

known and loved

ISSUE 14 | 25th May 2023
SCHOOL CALENDAR



MAY

Sun 28th First Eucharist Celebration
8.45am
St Therese Church

Tues 30th Year 5/6 Winter Lightning
Premiership

JUNE

Mon 5th French Day

Wed 7th Athletics Day
NEW DATE

Thurs 8th- Fri 9th
Staff Wellbeing
Conference
STUDENT FREE DAYS

Mon 12th King's Birthday Public
Holiday
STUDENT FREE DAY

Thur 15th Year 5/6 Beach Discovery

Wed 21st-
Thur 22nd School Production

Fri 23rd **LAST DAY OF TERM 2**
Finish time 3.15pm

Pyjama Day & Sausage
Sizzle

JULY

Mon 10th Term 3 Begins

Dear members of the Lisieux community,

National Reconciliation Week begins on Sunday with the theme for this year being 'Be a Voice for Generations'. The theme encourages us to use our power, words and actions to create a better, more just Australia. I'm sure you would all have read or viewed ABC host Stan Grant's powerful speech about racist abuse, leading him to step down from his role as host of Q + A. Stan Grant has been vocal about the challenges we face in stamping out racism and said in his farewell speech, "I fear the media does not have the love or the language to speak to the gentle spirits of our land." Sadly, we continue to see examples of racist language and behaviour in all public forums- at the football, on social media, and so on. Part of our mission in educational settings is to model and explicitly teach about respectful relationships and the importance of reconciliation. National Reconciliation Week reminds us that "reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples."

Last Sunday, three of our Year 4 groups celebrated the Sacrament of First Eucharist at St Therese Church. Our faith teaches us that the eucharist is the source and summit of our faith experience, the nourishment that enables us to remain spiritually strong. It was a beautiful ceremony and we congratulate these students and pray for God's blessings on this important step of their faith journey. Our hope is that they can receive the Eucharist as often as possible. The remaining two Year 4 groups will celebrate the sacrament this Sunday. We are grateful for all the teachers and family members who have helped prepare our students for their First Eucharist, and who assist them in their future growth in faith through their prayers and actions.

Our Prep cohort enjoyed their first excursion for the year yesterday, travelling by bus to the Museum and Play and Art in Geelong (MoPA). The students engaged with great enthusiasm and the level of excitement was very high, although a few fell asleep on the journey back to school!



This week, fifteen students from Year 3-6 who had qualified for the Division Cross Country represented Lisieux proudly, demonstrating perseverance and grit. Congratulations to those students for their efforts and sportsmanship. We are thrilled that five students- Jackson Molloy, Milla Molloy, Lillie Taylor, Shari Furness, Maeve Timms - will go on to the regional level of competition in Melbourne.

We welcome Meg Hellard, 4th year preservice teacher on placement with Year 5/6 and Miss Evans for three weeks.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



Our deepest sympathies and prayers are with the Huegle/Mein family (Ben and Dan Year 4) with the passing of Sondita's beloved father in India last week.

Please know we are thinking of you all at this sad time.



PRAYER

Lord Jesus, we come to your sacred table to nourish ourselves, not with bread but with Yourself, true bread of eternal life. Help us to recognise and celebrate your presence every day in our lives. Walk with us on our journey of faith as you once did with the disciples on the road to Emmaus. Bless the children coming forward to receive Holy Communion for the first time. May this be a step toward a life-long love of the Eucharist. Amen.



We congratulate Madame Ryan and her family on the safe arrival of her precious fourth grandchild, Vincent Stone Varsamakís.



Sacrament of Eucharist- Year 4

Our second session celebrating the Sacrament of Eucharist is this Sunday at St Therese Church at 8:45 am.

