



FROM THE PRINCIPAL

Dear members of the Lisieux community,

We had a strong participation rate at Learning Conferences yesterday afternoon. Thank you for making the time to come along and take part in discussions about your child/ren's learning. It was valuable for students to be involved too because when they take part, their voice enables us to provide the tools they need for future success.

Approximately 20% of our Lisieux families have taken the opportunity to respond to our Semester One feedback survey. Thank you to those who have completed this survey and shared their ideas. The survey results thus far have indicated that:

- close to 100% of respondents attended our School Production;
- many other school events have been very well attended, such as Mothers' Day breakfast (66%), Easter bonnet parade (53%), assemblies (55%), Athletics Carnival (47%), etc with 74% of respondents noting that they learned more about their children by coming along to events and 68% noting that attendance helped them to feel a sense of belonging to the school community.

One of the goals of the survey was to help us plan for next year and beyond. The majority of respondents (67%) would prefer for future school productions to take place in a larger venue off-site and 74% would like us to pursue the option of using an alternative external venue for our Athletics Carnival. We will now begin to plan with this feedback in mind.

Several other areas were raised through the survey that we will take on board. One of these was communication about our specialist intervention programs such as Atelier, Sports Academy and Shinrin-Yoku. Some detail about these programs can be found in our Learning at Lisieux booklet: <https://lisieux.catholic.edu.au/wp-content/uploads/2023/01/Learning-at-Lisieux-Booklet.pdf>

JULY

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

Strengthening Children and Teens Against Anxiety with Karen Young 7pm
Multi-Purpose Room
Tickets available via trybooking (details below)

Tues 8th Wellbeing week

Fri 11th District Athletics

Mon 14th Science Week

Mon 21st Book Week
Book Week Parade 9am

Fri 25th Book Exchange Stall

Wed 30th Year 3/4 Beach Discovery

SEPTEMBER

Fri 1st Fathers' Day Stall

Tues 5th Division Athletics

Thurs 7th Year 5/6 Beach Discovery

Fri 15th Footy Colours Day
Last Day of Term 3
3.30pm conclusion

OCTOBER

Mon 2nd Term 4 Commences

We have also decided to share more detail about these programs via the newsletter in the coming weeks so families can have a clearer understanding of what is being offered. I would like to note that these programs are unique to Lisieux, and to the best of my knowledge, no other primary school in our region offers the same opportunities. They have been structured to encourage full flourishing for every child – to allow students the chance to hone social, physical and academic skills in a small-group situation. One of the most valuable outcomes, we have found, is that students often find like-minded friends from the experience, along with an increased feeling of self-worth and appreciation of their unique gifts. The programs have been such a success that we aim to extend upon our Atelier program next year and are in the planning stages for the construction of our pottery studio which will form part of this tailored program. Currently, when a student is nominated for one of these programs, a letter is emailed home to families to advise of participation. If you believe that your child would benefit from participation, please feel free to contact your child's classroom teacher or me directly.

One other area that was mentioned several times in survey feedback was the carpark. We have worked hard to make the drop off / pick up process as smooth as possible and colleagues in other schools tell me that a 15-minute turn-around each afternoon is actually quite amazing. There are, however, a few things we can all do that will improve the process and I request that all families take these on board and commit to:

- if you are using the Kiss and Drop zone, **drive to the furthest parking bay and drop your child-** do not stop here, alight from the car or undertake protracted goodbye rituals. If you wish or need to do this, please park in a designated parking spot as the Kiss and Drop zone is not the place for this;
- **do not use the Kiss and Drop zone as a parking station after school.** This delays the flow of traffic. If you arrive prior to 3:15pm, park in a designated parking bay, not the Kiss and Drop zone and alight from your car to meet your child/ren;
- do not park in the staff car park area as this creates a safety risk;
- demonstrate courtesy and safe driving by driving slowly and showing patience.

These steps will help everyone.

The survey will remain open for another fortnight if you have not yet had the opportunity to respond and would like to: <https://www.surveymonkey.com/r/T6LV69X>

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

CONGRATULATIONS

Congratulations to Hunter Wilson, Grevillea Two, who represented Geelong in the 2023 U12 State Winter Baseball championships in Werribee last weekend. After some tough competition, they finished fourth in their division with Hunter making a total of 3 runs for Geelong and demonstrating great sportsmanship and hustle on the field. Well done Hunter!



