

known and loved

ISSUE 21 | 3rd August 2023
SCHOOL CALENDAR



FROM THE PRINCIPAL

AUGUST

- 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 ¾ Beach Discovery
- Thurs 31st Fathers' Day Stall

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

OCTOBER

- Mon 2nd Term 4 Commences

Dear members of the Lisieux community,

On Monday morning we successfully positioned a shipping container in its new location, adjoining the Discovery Centre. It will undergo refurbishment in the coming weeks to become our new Pottery Studio, where we will be able to facilitate small group workshops, led by our 100 Languages Atelierista, Tess Righetti. Stay tuned for updates on this exciting project. Last week we accidentally missed adding the feature of our Atelier program to the newsletter, so we've included this week.

This term I am meeting with all Prep 2024 students as they prepare for the important journey to primary education. This is always a highlight of my year. We plan to communicate shortly with Prep 2024 families about our transition program and who our Prep educators will be next year. At the same time, we will be interviewing candidates for 2024 teaching positions, beginning next week. I look forward to sharing more information about the successful appointments before the end of this term.

We're almost at the halfway mark of Term 3 so Monday's student-free day will be well-timed for a student rest day. Our staff will be on site working with psychologist, Karen Young, on the topic of anxiety.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

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

On Tuesday evening, our Year 6 Confirmation candidates took part in a Family Evening, with their parents, at St Therese Church. The students are actively preparing for this significant step in their faith journey and we pray for them as they prepare for this commitment.

Confirmation Prayer

Lord, You send out Your Spirit to touch the hearts of all people,
so that they may believe in You and in Jesus whom You sent.

Look kindly on all candidates for Confirmation
as they listen to Your voice.

Open their hearts and minds to Your Spirit as they prepare for Confirmation.

Help them to know that You are confirming all the goodness in them, and all the goodness that they will
become.

As our students prepare for Confirmation,
make each of us an instrument of Your love.

Teach us to appreciate what is holy in others,
and to be patient with what we do not understand.

Increase our desire to know and follow Jesus as his disciple with grateful and courageous hearts.

We pray that You will continue to guide us and sustain us.

Through Christ our Lord, Amen.



Our deepest sympathies and prayers are with the Molloy family (Jackson Year 4- Golden Wattle 2 and Milla Year 3- Grevillea 1) with the passing of Brad's beloved mother Di in Ballarat on Wednesday.

We are thinking of you at such a sad time.

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:

- **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

Students can wear a stole for their Sacrament of Confirmation

Information on how to purchase a stole or have a symbol added can be found by visiting Gracious Glyphs at www.graciousglyphs.com.au

Gracious Glyphs will pick up Stole's (that need a symbol added) from school on Friday 24th August. Gracious Glyphs will then return the completed Stole's back to school before your child Confirmation.



STUDENT LEARNING & ACHIEVEMENTS

SPORT NEWS

Last Wednesday, nine of our grade 5/6 girls had the opportunity to represent Lisieux at the Bellarine Division Soccer Championships, held at Myers Reserve in Bell Post Hill.

After winning the district tournament last term, our girls were placed in a group with other district winners; Queenscliff PS, Torquay College and Mt Duneed PS.

Our first match was the local derby against Torquay College and after Indi Smith fired home in the first half, we took a 1-0 lead into half time. Torquay College had the best of the second half, with defensive midfielder Cate Matthews and defender Lusi Lyle repelling attack after attack. Despite our best efforts they eventually got through our defence and scored with the score finishing 1-1.

Queenscliff Primary School were our opposition in the second game, and despite Chevva Topic peppering the opposition goal, we just couldn't quite find the back of the net. Queenscliff's defense was too good and after scoring a second half goal to go ahead, they would eventually win 1-0.

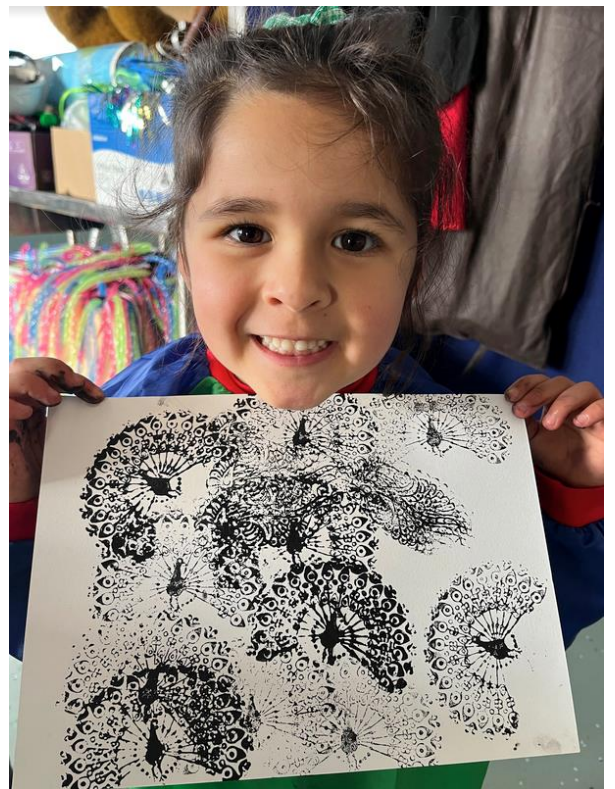
Coming into our last group game against Mt Duneed PS, the Lisieux girls knew we needed a win to be any chance of progressing to the semi finals. Shari Furness and Claudia Richmond were everywhere in the first half with Shari scoring from close range to give us an important 1-0 lead. Mira Barton had a stellar second half as a striker, using her speed to break away on a number of occasions. Mt Duneed piled on the pressure, but some staunch defending by Winter Del Popolo made sure we took the win 1-0.