Important Reminders from the Parish:

- **First Eucharist children gather in the Church's foyer to process in with the priest at the Entrance hymn. Please remind them to be at Church at least 15 minutes before Mass so they are not rushed. If they have a stole, please wear them. It doesn't matter if they don't.**

- **As soon as the Entrance hymn begins the children will lead the procession in pairs. Once they approach the Sanctuary, they bow and go to their seats in the front rows. They are to sit together as a group.**

Sacrament of Eucharist Session 2 Mr Pace's and Mr Vrednbregt's candidates	Sunday 28th of May at 8:45am	St Therese Church

Any questions please don't hesitate to email Gerard Douglas at gerard.douglas@lisieux.catholic.edu.au.





STUDENT LEARNING & ACHIEVEMENTS

SPOTLIGHT ON WARATAH ONE WE ARE LEARNING...

MATHS: In Mathematics we have been focusing on addition and subtraction. We have been playing lots of games such as salute to help us learn our partition of 5, 10 and other numbers. We have also been using number lines to help us add and subtract numbers. We are now moving onto learning about capacity and measuring how much things can hold.

LITERACY: In Literacy we have been engaging in both explicit and experiential opportunities to increase our knowledge of sounds and implement this into our reading and writing. We are learning about digraphs (2 letters making 1 sound) and writing words containing the sh, ch, wh, th, ng and ph sounds. Currently we are exploring non fiction texts and the features of information reports and researching animals to write our own information report.

INQUIRY: This term our inquiry has a sustainability focus where we are investigating different animals and how we can look after these animals by researching their basic needs, where they live and how we can protect them.

RE: We are learning about the ways Jesus shows love and compassion and have been listening to stories from the bible using Godly Play. We are talking about how we can show love and compassion to others within our home, school and community.

WHAT IS THE BEST THING ABOUT WARATAH ONE?

- Mimi:** Some of my best friends are in the class
- Jacob:** Having fun!
- Milla:** Everyone's kind
- Lexi:** The people in our class
- Zara:** Learning maths
- Henley:** Having a new student in our class
- Layla:** All the students in our class because they are all kind to me
- Will:** Having time on lpads
- Harriet:** Everybody is nice
- Aggie:** We have wonderful teachers and helpers
- Joshua:** We have a good classroom space
- Jack:** That we get to use lpads
- Elsie:** Our LSO is great
- Adeline:** Our beautiful class teacher and LSO and all my friends
- Alby:** Everyone is kind
- Lars:** The maths games we play

PHOTOS





During National Reconciliation Week we will feature collections of beautiful books inspired or written and/or illustrated by indigenous Australians. 'The Eagle Inside' by Jack Manning Bancroft and illustrated by Bronwyn Bancroft is a story that celebrates difference. Jimmy is the smallest bird at school, surrounded by big birds, and feels he will never fit in. He is reminded by Eagle that being small can be a strength. The book is said to be loosely based on the author's experience of feeling he would never fit in, but being mentored to focus on his inner strength, rather than race or class. A great book to promote discussion of diversity.



Introducing..... Madame Sporn

Miss Sporn

Hello Everyone! I am Miss Sporn and this is my first year teaching at Lisieux. I have loved meeting and getting to know lots of you so far and look forward to the rest of the year ahead.

About me

I originally grew up in Bendigo with my parents and 3 siblings (2 brothers and 1 sister). After high school I moved to Ballarat to follow in my mums footsteps and study teaching at ACU. I later made the move to Geelong to be closer to my partner Tom and to begin my teaching career.

In my spare time I like spending time with Tom, my friends and family. I often travel back to Bendigo on weekends to spend extra time with my nieces and nephew. I also love heading to the beach, watching footy, camping/travelling and playing netball.



Birthday: 23rd October
Favorite Colour: Yellow
Favorite Food: Spaghetti Bolognaise
Favorite Sport: Netball
Favorite Animal: Giraffe
Favorite Holiday: Perth
AFL Team: Geelong Cats





TAKE NOTE

We continue to experience some incidents of COVID and also more colds and flu within our community, both staff and students. Please keep your child home if they have any symptoms of being unwell and if they test positive to COVID, the requirement is to remain away for at least five days. We have some testing kits available at Reception if required. This week we have had high levels of staff absence due to illness.

