Term Two. At this stage, we anticipate having more applications than we can offer places for, so it is essential that all current Lisieux families have applications submitted.



Learning is a journey of discovery



Lisieux
CATHOLIC PRIMARY SCHOOL
TORQUAY

**ENROLMENTS CURRENTLY
BEING ACCEPTED FOR 2024**

Come and see our learning community in action...
Visit our classrooms and hear from our Principal about what we offer.
We believe you'll be excited by our vision.

***Group tours currently being offered
weekly throughout March.***

To Register Phone: 9089 6614 www.lisieux.catholic.edu.au



5 Strategies to Help Kids Resolve Conflict

via www.psb.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.

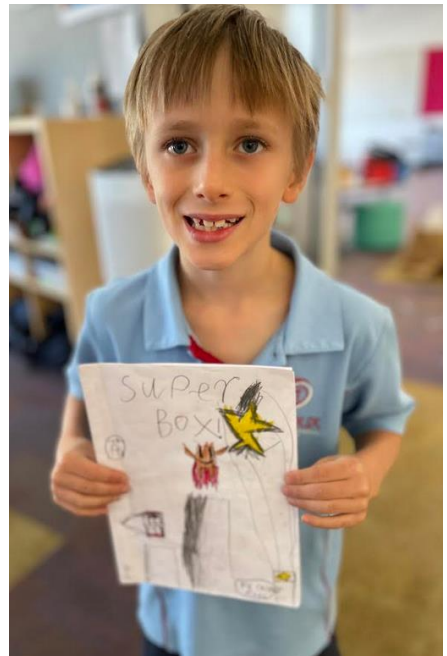
By looking at the struggle from different perspectives, kids learn to empathize with their peers and look for solutions that help everyone involved.

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.





Easter fundraiser



EASTER RAFFLE FUNDRAISER REMINDER

Thank you to all that have already donated Easter goodies for our Easter Raffle fundraiser hampers. For those that haven't had a chance to donate as yet, donations will be taken at the front office up until **Monday 3rd April**.

Raffle booklets were sent home with the eldest child in each family. If needed more raffle booklets are available at the front office. Raffle booklets are to please be returned to the front office by **Monday 3rd April**.

Thank you so much for your support of this fundraiser. The more booklets sold and the more donations made the more chances to win and the closer we get to our fundraiser goal.

The draw will take place next week Thursday 6th April.

Hot Cross buns: Orders have now closed. You'll be able to pick up your orders on Tuesday 4 April between 2-4pm. If you can't pick up during this time please contact lisieuxpandf@gmail.com

Canteen and Lunch orders: Also don't forget Friday Canteen orders by 5pm on Wednesday via School24 app and Thursday lunch orders by 8.30am Wednesday via the Flexischools app.

Term 2 P and F meeting: Wednesday 3 May 7pm – all are welcome

Term 2 Fundraiser dates:

- Mother's Day stall Thursday 11 and Friday 12 May
- Fresh Fruit Friday 19 May
- Brushes and Bubbles Sunday 16 July

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



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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6TH

TIGER DROP

FREE ENTRY EVENT

SPRING CREEK RESERVE

Sunday 2nd April 2023

11.00am til 3.00pm

1st prize \$15,000*

2nd prize \$3,500* 3rd prize \$1,000*

B.JORN TO BE WILD
The Australian ABBA Show



Great Family Day with loads of entertainment such as Live Bands, Kids Activities and more. Drinks at Bar Prices and Canteen and Food Stalls will be available on the day.

STRICTLY 1,000 TICKETS AVAILABLE & PRE-SOLD ONLY

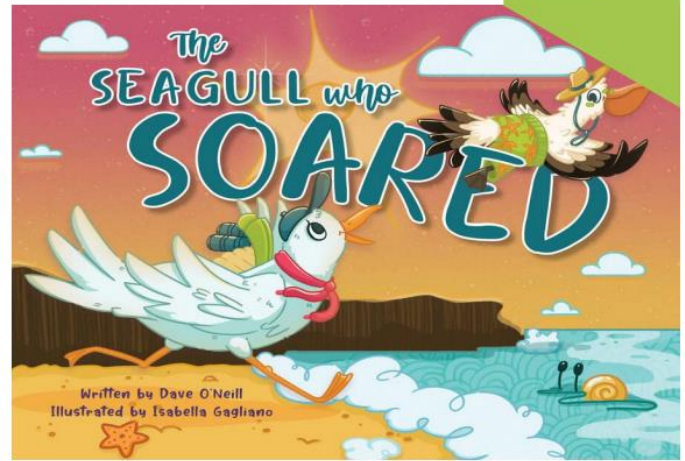
FOR MORE INFORMATION & TICKETS

Tim Carson 0434 690 930 | Luke Hayward 0418 165 010 | Mandy Patton 0409 619 794 |
Jo Carson 0401 622 307 | Carolyn Biram 0421 287 580
McCartney Real Estate | Torquay Newsagency
or online torquaytigers.com

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LOCAL CHILDREN'S AUTHOR TALK

GEELONG REGIONAL LIBRARIES



DAVE O'NEILL

THE SEAGULL WHO SOARED

Join local author, Dave O'Neill, as he shares his new book, based in Torquay and surrounds, *The Seagull Who Soared*.

Enjoy the story, ask questions, and get creative with a fun craft activity.

All ages.

Friday 14 April 2023
10:30am to 11:30am
Craft activity to follow.
Torquay Library



All events are FREE unless otherwise specified. Bookings essential. Online gric.vic.gov.au In person at any branch, or phone 03 4201 0500

gric.vic.gov.au



SCHOOL HOLIDAY PROGRAM

A DAY ON THE FARM

Join us for a fun-filled day on the farm. An opportunity for young people to connect with food and farming.

18TH, 19TH & 20TH APRIL

Experience a 'Day in the Life of a Farmer'

Sow and harvest produce

Learn about farming

Feed the chickens

Meet new people



10am - 2pm

Suitable for children aged 8-14

\$50 + GST per person

This program is subsidised through a partnership with VicHealth



For more information and to book a spot in the program, please visit our website.

www.commongroundproject.com.au

COMMON GROUND project

COMMON GROUND project

SCHOOL PROGRAMS

Common Ground Project is a regenerative farm and social enterprise that connects and empowers the community through food and farming.

PROGRAM OPTIONS



Healthy Soil, Healthy Me

• Primary: An Interactive Farm Tour & A Hands-On 'Creating Healthy Soil' Workshop

• Secondary: An Interactive Farm Tour & A Hands-On 'Understanding Soil' Workshop



Farm a Regenerative Future

• Primary: An Interactive Farm Tour & A Hands-On 'Understanding Where My Food Comes From' Workshop

• Secondary: An Interactive Farm Tour & A Hands-On 'Transforming Our Food System' Workshop

Programs vary depending on year level, number of students and can be adapted to suit your specific needs or curriculum requirements of the excursion.

Program Details

Duration: 2.5 hours

Availability:

Tuesday, Wednesday & Thursday

Cost: \$370 per group + GST (Max 25 students)



EXCITING TIMES AHEAD

We are currently developing and expanding our program offerings at Common Ground Project. Stay tuned for our exciting new range of programs.

For more information or to book an excursion, please get in touch. programs@commongroundproject.com.au

675 Anglesea Road, Freshwater Creek, Victoria, Australia 3217

