

known and loved

ISSUE 16 | 15<sup>th</sup> June 2023  
**SCHOOL CALENDAR**



**Lisieux**  
CATHOLIC PRIMARY SCHOOL



## FROM THE PRINCIPAL

### JUNE

Mon 19<sup>th</sup> Regional Cross Country

Wed 21<sup>st</sup>-

Thur 22<sup>nd</sup> School Production  
"WHEN I GROW UP"  
See flyer below

Fri 23<sup>rd</sup> LAST DAY OF TERM 2  
Finish time 3.15pm

Pyjama Day & Sausage  
Sizzle

### JULY

Mon 10<sup>th</sup> Term 3 Begins

Dear members of the Lisieux community,

Last Thursday and Friday, our staff took part in a 2-day conference centred on the science of wellbeing. It was an amazing opportunity to learn more about this area and to strengthen our connections as a team. We feel blessed that we had this time to deepen our professional understanding of central Positive Psychology principles, and specifically, to delve more deeply into the power of gratitude (Day 1 with Dr Kerry Howells) and nurturing mental health and managing anxiety (Day 2 with Dr Jodi Richardson.)

Jodi Richardson's best-selling book, "*Anxious Kids- How children can turn their anxiety into resilience*" reminds us that parents all over the world (and educators) are dealing with anxious children, with an average one in seven young people who are diagnosed with a mental illness in Australia. She reassured us, however, that the future has never been so bright for anxious children as the mental health landscape is now filled with hope and the promise of recognition. Jodi shared lots of practical strategies to help support anxiety in students, such as the FACE acronym:

*Focus on what you can control*

*Acknowledge thoughts and feelings*

*Come back into your body (use your senses)*

*Engage in what's important right now.*

She talked about 'coping out loud' by naming up feelings, and suggestions for moving 'out of your head and into your body.' I would highly recommend Jodi's books and her podcast 'Well, hello anxiety.'

Kerry Howells spoke to us about the power of gratitude to enhance wellbeing, connect us to the present, create a sense of awe and wonder and deliver greater life satisfaction. Her book, "*Untangling you: How can I be grateful when I feel so resentful?*" is an easy read, and has some wonderful suggestions.

Once again, I would like to assure parents that this time in professional learning helps us as educators and support staff to be better equipped to respond to every child's needs and to invest in their future. It gives us time to re-set our priorities and commit as a team to our shared mission.

As we approach the end of what has been a very busy term, I have a request of all our parents and carers. There will be times in your child's school journey where you may have concerns or disagree with the decisions made at school leadership level – this is only natural and is inevitable in a setting of almost 330 students. We are always open to feedback; in fact, we welcome it. We like to hear what works well for you, what you appreciate and what could be better, and we much prefer this to be shared directly with us rather than fuel carpark gossip or social media platforms. We do ask, however, that when feedback is shared, it is always respectful and aligned to our school values. Please know that every single individual working at Lisieux is committed to providing the best care and education possible for every child, and it makes our job so much easier when communication is considerate and respectfully shared.

We look forward to sharing in our amazing whole school production next week! A massive thanks to Ms Tess Righetti and Miss Carly Finn who have coordinated this and to all the staff who have assisted in preparing students. It is likely to be the last production we can host here on site, and we do realise this limits ticket numbers for families, so we hope you have secured tickets for either live or remote viewing.

God's blessings for the week ahead,

Susan Ryan

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

**Principal**



Our deepest sympathies and prayers are with the Fitzell family (Mikayla Acacia 1) with the passing of Madeleine's beloved father.

We are thinking of you at such a sad time.



# PRAYER

At our staff conference, our theme was 'Our bodies are our gardens' and we began with a powerful prayer centered on the idea that 'from little things, big things grow.' We were reminded that transformation takes time and requires time, effort and nurturing care.

Dear God, deepen our gratitude for all you have made and awaken in us a renewed commitment to care for the earth and each other. Help us to act for the good of future generations and to be instruments of a new creation, founded on love. Amen.