Next term we will be transitioning to an improved communication platform, SIMON. The parent access module is known by the acronym PAM. Parents / carers will receive an email within the next fortnight, asking you to set up an account. This may go to your junk mail, however, it is a legitimate message which will provide a link to establish an account. We will share further details in future communications and ask you to look out for this email.



French Day at Lisieux

Monday 5th June, 2023



Students are encouraged to come dressed in the colours of the French flag or as a French icon.

Students will be entertained with a performance from 'Philippe et Jacques'- a French Music and Mime show.

There will be the option to order a Plain Croissant or a GF Macaron from Maple Bakery on School24.

More details to come.





Nurturing the inner world of our children and teens

Via www.maggiedent.com

Many years ago, a 16-year-old student shared with me a story that left an indelible mark upon me. One weekend as a 12-year-old, she was reading on her bed. She lived on a farm with her parents and siblings. Suddenly, she had an urge to put her book down and go for a ride on her bike. This urge was quite persistent so she put the book down and jumped on her bike. As she was riding she became aware of the sound of an engine revving. She was curious as to what it was and followed the sound. What she found was that her dad had become trapped under the tractor. She was able to ride home fast to tell her mum to get emergency services to her dad as soon as possible. She explained to me that she believed that somewhere inside her was an invisible force that nudged her to make the choices she did that day – choices that saved her dad's life.

Over the years as a teacher, counsellor and parent I have heard of similar experiences – a sense of knowing when an individual had a choice to make that would end up with much better consequences. For some of us, this can be known as our intuition, for others who have a faith they may think of it as a God essence, while for others it might be an inner compass or their higher self.

Given that the full workings of the human mind, the conscious and unconscious, the ego mind, the shadow and our capacity to access the higher mind or even the collective unconscious is unquantifiable, maybe we need to consider helping our children and teens to know that deep within them, is a quiet voice always wanting the best for them. Let's apply the KISS principle.

When I did my postgraduate diploma in counselling and therapy, we explored traditional psychology and some very non-traditional ways of exploring the human psyche. Traditional indigenous cultures have always had a medicine person, or a shaman or someone known as the healer. Very simply, many of their strategies were helping people to find their own higher consciousness and quietening the irrational voices of the ego and the shadow.

One of the best ways to encourage and nurture our little ones to be able to hear that quiet voice within, is for them to experience environments and landscapes that allow for complete natural transcendence.

Lots of time in nature, lots of time in quietness, lots of time being unhurried and immersed in the present moment. Thankfully our little ones are wired to do this and any parent who has got frustrated with how long it can take a toddler to walk from the car to the front door will know what I mean. Please see this as a beautiful opportunity to nurture the inner world of your children!

The power of the pause

I have seen many versions of this meme below and I think it beautifully captures how the minds of busy parents can seem at times. It's a great metaphor for the enormous challenge for most of us, especially parents, to access their calm wise voice within, when we have so many distractions.

Our heads are often too full of hurried thoughts, mindless ego chatter, to-do lists, self-criticism and self-judgement to be able to hear the quiet whispering of the higher self, "it's okay – you've got this".

Our little ones are naturally mindful. One of the key messages about being mindful, is to become present just like they are. With practice, teens and adults can do this. The brain's neuroplasticity means we can form new neural pathways with practice at any time of life.

Healthy habits around reminding oneself to pause, to calm your sympathetic nervous system and to give your inner compass a chance to be heard can vary. When I was troubled as a child on our farm, I went for long walks in nature. This created a habitual pathway that I still use today.

A neuropsychologist explained to me once that when we go for a walk when we are stressed, the first part of the walk can actually accelerate the noisy chatter of the ego mind and the shadow.

However, the stimuli of the natural environment will gradually soothe the nervous system and the walking on the earth can be grounding and it can help us get out of our busy heads. I found it fascinating and notice that it is quite true. There seems to be a point in the long walk when I am troubled, when I take a sigh and notice the sky, the grass, the birds, the beach – anything but what is troubling me. Indeed it is a bit of a family joke that the boys could always tell how stressed or angry I was, by how long I took on my de-stress walks!

