

known and loved

ISSUE 20 | 27th July 2023
SCHOOL CALENDAR



FROM THE PRINCIPAL

Dear members of the Lisieux community,

According to a report by the Black Dog Institute, it is a common misconception that mental illness emerges for the first time in adolescence. In fact, 2021 data shows that about 14% of Australian children aged 4-11 are experiencing a mental health disorder, with anxiety being most common. Children who are struggling are also at greater risk of continued problems in adolescence and adulthood including long-term mental illness and poor functional outcomes in education and relationships. This is a topic of great importance to every family and every school. On Monday 7 August all staff at Lisieux will be taking part in a day of professional development with psychologist Karen Young on this topic. Karen is the author of books 'Hey Warrior' and an expert in child and adolescent anxiety. We have arranged for Karen to present to families on the same evening at 7pm and I strongly urge you to come along and take part in this discussion. The evening will be free for Lisieux parents and family members, but bookings are essential. Please follow this trybooking link to reserve your place:

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

As you will have heard me say many times previously, at Lisieux we believe wellbeing is integral to academic success, engagement and social learning. We proudly invest in optimising wellbeing and getting this right as a building block for all other types of success. We've had many enquiries about our small-group intervention programs since we launched our feedback survey last term. Last week we highlighted Shinrin-Yoku in our newsletter and later in this edition, we shine a light on our Atelier program. We are very lucky to have these special programs at Lisieux.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

AUGUST

- Tues 1st P & F Meeting
MPA 7pm
ALL WELCOME
- Confirmation Family Night
7pm
St Therese Church
- Thur 3rd Year 5/6 Beach Discovery Day
- Fri 4th 100 Days of Prep
- Fresh Fruit Friday \$2
- 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
- Sun 27th Rite of Enrolment Mass-Confirmation
St Therese Church 8.45am

Wed 30th Year 3/4 Beach Discovery

SEPTEMBER

- Fri 1st Fathers' Day Stall
- Tues 5th Division Athletics
- Thurs 7th Year 5/6 Beach Discovery
- Tues 12th Sacrament of Confirmation
St Therese Church 5pm
- Fri 15th Footy Colours Day
Last Day of Term 3
3.30pm conclusion

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

Heavenly Father,

You granted us a range of emotions. Sometimes our feelings are very big and we struggle to know what to do with them. Remind us that You are with us wherever we go. Your presence gives us the confidence to be strong and courageous. Help us not to be worried or discouraged, but to remember that You are always there to listen and to guide, and that we have many people in our lives to support us with our feelings. Amen.



Do not be anxious
about anything,
but in every situation,
by prayer and petition,
with thanksgiving,
present your requests to God.
And the peace of God, which
transcends all understanding,
will guard your hearts
and your minds in Christ Jesus.

Philippians 4:6 - 8

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

Carmel White

This term we have been taking lots of our learning outside. We have written the sounds on rocks to build CVC words, used nature to create our own paint brushes in Outdoor Discovery, and created Numeracy games focused on the 'Friends of Ten' using natural resources we can find outside.



MISS BREUER

Hi! My name is Miss Breuer, and I teach Carmel White.

I have been at Lisieux for 4 years and absolutely love it. My favourite part about Lisieux is the school community and getting to know all the families. I am passionate about Outdoor Learning. You will find my class learning outside most of the time... even when it's cold!

Outside of school I spend my time looking after my two dogs, Barney and Albie. I also spend my time swimming in the ocean, playing netball and football, and catching up with friends.

A few fun facts:

Family - I am the eldest of 3 children. My sister and brother live in Adelaide and my parents live in Horsham.

Favourite food - Pizza and burgers.

Favourite colours - Yellow and pink.

Favourite holiday destination - A tropical island.

Favourite plant - Sunflowers. Fun fact... I grow my own sunflowers each year!





NEW TO THE LISIEUX BOOK SHELF

Karen Young began her career as a psychologist before turning her hand to writing books for children. She has written a range of books that support children to understand emotions and personal strengths, and is now a sought-after public speaker on the topic of child and adolescent anxiety. 'Hey Awesome' is a reminder for all children that everything they need to be brave, strong and brilliant is already in them. The book is a beautiful way to empower children who experience anxiety. By the same author, you may also like to check out 'Hey Warrior', 'Dear You Brain' and 'But we're not lions'. Karen is speaking at Lisieux on Monday 7 August at 7pm. For details on how to reserve a free ticket, see the trybooking link in this edition of The Tide.





TAKE NOTE

Staff news

Late last term, our school psychologist Katherine Stanley was involved in a car accident which has unfortunately left her unable to drive at the moment. Katherine has been away for the past fortnight and will remain absent for at least a further 4 weeks. Your thoughts and prayers for her recovery would be appreciated.

