



FROM THE PRINCIPAL

JULY

Wed 19th Girls Division Soccer

Learning Conferences
Students conclude at
12.30pm
(Kelly Club running from
12.30pm)

Wed 26th Year 3/4 Beach Discovery

AUGUST

Thur 3rd Year 5/6 Beach Discovery
Day

Fri 4th 100 Days of Prep

Mon 7th Curriculum Day
STUDENT FREE DAY

Fri 11th District Athletics

Mon 14th Science Week

Dear members of the Lisieux community,

Welcome to Term Three! Students have returned, looking refreshed and ready for a full term of learning. It is always so lovely to see them safe and well on the first day of term, often looking like they have had a holiday growth spurt! Or it promises to be a wonderful term with a couple of special highlights in our calendar already including Science Week, Wellbeing Week and Book Week. Stay tuned for more details.

This term we welcome some new members of staff who have joined our team:

-Leesa McNamara has replaced Emma Clancy in Carmel Rouge while Emma recovers from spinal surgery. We send our very best wishes to Emma for a speedy recovery.

- Brydie Harman, one of our regular staff members, has replaced Carly Finn in Carmel Blue, while Carly takes leave to travel and work overseas this term. During this time, Siobhan McManus will oversee our intervention program across Year 1-4.

-Jack Northey and Anna Clothier will be working in Year 3/4 as Learning Support Officers to replace Zoe Manganelli who is on leave for 8 weeks;

- Dani Renfrey has replaced Angella Clifford and is working as a Learning Support Officer in Waratah 1 and Waratah 2.

At the end of last term, we distributed a survey link for parents to share feedback about what you feel is working well or could be improved at Lisieux. We apologise that the original link did not work for some families. Please find attached a link that should lead you directly to the survey. It is not too late to complete the survey and share your thoughts:

<https://www.surveymonkey.com/r/T6LV69X>

Your feedback will be particularly useful for us in planning for key future events such as the 2024 Athletics Carnival and our next whole school production.

Next Wednesday we will conduct Learning Conferences between 1-7pm. This is an important opportunity to build partnerships between school and home, to discuss student progress and for students themselves to engage in self-reflection. We encourage students to come along and take part in the discussion about their learning, in particular their strengths, challenges and future goals. **Please note that students should be collected from school at 12:30pm next Wednesday and that appointments for 10- minute meeting times can be booked via the link sent home this week. Please note Kelly Club will be running from 12.30pm.**

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



PRAYER

God of hope, as we begin this new term, we pray that you fill us with joy and an energy to always do our best and to keep learning. We are blessed to return to a community where we have friends and teachers who will help us settle back into the routine of school life. Thank you for holiday times, for freedom, family and friends. Help us to keep these happy times in our hearts. Help us to learn, to grow in confidence and to use all our special gifts and talents. Amen.



Nazareth Catholic Parish

Confirmation 2023

The Parish Confirmation registrations are now open for children in grade 6 who have been Baptised Catholic and received First Holy Eucharist.

Please register by Fri 28th July

Click here

[www.tagparish.com.au/
Sacraments/Confirmation](http://www.tagparish.com.au/Sacraments/Confirmation)



Registration link: <https://tagparish.com.au/Sacraments/Confirmation>

Key Dates:

- **Family Night**- Tuesday 1st August 2023- St Therese Church, Torquay
- **Rite of Enrolment Mass**- Sunday 27th August 8.45am – St Therese Church, Torquay
- **Sacrament of Confirmation** Tuesday 12th September 5.00pm – at St Therese Church, Torquay

Any questions please contact Gerard Douglas- gerard.douglas@lisieux.catholic.edu.au



STUDENT LEARNING & ACHIEVEMENTS



Our Year 1 students have been utilising their character strength of teamwork during morning Discovery explorations.

MEET THE TEACHER...

ABOUT ME

Bonjour! My name is Mrs Romans and I am fortunate enough to be working in Silver Banksia 1 and Waratah 2 this year!

This is my first year teaching at Lisieux and I feel so lucky to be teaching in this community of wonderful students, staff and families.