After a (very) long wait to see how the final table ended up, it was announced that all four teams finished with one win, one loss and one draw. It would come down to the amount of goals scored and unfortunately we missed out on a semi final place by one goal.

We did get a chance to play one last game, competing for 5th place in a play off against Tate Street PS. After a completely dominant display Lillie Taylor scored her first goal of the day from inside the box moments before the final whistle, securing a 1-0 win and 5th place for Lisieux.

A huge congratulations to all of our girls and a big thanks to the parents that managed to pop in to watch on the day.

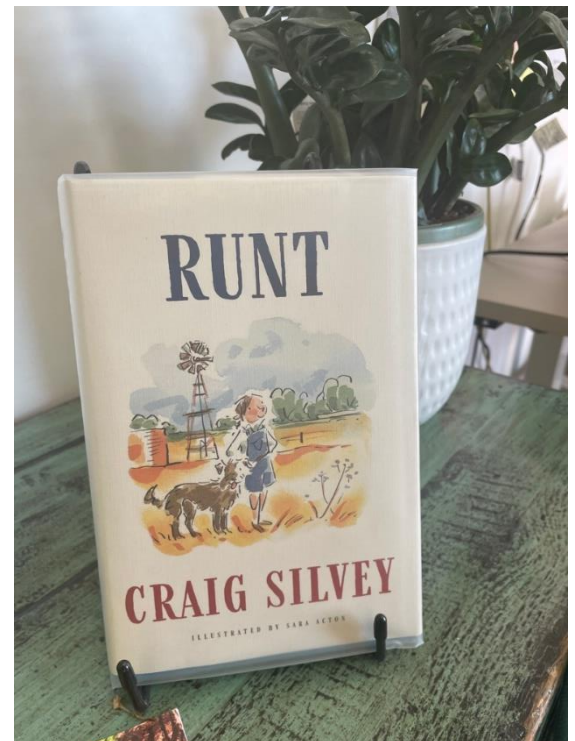
Atelier (artist's studio) is a program which focuses on building self awareness and social skills in students, whilst they are engaged with a project in the arts. Atelier groups typically number between 4 and 12 students at a time, and comprise students who have been nominated because they are working on one of these focus areas. The program runs on Thursday and Friday each week, and students may be involved for an hour a week for up to 10 weeks. This year some of the projects undertaken have included the painted bollards, drama training for the school production and individual sewing, cartooning, weaving, painting, mosaic and construction projects. Approximately 40 students have been involved so far for this year. This has been an extremely popular activity with the students and has produced some remarkable benefits for self and social awareness, and student wellbeing.





NEW TO THE LISIEUX BOOK SHELF

With 2023 Book Week coming up in just a few weeks, we have featured all the short-listed titles for Children's Book of the Year throughout the school. One very deserving title is 'Runt' by Craig Silvey. This is an absolutely delightful book about kindness, friendship, being yourself and bringing the best out in others. Runt is the adopted stray belonging to Annie Shearer; they share a special bond that is put to the test in The Krumpets Dog Show. The story is funny and heart-warming and suited to all ages. Here's hoping it does well in the Children's Book Council of Australia awards this year.





COVID

We are seeing a significant increase in reports of COVID, particularly in Year 3/4 at the moment. Please keep your child home if experiencing any symptoms, test for COVID and advise us directly if a positive result is shown. As we have a number of immune-compromised people in our community, we strive to be proactive in minimising the spread of infections.

Staff news

Please continue your thoughts and prayers for Prep Educator, Emma Clancy, who underwent significant spinal surgery late last term, and has experienced some post-surgery complications. We look forward to seeing Emma return to full health and to her anticipated return later this term.

Winter clothing

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.

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

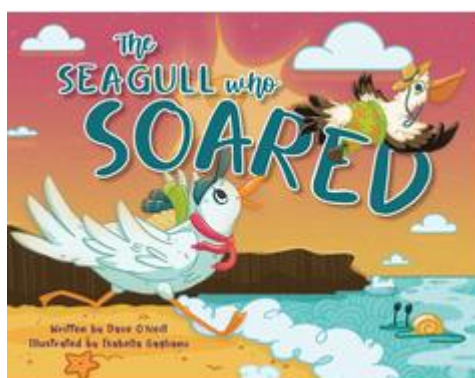
Children's Author visit - pre-order book within

Foundation, Grade 1 and Grade 2 students will welcome children's author Dave O'Neill during Book Week for a very special visit.