This week we farewelled Christine Edwards, who has been working as an Occupational Therapist with us this year. Christine has accepted a position to work in her area of passion which is aged care psychiatry with Barwon Health.

Winter clothing

With the commencement of Winter, and plenty of cold days ahead, we remind families of the importance of sending warm clothes for outdoor play and learning. Please ensure all items are clearly named.

We currently have a collection box at Reception for any pre-loved Winter coats. This collection has been organised by our Year 2 team and if you can donate, it would be greatly appreciated. Items will be donated to a local charity.

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>



Big Feelings: The Training Ground for Self-Regulation.

By Karen Young

Wherever our nervous systems are, theirs will follow. We will co-regulate or co-dysregulate.

When we meet their big feelings with frustration or anger, it doubles the already unbearable emotional temperature of the room and drives the brain into bigger distress (fight or flight).

They will either catch the emotional heat and go bigger (fight), or escape it by shutting down (flight).

Our job is to bring the temperature down by meeting their distress with an anchor presence -steady, attached, grounded.

The problem with traditional 'discipline'.

Traditional discipline (time-out, punishment, shouty voices, shame) uses emotional or physical separation as a way to bring children back to calm. But here's the rub: Children can't come back to calm on their own. It also squanders an opportunity for us to build their capacity to self-regulate in healthy ways.

These strategies might look like they work, but we have to not confuse a quiet child for a calm child.

From co-regulation to self-regulation.

It takes lots of time and experience to build the neural pathways that will support self-regulation. Those pathways build through co-regulation. This provides children with the actual experience of coming back to calm safely, without having to shut their feelings down or put themselves away.

When we leave them to come back to calm on their own, we're leaving them to do the work that adults are best placed to do. We might not be able to do this all the time – we're human too – and that's okay, but it's important we do it whenever we can.



Every time a child goes into distress, their young brain is calling to the adult in the room to lead it back to calm. It's as though the brain is saying, 'Can you show me how to do this regulation thing. I'll need to practice lots with you before I can do it on my own.'

Big feelings are not an interruption (though it can certainly feel that way!) and they absolutely not a bad child or bad parenting. Big feelings are the training ground for self-regulation, and co-regulation IS the work that will build this.



LEARNING COMMUNITY IN PICTURES







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
ARTSTrail

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

CHAT HOME LOANS FROM YOUR COMFORT ZONE

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FREE TRIAL WEEK!



Week 4 of Term 3 (Mon 31st July to Friday 4th Aug) we are running a bring a friend for free week.

If your interested in signing your child up to one of our Kelly Sports classes for a free session simply email you local manager (details below) the following information:

- School name and program
- Friends name and year level
- Parents name, email a contact number

Nick Clydesdale - Zone Manager

E: geelong@kellysports.com.au M: 0497 770 909



WILD WINTER SPORTS!

LEARN NEW SPORTS SKILL IN TERM 3 2023



BOOK ONLINE NOW AT

KELLYSPORTS.COM.AU

INFORMATION

FOR PARENTS

MULTI-SPORT

PROGRAMME

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- ✓ Soccer
- ✓ AFL
- ✓ Basketball
- ✓ Rugby
- ✓ Tennis

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Year 6 students.

\$160 FOR 10 WEEKS!

Sign up anytime, and only pay for the weeks remaining in the term

School: Lisieux Catholic Primary School

Day: Tuesday's

Start Date: 11th July

End Date: 12th September

Time: 3:20pm to 4:30pm



BOOK EARLY & SAVE

Sign up online before June 30th to receive a 10% discount.
Use voucher code: earlybird

Website: kellysports.com.au/geelong

Contact: Nick Clydesdale

Email: geelong@kellysports.com.au

Phone: 0497 770 909

Facebook: Kelly Sports Geelong





KELLY CLUB PARTNERSHIP OFFER
POWERED BY SCHOOL LOCKER



new balance

40% OFF*

Get 40% off selected
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just for booking with
Kelly Club across
Term 3, 2023.

**Conditions Apply*

To receive your discount code, simply book and
pay for Term 3 and we will send you a discount
code to use on the New Balance online store!



BOOK ONLINE NOW AT

www.kellyclub.com.au

Conditions: 40% off discount on our full price product range (footwear, apparel and accessories). Valid until December 31st 2024. Standard shipping charges apply (free shipping for orders over \$100 spend). Offer can't be used in conjunction with any other offer (coupon/promo/voucher). Excludes clearance, discount & gift products. Excludes Credit Equipment. Excludes Made In USA / UK Products. Discount codes are one time use only.