An intention to pause can mean we simply choose to breathe more deeply and to stop. Imagine if we could hit the pause button on the endless automatic negative thoughts (ANTS) that flood our minds at times! Well you actually can with practice. Sometimes choosing to move your body to a different location can distract the ANTS enough for your higher mind to be heard.

Today's digital children are having less time in states of natural mindfulness and many neuroscientists including Dr Susan Greenfield and Dr Mari Swingle have clear evidence, that the excessive stimulation that children and teens are exposed to with technology, is changing their capacity to think deeply, to ponder and to experience deep introspection and reflection. These experiences help to nurture the higher self and our intuition.



Much of the unhelpful or toxic behaviour we see online is impulsive and done without thought. It is a part of the rapidly moving landscape of the digital highway and a consequence of the changes that have happened possibly in the growth of the mature adult brain. Excessive stimuli especially during adolescence can delay the way alpha brain waves create mature cognitive processing.

“As early as 2005 to 2008 we were aware that higher arousal and the dual or divided attention required for multitasking on multiple devices in multiple modes – doing homework while messaging and listening to music – was stressful and could reduce efficiency. But it also *slows the development* of the frontal cortex. The divided attention required for multitasking thwarts the development of judgement and the ability to see the big picture.”

– Dr Mari Swingle, *i-Minds: How and why constant connectivity is rewiring our brains and what to do about it*. Second edition (2019).

Technology is here to stay however parents can create opportunities for mindfulness, for time in nature, for reflection and for natural transcendence and the more the better. Teaching our children to pause before they do things, knowing that they are wired for impulsivity, can gradually help them pause before they make other decisions. This need to stop and think is one of the reasons we created [these cards and posters for homes and schools](#).

Having conversations with your kids from an early age about this imaginary wise voice that hides within them can be incredibly helpful. For some children it can be using the heart as a metaphor for where that wise voice lives.

Remind them that this voice of inner guidance is the very best friend that they have. Just like any friendship we need to nurture it and encourage it and make time for it to be a regular part of our lives.

One of my sons was chopping some kindling for a fire when he hit his finger with the axe. As we were driving to the emergency department, I asked him if he remembered having any thoughts just before he bought the axe down. His reply was that he did and that the thought was that it wasn't a good idea. He had ignored it. We need to encourage our kids that there are often random thoughts when we are making choices and encouraging them to pause and hear them is incredibly important.

Tuning into the senses

Part of our instinctual survival systems built into our primitive brain mean that our body will often display sensations of alert, before the conscious mind can register threat. Essentially this is what anxiety is and we need to help our children learn how their body is trying to warn them of possible danger.

Obviously, some children and adults, have an overzealous amygdala that often triggers warnings around things that are not life-threatening. However, helping them know how their sensory processing systems warn them of possible danger is incredibly important. *Do they get butterflies in their tummy? Do they get goosebumps? Do they feel cold?* It can be helpful to tell children that these warning signs are ways that our inner ally is trying to communicate.

I suggest that when children feel these sensations they ask themselves these three questions before acting:

1. Am I in an unsafe place?
2. Am I with an unsafe person?
3. Am I about to do an unsafe thing?

If there is not a genuine threat to safety, then they may be feeling anxious rather than receiving a genuine warning message from their inner compass. It's good to know the difference. Conversations around early warning systems need to continue from childhood into adolescence. This is how we empower the intuition to make it stronger and easier to find.

Sometimes parents can unconsciously and unintentionally weaken the inner knowing of the little ones. In the [episode about fussy eating on my ABC Parental as Anything podcast](#) paediatric dietician Leanne Elliston made the observation that sometimes our children don't eat because they are genuinely not hungry. Appetites can wane for children when they are too tired, or they are coming down with something or their body is just needing less fuel. The same goes for when they suddenly get very hungry and eat more than usual. In a way they are responding to the messages from their inner knowing – the quiet, unconscious communication between mind and body. How fascinating is that? We need to sometimes trust our children in these moments, rather than always thinking they don't know what is best for them.