COMING SOON

We are thrilled to announce that we have secured sought-after speaker and psychologist Karen Young, author of Hey Warrior books, to present to us at Lisieux on Monday 7 August. This will be free of cost to parents and community members, however, tickets are essential. Please use the link below to secure your tickets. Karen will speak to us about strengthening children and teens against anxiety, a most relevant and topical issue.

<https://www.trybooking.com/CKBVN>



Strengthening Children and Teens Against Anxiety

How to strengthen all children and teens against anxiety, and build courage and resilience.

What could our children and teens do if they knew in their hearts they were brave enough? All children and teens are capable of their very own versions of greatness. For too many though, anxiety will shut down their capacity to discover their potential - but it doesn't have to be this way. This transformational session will provide the essential information and strategies to help all parents and carers support children and adolescents to build courage and resilience, uncover their strengths, and take anxiety back to small enough. We will discuss ways to nurture the skills and qualities that will strengthen all children for life. Participants will learn:

- a new, empowering way for children, teens, and adults to think about anxiety, and how to use this to manage anxiety;
- the different ways anxiety can manifest, and what to do;
- the connection between anxiety and learning, and how to switch on the learning brain;
- the connection between anxiety and performance (exams, on stage, sports) and how to get anxiety out of the way;
- why anxiety can look like anger, and how to respond;
- the power of parents to move children towards brave behaviour, and how to do this when anxiety is in the way;
- how to respond to anxiety in the moment to make way for calm and courage;
- building their toolkit - the proven strategies for young people to calm anxiety;
- how to build the mindset that will strengthen against anxiety and make way for brave behaviour;
- how to build the solid neural foundations of resilience in all children.

Because we know they are mighty. Now to make sure they know it too.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.



PRAYER

Creator of our world,

You are the architect of the seasons. You bless us with this earth. We give praise for the seasonal change of our world.

Winter brings its own set of landscapes, with branches of ice, blankets of snow and frosty morning breath. Though the Winter storms chill us, the sun shines through the blue Winter skies, reminding us that You make beauty out of all things.

Remind us not to allow the cold, dark days to take the joy from our hearts. Help us to use the extra down time to restore our energy and slow our schedules.

Thank you for bringing us another Winter. Bring bright memories of sunshine and warmth to our minds when we need to be reminded that just as sure as the Winter came, it will transition to Spring in due course. Help us to enjoy every day. 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 7pm
- **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



THEY BY HARRY CULLINA
 HAVE FEAR SO YOU STAY CLEAR!!!



No Balls

Warning! We have some Masked Lapwings nesting on our oval.
 Masked lapwings have spurs underneath their wings that really hurt if they swoop you.

Masked lapwings are a really protective bird species, they make their nest on the ground.

If we start to disturb them they will leave their babies behind and find a new home, they will not return.

Masked lapwings have a lot of names like: Spur winged plover, Vanellus Miles and of course Masked lapwings.

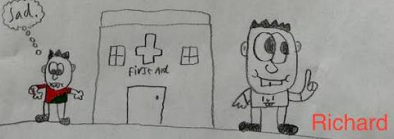
All I'm trying to say is don't go near the Masked lapwing. By Chloe Pearson.

WARNIG!
 SPUR WINGED PLOVER



Emmy W

LAP-WINGED PLOVER NESTING HERE!
 STAY AWAY OR END UP IN SICKLAY!



Richard

Protective
 Lovely
 Ordinary
 Vulnerable
 Endangered
 Remarkable

Peggy

don't go close or you'll be toast

CAUTION MASKED LAPWING NESTING HERE!

Fin

Wach out for
 Mas Kead lapwing



Warning!

Paloma



Hey everyone,

It's Mr Duncan, and I teach grade 5/6 at Lisieux! I've been teaching for a solid decade now, and let me tell you, it's been one heck of a journey. But , I wouldn't trade it for anything!

When I'm not in the classroom, you can catch me being a busy parent to two awesome kids, Zali and Kieran. They keep me on my toes, just like all of you do at school. Oh, and speaking of family, I've got four sisters who are also teachers and we love going camping together on the school holidays.