A little about me - I have been a teacher for over ten years and absolutely love my job! I am originally from Melbourne and moved to Geelong a couple of years ago. I live with my family - my husband Dave, our two daughters Ada and Lily and our dog Hunter. We love living in Geelong because we love being so close to so many different and amazing beaches.

Some things that I love to do are reading, taking day trips to the beach, going for walks and spending time with my family and friends.

MRS ROMANS!



FAVOURITES

Foods - Pasta and Chocolate

Colour - Pink

Book Series - Harry Potter

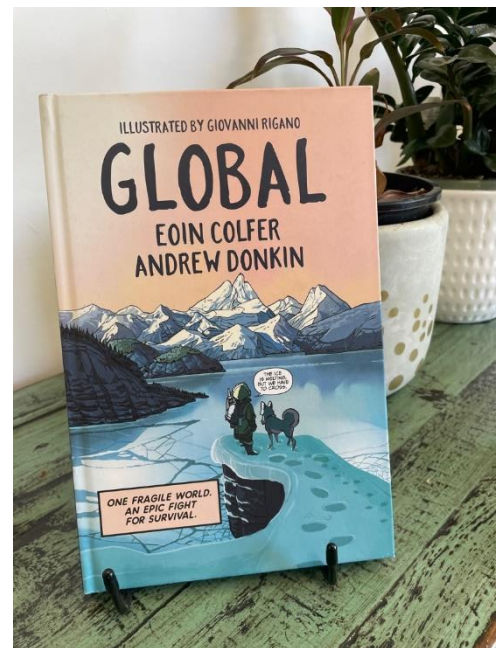
Football Team - Geelong

Animals - Sea Turtle and Snow Leopard



NEW TO THE LISIEUX BOOK SHELF

“Global” by Eoin Colfer and Andrew Donkin has just hit our shelves and is sure to appeal to older readers who enjoy graphic texts. The story is timely and boldly told, the tale of 12 year old Sami who lives with his grandfather in a fishing village on the Bay of Bengal. Survival becomes more difficult each day, as they are impacted by the rising sea, ferocious cyclones and the resulting fewer fish to catch. This book depicts climate change impact very starkly and the message is complemented by dynamic illustrations. It is suspenseful, hopeful and moving- sure to be a popular pick with many of our students who love this style of literature.





TAKE NOTE

We remind families that 'there is no such thing as bad weather, just inappropriate clothing.' At Lisieux we strive to engage in some outdoor learning time every day and this often requires additional layers: hats, coats, jackets, etc at this time of year. Please ensure that your child has these items, as well as their own art smock, all of which are clearly labelled with names.

Over the holidays we laundered a significant number of uniform items without names. These will now be available for sale at **\$20 per item**, with the funds being donated to charity.

Items will be available for sale tomorrow morning from 8:30am and payment should be made via cash to the front office. We have jumpers, polo tops, rugby jumpers for sale- all \$20.

As we have experienced high numbers of head lice infestations, we ask all families to check their children's hair regularly and very closely over the break. Please note that one treatment is never enough and to ensure the infestation is clear, all eggs must be removed. While this is extremely time consuming, it is 100% necessary to ensure that the head lice are not spread. Your support with this matter would be greatly appreciated.



Supporting your Child's Mental Health

Via www.thinkmentalhealthwa.com.au

Looking after a child or young person's mental health

There are times when we all feel the strain – children, parents and carers included. As parents and carers, there are ways we can support children and young people to give them the best chance to gain and maintain their mental health and wellbeing.

Tips to support children and young people – as developed by leading researchers

1. Be there to listen

Regularly ask how they're doing and what they are feeling to normalise their emotions, and also so they know there's always someone to listen if they want it. Find out how to create a space where they will open up.

2. Stay involved in their life

Show interest in their life and the things that are important to them. It not only helps them value who they are, but also makes it easier for you to spot problems and support them.

3. Take what they say seriously

Listening to, and valuing what they say, without judging their feelings makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

4. Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

5. Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all support our mental health and wellbeing. Support and encourage them to explore their interests, whatever they are.