BEST  
LIVE PERFORMANCE

BREAKTHROUGH PERFORMANCE  
BY A SCHOOL

MOST  
INSPIRATIONAL  
ENSEMBLE  
MRS RYAN

A LISIEUEX CATHOLIC PRIMARY SCHOOL PRODUCTION

# WHEN I GROW UP

COMING TO SCHOOL  
**JUNE 21ST & 22ND**

WE ARE SO EXCITED TO BRING OUR PRODUCTION TO YOU.  
TICKET SALES WILL BE AVAILABLE NEXT WEEK WITH DETAILS OF SHOWS

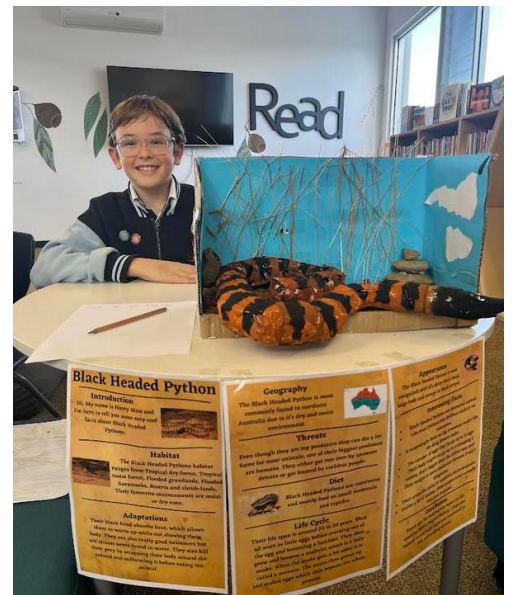
A FLINT/FINN/RICHETTI  
PRODUCTION



Details for ticket sales are at the front office.



# STUDENT LEARNING & ACHIEVEMENTS



# Spotlight on... Acacia 2



## We love Morning Discovery!

We get the chance to explore, connect, revise and have fun across the Year 1 classes each morning.  
It's definitely a great way to start the day!



## It's Show Time!

Whether it's learning a song for Mother's Day, practising for our school production or just having a sing song. Acacia 2 love to dance and sing!



## Learning across the Curriculum



We have been very busy since starting in Year 1 and have been building firm foundations with revising our letter sounds and using this to become more confident when reading and writing independently.



**We love being outside!** We play maths games outside, practise our information writing skills, have mindful moments anything!

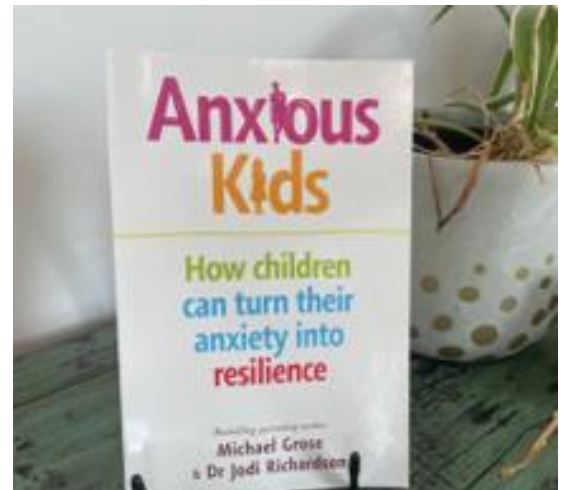
We have loved learning about endangered animals and how we can help those animals affected by changes in our local area. We are very proud of the posters and information reports we have created!

We loved having the chance to meet Ava's blue tongue lizards and exploring how best to handle them and how to be responsible around animals.





This week's book review is geared at parents within the community. Written by Michael Grose and Jodi Richardson, this book is full of practical wisdom and helpful information. It starts by outlining how common anxiety is (1 in 7 kids are diagnosed with a mental illness in Australia, with about half of those having an anxiety disorder). It goes on to describe the many faces of anxiety, how to recognise it, and how we can help as parents and educators. Full of 'tools for managing anxiety' it is a great guide to turn to. What is special about this book is that it offers a new perspective, encouraging parents to help their child see each episode of anxiety as an opportunity to feel empowered and draw upon a toolkit of management skills. Highly recommended for anyone facing anxiety or supporting a loved one with anxiety.



# INTRODUCING...

# Mrs McSparron



I am one of the very lucky teachers of Acacia 2 and love being part of the Lisieux School community this year. It is a privilege to be able to teach our students each day and watch them grow.