Listening to the heart

Daniel Goleman in his groundbreaking book, *Emotional Intelligence*, explores the importance of building a strong inner world especially the emotional world. Recent research in the area of the science of child development, validates his initial hypothesis that to raise healthy, happy children they need to be surrounded with a strong sense of belonging in their primary relationships. Healthy

attachment is a fundamental first base for raising a healthy emotionally literate child and this deep sense of connectedness also builds empathy not only for others, but for oneself. Some researchers suggest that we can nurture the 'goodness orientation' in our babies and toddlers through positive attachment and this also nurtures the connection to the inner compass, or the higher self. So tenderness towards little ones builds tenderness towards self and a stronger connection to our hidden ally within.

We can encourage our children and our tweens and teens to not only pause when they are struggling with a conflict or challenge, we can invite them to listen to their heart.

How does your heart feel right now? Does this choice feel right for you at this time? Obviously the presence of any early warning signs will be a clear indicator that your heart does not feel comfortable right now.

It can be really helpful to ask questions like:

- Have you given that much thought?
- How about we revisit this problem or challenge after you have slept on it?
- Better still, how about we chat about this over the weekend and work out what is best for you?

There is no question that the hidden wise ally within has a much better chance of whispering the fairest, most compassionate solution possible and we need to give it a real chance to be heard. For our young people on the bridge to adulthood, these suggestions respect and honour their emerging need for autonomy and independence as well. Interestingly, making decisions over a few days rather than in the heat of the moment, sees better decisions for everyone not just our tweens and teens. Try it sometime when you are struggling with something big, especially something that wakes you up in the middle of the night.

Bestselling author Rachel Macy Stafford captured this beautifully in [a recent post on social media](#).

[Mindfulness can be learned](#)

Neuroplasticity means that we can make and strengthen neural pathways that help strengthen the intuition and the ability to access the wise voice within. Whether it is regular mindfulness, deep breathing, meditation, yoga, Tai Chi, prayer, quiet time in nature or pausing in a resting chair. We need to prioritise these moments in our homes, classrooms and workplaces. I am an ambassador for the [Smiling Mind app](#) which is a first-class, free way to find calming mindfulness audios for yourself and your kids– remember to use the same one for a month to build the synaptic pathway.

Using the metaphor of a huge imaginary protector I created two free audios [SafeNSound and Sleepytime](#) for kids aged 4-10, both of which have helped many kids to feel braver and often sleep better. It is a simple way to strengthen the inner world. I also created a [free calming audio for busy, stressed mamas](#) that does the same thing. For more simple ways to build calmness check out my [Maggie Soothers videos](#).