6. Build positive routines

Building structure around regular routines, healthy eating and exercise, as well as a good night's sleep is really important – try to keep routines that fit with school, even if it is school holidays.



Signs to look out for

Some young people will experience behavioural or emotional problems growing up. For some, these will resolve with time, while others will need professional support.

It can be difficult to know if there is something upsetting a child or young person, but there are warning signs that may be because a mental health issue is developing. Look out for:

- significant changes in behaviour;
- ongoing difficulty sleeping;
- withdrawing from social situations;
- not wanting to do things they usually like; and/or
- self-harm or neglecting themselves.

Remember, everyone feels low, angry or anxious at times. But you know your child better than anyone, so if you're worried, first think if there has been a significant, lasting change in their behaviour. This could be at home, school or university; with others or on their own; or in relation to specific events or changes in their life. Ultimately, changes in a young person's thinking, feeling and behaviour that last for more than two weeks may indicate that a mental health problem is developing. If the answer is yes, it might worthwhile to get professional help. If you're concerned or unsure, there is lots of support out there.

Helpful resources

- Prevention United, in collaboration with Monash University, have developed Partners in Parenting, a free, online parenting program that helps to protect your teenager's mental wellbeing and reduce their risk of experiencing depression and anxiety.
- Beyond Blue's Healthy Families gives you the information, knowledge and confidence to support the young people in your life by age groups; they also have information if you're a new parent or about to become one.
- Kids Helpline has a large amount of information to support parents.
- ReachOut is an online mental health service for young people and their parents and provide different types of support, depending on what you and your teenager need and want.
- Headspace has information for friends and family around raising sensitive issues and working to resolve challenging problems. Headspace recognises that it can be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal, and an emerging mental health problem. This section is designed to help you.
- The Families Under Pressure campaign includes 12 videos containing simple tips and tricks, formulated by researchers and mental health experts, which are backed by science and proven to work with families.

Looking after your own mental health

Parenting or caring for a child or young person can be tough. It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about. Try to recognise and acknowledge when you're feeling low or overwhelmed. Struggling with something or experiencing your own mental health issues or conditions does not make you a bad parent or carer.

It's completely normal to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of. Is there a friend, fellow parent or carer you trust enough to share how you're feeling? Maybe there's family, friends or a colleague who could support you or allow you a break?

There's plenty of help out there. You should never feel like you have to cope on your own. Kids Helpline has lots of support for parents, including a helpline and guidance around parenting a child with a mental health issue or condition. COPMI has information and suggestions on how to manage issue or condition.

Find out more about how to look after your mental health and wellbeing.

Get support

In an emergency call 000 or visit your local emergency department

There are hundreds of mental health and alcohol and other drug services across Western Australia.

You can get help by:

- Calling a helpline if you are looking for someone to talk to. They are there to listen, provide advice, information and referrals.
- Searching the *My Services online directory*, which helps make it easier to navigate the system and find the right support for mental health, alcohol and other drug issues.
- Visiting your GP for advice and support
- Seeking support online via live chat and online forums.

Community support services provide support to individuals, families and carers to help with mental health, alcohol or other drug issues. They include:

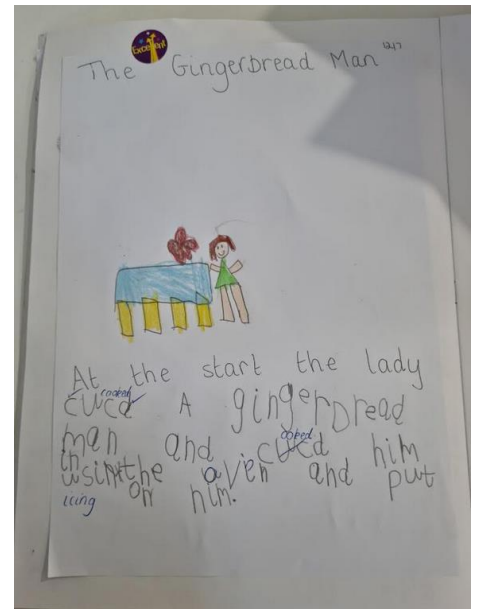
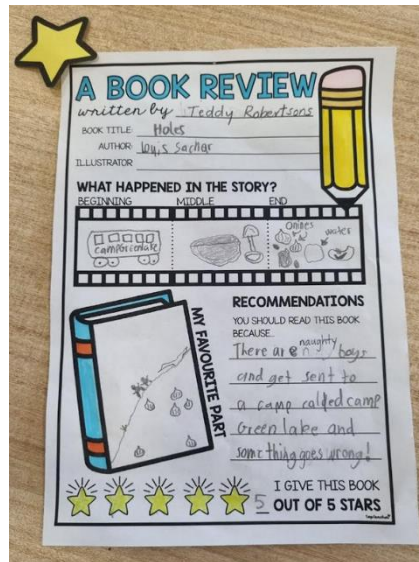
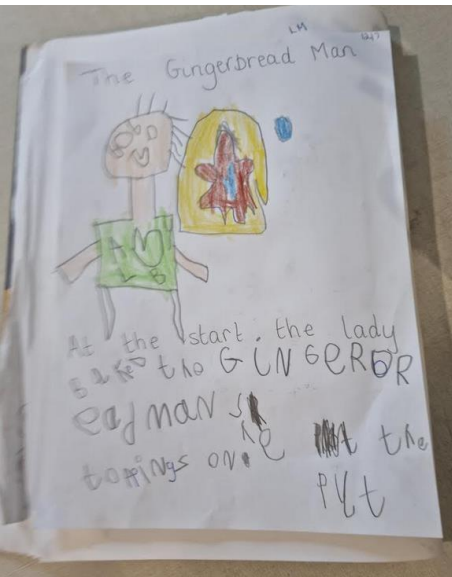
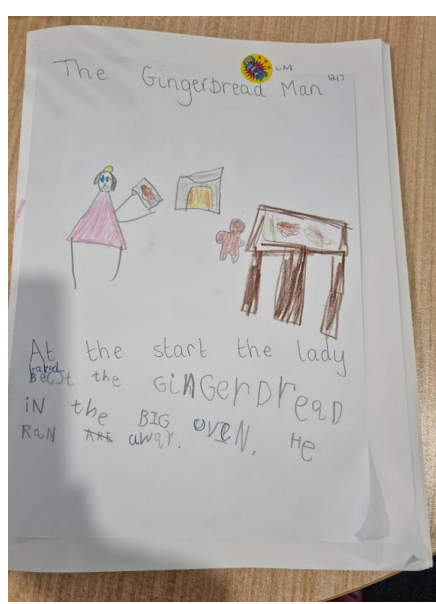
- mobile outreach services;
- drop in centres;
- group programs;
- personalised support services to enable people to remain in their home or local community; and
- programs for families and carers.

It's important that you find the right service for you and keep looking if you haven't found it yet. Mental health services may require a referral from a General Practitioner, private psychiatrist or public mental health service. We recommend you check with the service you're interested in to make sure. If you are ever in doubt, seek advice from a health professional such as your GP.



LEARNING COMMUNITY IN PICTURES





Welcome to term 3! Can't believe that we're halfway through the year already. This term the P and F will be launching some great new fundraisers, we'll also be running a Fresh Fruit Friday, Father's Day Stall and Footy Colours with Sausage Sizzle Day.

Canteen and Lunch orders: Don't forget Friday Canteen orders by 5pm on Wednesday via School24 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/>

Thursday lunch orders by 8.30am Wednesday via the Flexischools app

Wine fundraiser

In Term 4 our popular biannual wine fundraiser will be happening once again. We are seeking one or two parents who would be interested in being included in email communication this year, to observe the coordination of the fundraiser, with the view to them taking over the role in two years time. If you are interested and/or would like to have a telephone chat about the fundraiser please email lisieuxpandf@gmail.com to express your interest.



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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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