## About Me

- I grew up on the West coast of Scotland in the land of Robert Burns and golf courses. It is a local law that you must learn to play golf but I didn't start to play until I was 16.
- I live in Mount Duneed with my husband and two boys, who are 3 and 7. We left Scotland 3 years ago to come back to live closer to my husband's family.
- This is my 21st year of teaching and I remain as passionate about helping children achieve their best and creating a happy class community as ever.



## Favourites



## Fun Facts

- I have travelled to over 18 countries.
- I have lived in 3 different countries.
- AFL team - Essendon Bombers
- I love Zumba but I dance very badly!

My working days are Wednesday, Thursday and Friday.





## TAKE NOTE

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.

We remind families that students should not arrive at school prior to 8:20am. Any student arriving prior to 8:20am will be required to attend The Kelly Club before school care. There is no yard supervision before 8:20am each morning.



## What can parents of anxious children do to help them feel better?

by Pip Lincolne via [www.babyology.com.au](http://www.babyology.com.au)

It's hard to watch your child struggle with anxiety, especially when you've suffered from it yourself. Dr Jodi Richardson is a wellbeing expert and co-author of *Anxious Kids – How children can turn their anxiety into resilience* with parenting educator Michael Grose.

Dr Jodi spoke with Babyology podcast *Feed Play Love* about why anxiety is so high in kids today – and what parents can do to help their children.

At least one in 14 kids suffer from anxiety

“We know that one in seven children in Australia on average have a diagnosed mental illness,” Dr Jodi says. “And of those, half have anxiety.”

“So those statistics at the moment show a diagnosis of around 1 in 14 or about 2 in every Australian classroom,” she continues. “But we firmly believe that there are many many more children who are struggling with anxiety but it's unrecognised or undiagnosed.”

So how do you know if your child's anxiety is potentially problematic?

“We all get anxious and it's not something to be fearful of. It's a normal emotion when kids have stressful events in their lives or challenges and what we know is that with normal anxiety it passes,” Jodi explains.

“An anxiety disorder is when it spills over into impacting daily life and daily functioning and overall happiness and wellbeing.”



What contributes to anxiety?

Why are so many kids suffering from anxiety? Jodi says there are a bunch of different things that can be contributing factors.

“There are ones we can’t change – their genetic predisposition, and also the personality and temperament traits our kids are born with.

“Outside influences include a range of factors such as over-scheduling and just everybody having too much on or not enough downtime. Our brains aren’t really able to cope with constant stimulation,” Jodi explains. “We need quiet time.”

Screens play their part

“Screens play into mental health and anxiety on a few levels,” Jodi says. “When kids are on screens they’re not exercising, perhaps not playing with their friends or engaging with their family.

“The blue light [from screens] interferes with sleep hormone production and sleep. We know intuitively and also through the science how important that is for mood.

“The content [kids are watching on screens] can cause fear, depending on what kids are seeing. If they’re seeing world events they might not be old enough to understand how far away they are or the likelihood of that happening in their home town,” Jodi points out.

Responding not reacting

Where should parents begin when forming an anxiety-relieving strategy in partnership with their children?

“We use the RULER principle from Yale,” Jodi explains. “So you Recognise, Understand, Label, Express and Regulate.”

This helps children to understand “that it’s completely normal to have a range of feelings, [that] feelings are okay – including anxiety.”

Jodi also recommends helping children develop the skills of mindfulness and intentional breathing to help relieve anxiety, and also teaching children about the benefits of responding to external stimuli, rather than reacting.

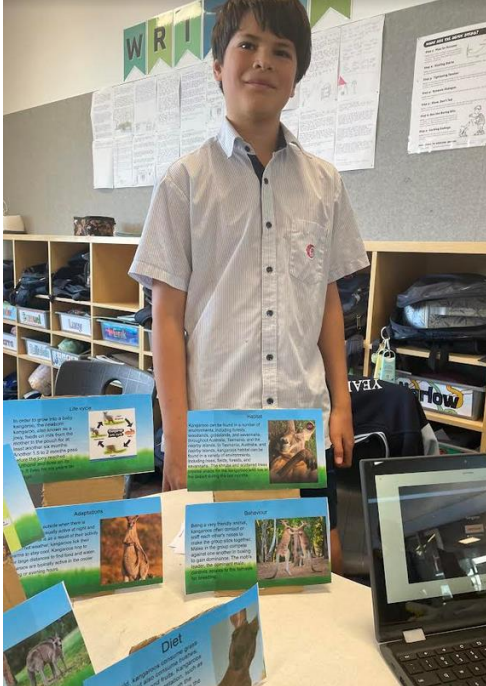
“Anxious kids need warmth and understanding and empathy,” Jodi notes. “In the midst of an anxious moment, they need a parent to say, ‘I get it. This is really hard for you. I know you’re really worried. I can tell that this is something that’s really causing you a lot of upset’.”