Now, let's talk sports. I used to be a sports maniac, playing soccer, tennis, athletics, cross country, basketball, skateboarding – you name it, I've probably tried it. These days, I've toned it down a bit, but I still love to run to keep in shape. And guess what? Surfing is my ultimate stress-buster! Catching those waves makes me feel alive!

Alright, time for a good laugh. Picture this: A few years back, I was all set to start a lesson when one of my brave (or not so brave) students shouts, "There's a spider on your shoulder!" And let me tell you, the whole class immediately erupted in screams! That's how I knew two things, this wasn't a prank and it was a big one.

Naturally, I freaked out too and asked for help, but the boy was equally terrified. Instead of brushing the spider away, he just pointed at it, yelling, "It's there! Right there!" I didn't dare look, so I decided to ditch my jacket for a few hours until I was sure that eight-legged beast had moved on.

Anyway, let's keep having a blast at school, I'll see you all soon!

From Mr Duncan



Shine a light on wellbeing

At Lisieux, we understand that the wellbeing of each individual is intrinsically linked to their personal and academic success.

We are committed to providing the tools and environment to enable each member of our community to flourish. To do this, we draw on the science of positive psychology as a framework for building a culture of best practice teaching and learning.

Ubuntu

At Lisieux, we value positive relationships. During Ubuntu each Monday, we are able to enhance connections throughout our school.

Class-based activities

During this time, students are encouraged to identify their character strengths and the character strengths of their peers. Relationships amongst students are built and students reflect in their Ubuntu journals



Whole school assembly

This is a great time for each year level to showcase their learning to the whole school. It is an opportunity to celebrate as a year level and build our community connections.



Cross-class connections

Each term, classes are allocated a 'buddy class'. Students are provided with allocated time to mix with students they might not have otherwise from another class. It is wonderful to see new friendships develop, leaders emerge and confidence grow.



House activities



Our Year 6 house captains display their leadership skills during house activities. All students participate in a range of learning opportunities that build relationships amongst their house group.

Shinrin-Yoku is a small group intervention program that focuses on connecting with nature.. The term Shinrin-Yoku is derived from Japanese culture and translates to 'Forest Bathing for Health and Relaxation'.

There is a wide range of goals and aims for the program such as creativity, mindfulness, confidence, fine motor skills , building peer connections, connecting to the environment, teamwork and building resilience.

Approximately 15 students have participated so far this year in Shinrin-yoku. We have undertaken a range of activities this year including nature walks, guided outdoor meditation, various gardening projects, lifting, investigating, veggie picking and creative construction in nature. The program occurs 2-3 times a week in small groups of about 3 or 4 students.

" I enjoy Shinrin-yoku because there are always fun activities organised for us to do and extra time to spend with my friends". - Year 2 Student

" I liked learning about different plants and trees we have at our school using the 'Seek' app. It's great doing Shinrin-yoku with my friends that are in my class". -Year 2 Student

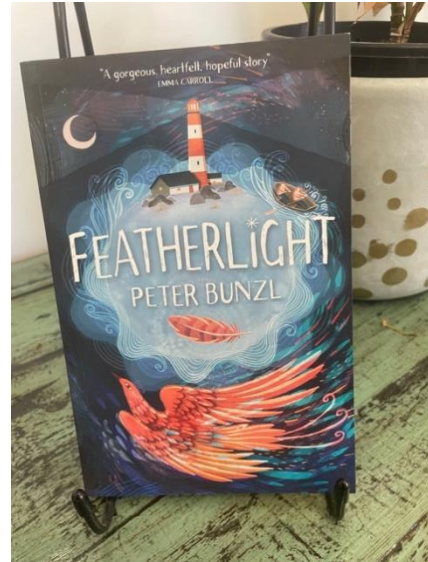
The students re-enter the classroom after taking part in Shinrin-yoku with a refreshed mindset, ready to engage in the assigned activities. It has been wonderful to witness the connections students form with each other when they participate in Shinrin-yoku.