Dave will read his debut book - the Seagull who Soared - which tells the tale of a seagull's adventures along the iconic beaches of the Great Ocean Road.

As a special offer for Lisieux Catholic Primary School students - signed copies of the book can be purchased for \$15 (retail \$20) via the link below and given out on the day of the visit. Any issues with the form, simply email Dave via daveoneill@live.com.au.

<https://www.jotform.com/build/232121128932851/publish>





Grit or quit? How to help your child develop resilience

Via www.theconversation.com

Grit. Don't quit.

That's the mantra many parents may have in mind when they, like me, spend what feels like years ferrying children to a seemingly endless variety of sports and activities. From enduring sheets of almost vertical icy rain while cheering them on a hockey pitch, to obscenely early morning starts for rowing, I can happily say my own grit and resilience has been tested to its upper limits. But what about the children's?

When it comes to grit, resilience and kids sport, the question around their enrolment, ongoing participation and right to quit is often the topic of much conversation – and consternation. As parents, what should we do when kids announce, often mid-season, they want to “take a break” or quit altogether?

As a parent and educator this raises the question of that invisible line we often tread about how much to push them, when to let them take a break and when it's OK to just let them quit.

Grit matters

More than mere buzzwords, the terms grit and resilience have themselves been the subject of extensive research. US-based researcher Angela Duckworth has defined grit as “perseverance and passion for long-term goal”, saying it involves

working strenuously towards challenged, maintaining effort and interest over years despite failure, adversity, and plateaus in progress.

Grit has been associated with growth mindset, satisfaction and a sense of belonging.

One US [study](#) found perseverance of effort predicted greater academic adjustment, college grade point average, college satisfaction, sense of belonging, faculty–student interactions, and intent to persist, while it was inversely related to intent to change majors.

A study of children coping with reading disorders found

strong evidence that grit and resilience is significantly related to mental health, academic success, and quality of life.

Duckworth suggests resilience is a component of grit but there are other models, too.



For instance, Special Air Service Regiment (SAS) veterans Dan Pronk, Ben Pronk and Tim Curtis (authors of the book, *The Resilience Shield*) propose groups of resilience factors as a series “layers” (such as a professional layer, a social layer, an adaptation layer) which interact with each other. They note the challenge of defining resilience, referring to it as “an outcome better than expected given the adversity being faced”.

[Giving grit a chance to grow](#)

As adults, perhaps we can reflect on experiences we’ve had in life that have helped build our resilience. But kids and adolescents are still developing grit and the ability to work strenuously towards a goal. Their brains are undergoing significant developmental changes.

My research has a focus on teacher education and what helps teachers stick with a career that can occasionally be extremely challenging.

Learning to help children and adolescents navigate challenging situations and being able to cultivate your own resilience in the face of trying circumstances is a crucial skill for teachers.

So how do we handle those difficult conversations when kids announce they want to quit a sport or activity?

Firstly, remain neutral and check the temperature of the conversation. Is this a heat-of-the-moment conversation? Right after a big loss or a less-than-stellar piano recital? Good decisions are not usually made in those moments.

Talk to the coach or tutor to figure out what may really be going on. Sometimes the problem can be peer related and again, it is important for kids to learn to navigate those challenges.

All told, when kids announce they want to quit, keep the dialogue open. Listen carefully when they explain their reasons, but talk to your children about grit, too.

Share with them research that compares a growth mindset (which teaches that even when things get hard, we can learn and grow and get better) with a fixed mindset (which posits that either you’re good at something or not and there’s little room to change). Research suggests having a growth mindset can foster persistence and positive long-term outcomes.

The key is that parents don’t teach resilience to children just by telling them about it. It is truly built through experience.







Volunteers needed

We're looking for volunteers to take the lead on some fundraisers, the Canteen (for term 4) and the biannual Wine Fundraiser. We are also looking for someone that has a knack for writing and preparing grants. If you would like to assist with any of these please contact lisieuxpandf@gmail.com

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



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.

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GMHBA HEALTHY HEROES PARENTS EVENT

You're Invited!

Join us after school on August 14th for an afternoon of FUN, giving parents, carers and children the opportunity to participate in various activities to encourage active involvement in your family's and children's healthy choices and lifestyle.

FEATURING:



DETAILS

Who: Parents, Guardians, Carers and Children

What: A *FREE* event to participate in GMHBA Healthy Heroes activities featuring Geelong Cats AFLM and AFLW players

When: Monday 14 August 4pm-5:30pm

Where: St Mary's Football Clubrooms,
Kardinia Park, Latrobe Terrace

Why: To encourage children, parents, and carers to *LEARN, LIVE & LEAD* our key health messages

RSVP by: Wednesday 9 August

[CLICK HERE
TO REGISTER](#)

*Places are limited. Confirmation of ticket will be sent after registration.