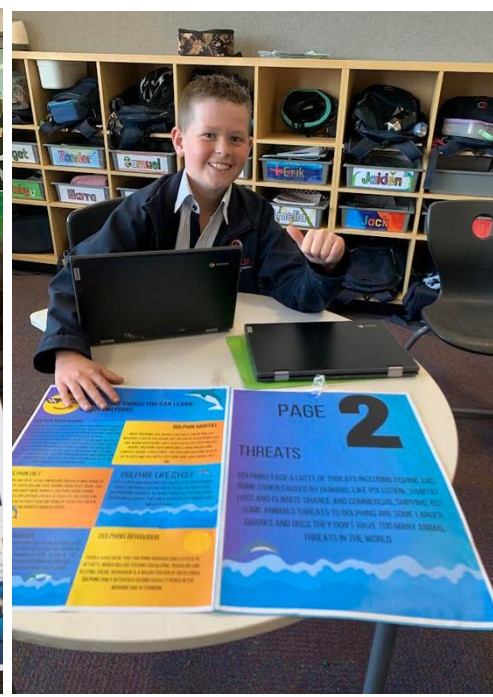
Edging closer to the hard stuff

It’s also vital to not encourage children to opt-out of the tricky situations that they’re struggling with.

“Gently support them and encourage them to keep moving in the direction of what’s causing them fear. Avoidance is really so common. It’s such a hallmark of anxiety. If it causes fear for a child they don’t want to do it. And that’s the case for a lot of adults as well.

“Avoidance is putting us back in our comfort zone. So children also need to be inched closer, step-by-step towards what it is that is causing them the angst. In doing so, they can learn and teach their brain that ‘I can do this! I can take a step in the direction of what’s causing me anxiety.’”





### REMINDER TO PLACE YOUR ORDER

Sausage Sizzle alongside Pyjama Day

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 next week Tuesday 20 th June.

On Friday 23 rd June (last day of term 2) for \$5 per student at lunchtime each student will get:

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

Thanks so much!

A huge thank you to all those that have offered to assist on the day and a special thank you to Chris and Jess of One Agency Surfcoast (<https://oneagencyurfcoast.com.au/>) for kindly sponsoring the popcorn and to Woolworths Torquay North who once again are so generously sponsoring the fruit and the sausages.

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

### 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](http://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](http://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.