We have recently invested in the purchase of specially designed books to suit dyslexic learners. Dyslexia is a genetic difference in an individual's ability to learn and process information, and often involves finding traditional book pages too cluttered. Dyslexic readers can struggle with breaking words down to pronounce. Many people with dyslexia learn coping strategies that help them to read and the use of specifically formatted texts is one of those strategies which helps some dyslexic learners. These books may feature a specific font; they usually have shorter chapters and are often printed on coloured paper. We have a collection of over 30 titles in our dyslexic learner library, one of which is "Featherlight" by Peter Bunzl. We house this collection in a separate area so if your child may benefit from these texts please talk to your child's class teacher to organise access.

"Featherlight" is about the brave daughter of a lighthouse keeper on Featherstone Island and it is a wonderful introduction to chapter book reading. The story was inspired by real characters but also includes the elements of myths, legends and adventure with traits of strength and love being highlighted. It would appeal to students over 8 years of age.





We are in the process of finalising plans for the construction of our Lisieux Pottery Studio which is a very exciting initiative. It will allow us to run small-group classes for students, Friday Flow sessions, and also has the potential to develop into a community-based project, which could be open to parents and family members. We will be converting a shipping container and setting it up for use in an outdoor space adjoining the Discovery Centre. The total cost for the project is approximately \$70,000, with our Parents and Friends Committee having already committed \$12,000 to the project. If you are a local business owner and you would like to sponsor this initiative, please feel free to contact Susan to discuss further.

PRODUCTION NEWS

You are still able to purchase our amazing production “When I Grow UP” on DVD or USB until the end of the day Friday 21st July.

Please purchase through <https://aperturefilms.com.au/order/?id=lisieux23>



How to Help Children Learn Habits of Gratitude

Via cincinnatichildrens.org

The holiday season is officially upon us and with it comes a great opportunity to focus on being thankful. Many children look forward to this time of year with excitement and wonder. Many also have big expectations and sometimes not as much gratitude as we would like for them to have.

Creating an environment of gratitude around kids is particularly important during this season of generosity. Doing so can set you up to make thankfulness a part of your family routine all year round. Here's how you can get started:

How to Help Children Learn Habits of Gratitude

1. Create moments of gratitude in your routine

Find a time in your daily routine that makes sense to add a moment of gratitude. Dinner and bedtime both work well, but any time that fits for your family is perfect. Each person in the family can share one thing for which they were grateful that day. It can be anything, big or small. This will help kids think about and be aware of the good things in their lives. Many families enjoy writing these things down in a family journal — then reflecting upon them in the future.

2. Model thankfulness yourself

As a parent, you are your child's primary teacher. It is incredibly important to express thanks for what you have and always say "thank you" to other people when they do something for you and your family. Extend this to your children, thank them for what they do and who they are. Use little opportunities every day — like when your child picks up his toys, helps a sibling solve a problem or completes homework without having to be asked — to thank your child for being responsible and being a respectful member of the family. Kids crave this reinforcement and will learn from your example.

3. Say NO sometimes

This likely goes without saying, but it can be difficult to carry out. When your children ask for something or ask to do something, it's okay to say "no." In fact, saying "yes" all the time can be a disservice to them. Instead, give your kids a way to earn what they desire. If you give them a way to earn a reward, instead of handing it to them, you increase how much they appreciate it.



4. Encourage your child to help others

Start holiday traditions that focus on sharing with others. It's easy for kids to get caught up on the "gimme" that often comes with the holiday season. Wonder and excitement for children is a big part of what makes this time of year special. You have the opportunity to help your child learn the wonder of sharing with other people.

5. Write a note of thanks

After the proverbial holiday dust settles, make time as a family to write thank you notes to the people who were generous to you during the holiday season. Handwriting cards gives kids an opportunity to put their gratitude into words and is such a special treat for the people who receive them. Also consider writing thank you cards for kind gestures as well as gifts. Notes to people who hosted your family for a gathering, or helped organize a fun event can help kids be grateful for the experiences they had and not simply for the things they received.

As you celebrate the holidays that are important and meaningful to you and your family this year, look for opportunities to share moments of gratitude with your children. And even more importantly, make moments of gratitude part of your routine throughout the years ahead. Your efforts now will have an impact on your children for years to come.







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

- 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**.

Log In | Register >

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.



SURF COAST

ARTS Trail

SAT 5 - SUN 6 AUGUST 10AM - 4PM

Image: Artist Lauren Barton, Bellbrae Clay.

@surfcoastartmatters
surfcoastartmatters.com.au





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

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

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