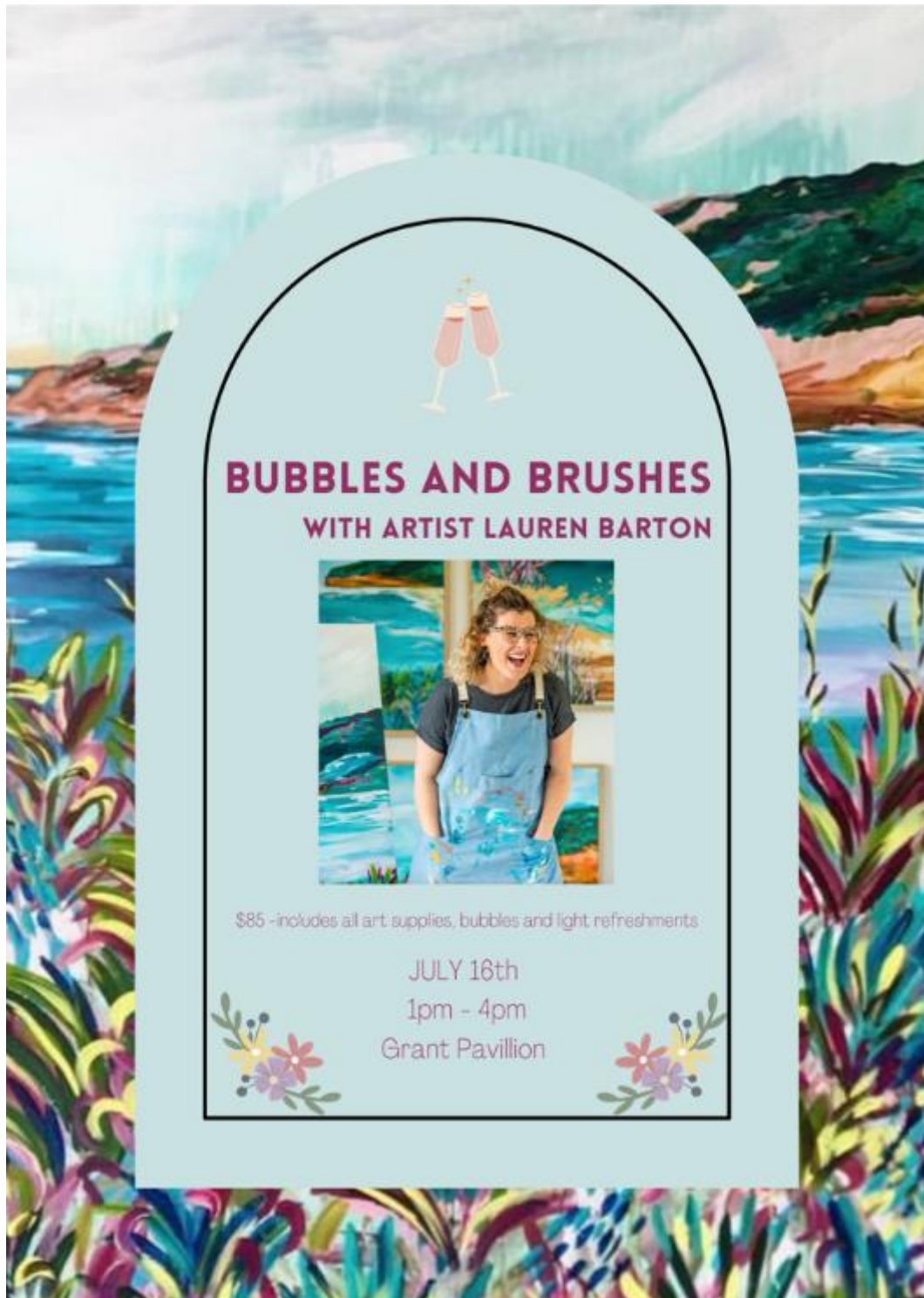
Nurturing the inner world makes sense and can reduce the angst and stress that is created by the noisy chatter of our ego. Creating an understanding of the invisible wise ally within is important for our precious kids, tweens and teens – and for weary parents as well. "You have got this!"





Our first Fresh Juice Friday was a success- thank you to those who purchased a juice. A massive thank you to Peaches who donated the fruit to make the juice.

We'd like to invite you to join us at our next fundraising event, Bubbles and Brushes with Lauren Barton. To purchase a ticket [click here](#).



Sausage Sizzle alongside Pyjama Day

On Friday 23rd June (last day of term 2) the P&F Committee will be organising a Sausage Sizzle alongside Pyjama Day.

For \$5 per student at lunchtime each student will get:

- A sausage in bread
- A packet of Cobs Popcorn
- A piece of fruit

Please ensure that you place your order via the School24 app under the EVENTS

tab - <https://www.school24.net.au/>

Cut off date for orders is Tuesday 20th June.

Please also note that there will be no canteen orders for Friday 23 June. No canteen volunteers will be needed for this day.



Canteen and Lunch orders: 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.

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/>

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SCHOOL HOLIDAYS ARE
NEARLY HERE AND IT'S
TIME FOR YOUR LITTLE
CREATIVES TO HAVE SOME
FUN IN THE STUDIO!

JUNE HOLIDAYS
TUESDAY 27 &
WEDNESDAY 28 ONLY

BELLBRAE
CLAY



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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