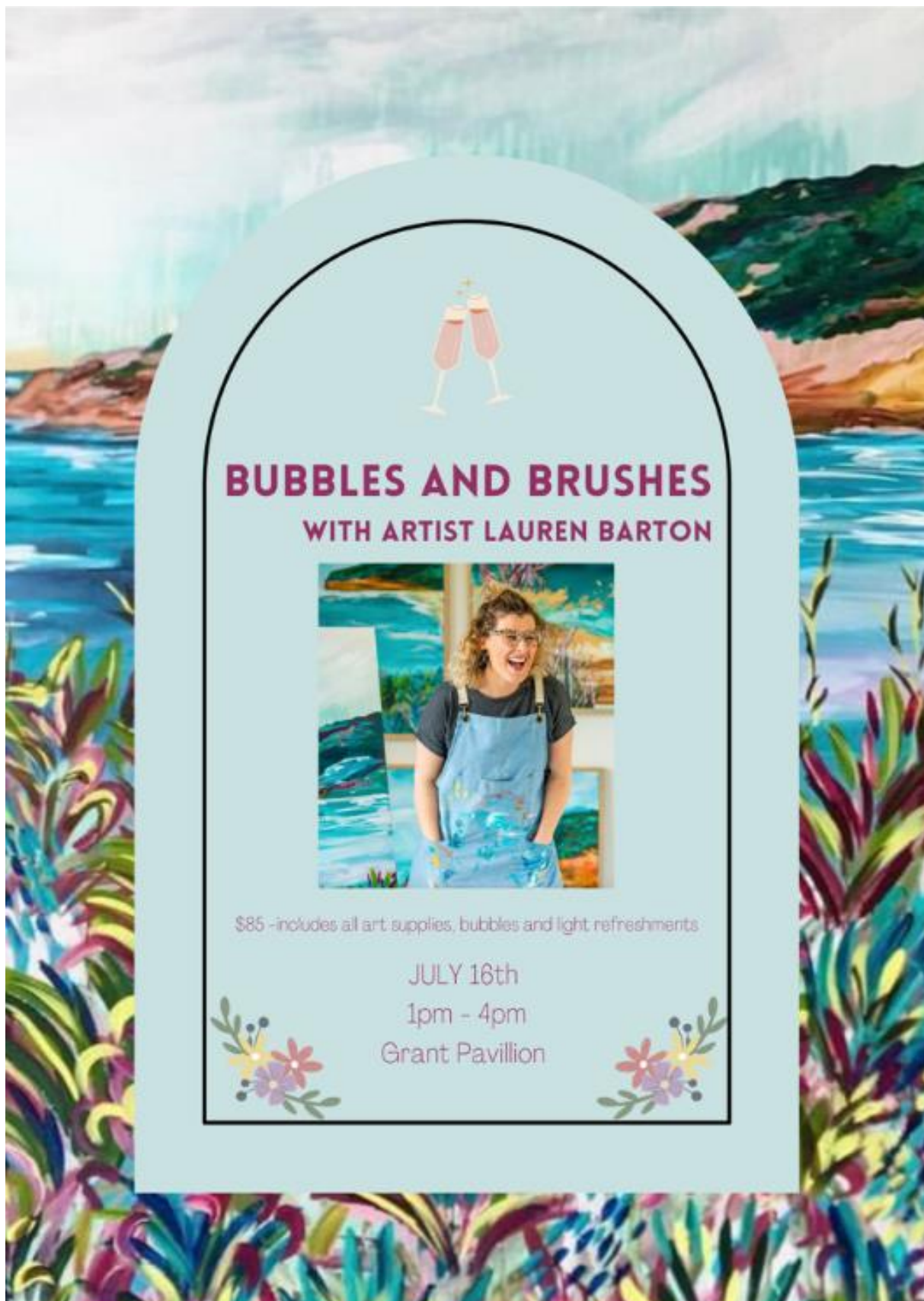
#### Place your first order!

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/>


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.

Don't forget to join us at our next fundraising event, Bubbles and Brushes with Lauren Barton. To purchase a ticket [click here](#). Be quick, places are limited



The poster features a light blue arched frame set against a background of a coastal landscape painting. At the top of the arch is an illustration of two champagne flutes clinking. The main title is in bold purple text, followed by the artist's name. A central photograph shows Lauren Barton, a woman with glasses and curly hair, wearing blue overalls and smiling. Below the photo, the ticket price and inclusions are listed. The date, time, and location are centered at the bottom, flanked by small floral illustrations.

**BUBBLES AND BRUSHES**  
**WITH ARTIST LAUREN BARTON**



\$85 -includes all art supplies, bubbles and light refreshments

JULY 16th  
1pm - 4pm  
Grant Pavillion



***Handbuilding workshops  
Private group bookings  
Events & Celebrations  
Corporate team building  
Large group bookings.***

590 Great Ocean Road, Bellbrae  
[www.bellbraeclay.com](http://www.bellbraeclay.com)



**CLAY  
WORKSHOPS &  
EVENTS**

Email Lauren at [hello@bellbraeclay.com](mailto:hello@bellbraeclay.com) or visit  
our website for more information.





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.

**ONE**AGENCY  
SURF COAST

chris.h@oneagency.com.au  
0477 774 271

# CHAT HOME LOANS FROM YOUR COMFORT ZONE

IT'S NEVER BEEN EASIER TO TALK  
TO A HOME LOAN SPECIALIST



PHIL HASLAM

 0481 006 770

 [phil.haslam@anzmortgagesolutions.com](mailto:phil.haslam@anzmortgagesolutions.com)

 ANZ Mobile Lending



This Mobile Lender operates as ANZ Mortgage Solutions Surf Coast 70 511 955 266, an independently operated franchise of Australia and New Zealand Banking Group Limited (ANZ) ABN 11 005 357 522. Australian Credit License Number 234527. Item No. 97490 06.2020

THE TIDAL COLLECTIVE

# FLEECE LINED RASH VESTS

THE COLD CAN'T STOP YOU!  
GO FOR AN OCEAN SWIM - GET THE BENEFITS FROM COLD WATER THERAPY - KEEP THE KIDS WARM DURING THEIR SWIM LESSONS - ENJOY YOUR WINTER!

Features:

- We use soft, warm, flexible and durable fabrics.
- Quick dry and chlorine resistant.
- UPF 50+ fabric.
- Flat lock stitching for non-rashing
- Longer in length to stop the inevitable ride up!
- Base layer under your wetsuit.

Get Yours Today! - [www.thetidalcollective.com.au](http://www.thetidalcollective.com.au)

FROM  
\$49.99



DISCOVER OTHER COLLECTIONS ON OUR WEBSITE AND RECEIVE FREE DELIVERY IN THE 3228 AREA

[jami@thetidalcollective.com.au](mailto:jami@thetidalcollective.com.au)

[www.thetidalcollective.com.au](http://www.thetidalcollective.com.au)

NON-COMPETITIVE SOCCER PROGRAMS FOR GIRLS AND BOYS AGED 6 TO 12 YEARS



# Grasshopper SOCCER

## 2023 SCHOOL HOLIDAY PROGRAM

JUNE 27th - 30th, 9 - 11am

TORQUAY - Banyul Warri Fields (soccer fields)

PRICE: \$130

CHECK WEBSITE FOR MORE DETAILS

REGISTER YOUR CHILD ONLINE  
[www.grasshoppersoccer.com.au](http://www.grasshoppersoccer.com.au)



[dominic@grasshoppersoccer.com.au](mailto:dominic@grasshoppersoccer.com.au)

0410 161 538



## ANXIETY GROUP FOR PRIMARY SCHOOL CHILDREN

Supporting children to understand and manage anxiety.

Term 3, 2023 - Saturdays @ 9:30 am.

Four session commitment.

Optional additional individual sessions available as required.

\*There will be a maximum of 6 participants.

\*Expressions of interest also being accepted for a Sunday afternoon group.

\*Individual sessions available for people of all ages.

\*Contact Renee for an information sheet about the program.



Renee Carter  
Counsellor & Consultant  
Mobile: 0490701855

Email: [reneecarter11@gmail.com](mailto:reneecarter11@gmail.com)

# Under-12 Country Skills Days Registrations Open!



The Under-12 Country Skills Days are back!

Held on **Saturday 22 July** and **Sunday 23 July 2023** at 10 regional centres across Victoria, the 2023 Under-12 Country Skills Days are part of a development program for players of all abilities and standards born in either **2012** or **2013** from all associations located in regional Victoria.

The program concentrates on the individual and team skills necessary for players to excel in the Under-12 age group and beyond.

**Each Under-12 Skills Day participant will receive:**  
Coaching and development  
Official Skills Day T-Shirt  
Official Skills Day Drink Bottle  
Official Skills Day Basketball

Under-12 Skills Days events run from 10am - 4pm each day and your child must attend the Skills Day in their local academy region and we ask that all participants should please bring their own lunch and ball.

**\$99** Early Registration fee before 9am 11 July 2023

**\$120** Registration fee received after 9am 11 July 2023

Online registrations close **Thursday 20th July at 9am.**

For further information on Basketball Victoria's Under-12 Skills Days, please contact **Craig Hockley** – [craig.hockley@basketballvictoria.com.au](mailto:craig.hockley@basketballvictoria.com.au).

#### South Central

Bellarine, Camperdown, Cobden, Colac, Corio Bay, Geelong, Lorne, Mortlake, Lara

**Location:** Wurdil Baierr Stadium, Wadawurrung Way, Torquay

**Boys:** Saturday 22nd July

**Girls:** Sunday 23rd July

Link to register: <https://fal.cn/3yQb7>

**Administrator:** Cate Johnson: [cate.johnson@education.vic.gov.au](mailto:cate.johnson@education.vic.gov.au) 0477 689 178

## BETTER HEALTH PROGRAM

**FREE** program for  
**children and families**  
on healthy eating  
and healthy habits!



**FREE**  
prizes

Sign up at:

[www.betterhealthprogram.org](http://www.betterhealthprogram.org)

