



FROM THE PRINCIPAL

Dear members of the Lisieux community,

It's Wellbeing Week at Lisieux and we kicked off strongly on Monday with both a staff and a parent session led by psychologist and author Karen Young. There was so much information packed into Karen's session but some of the messages that really resonated with me were:

- every human being experiences anxiety- it actually keeps us safe and alive;
- we can feel anxious and 'do brave' or feel anxious 'and get the job done' if we have the right tools;
- our amygdala is the part of our strong, powerful brain that works like a smoke alarm to scan for danger and alert us about potential risks, but we can learn to be the boss of our amygdala;
- traditional discipline won't work when our amygdala is fired up and will, in fact, drive our brain into greater threat mode - we need our fully engaged thinking brain to be able to explore consequences or consider our choices. This doesn't mean we give young people a free pardon, but we need to wait until they are able to process the discussion;
- building a sense of safety (psychological and physical) happens through myriad micro-connections with trusted adults each day.

Karen Young had many great strategies to share about reducing separation anxiety and building resilience. Thanks to all those who were able to come along on Monday evening and for the positive feedback we have received.

The wellbeing spotlight has continued to shine this week – we held a staff vs student basketball game on Wednesday where our staff maintained their 5-year winning streak (yes, it did help to have a former Olympian on our team). Our student Wellbeing Leaders hosted a lunchtime activity club which was enjoyed by many. You may have also noticed a tinge of pink on Wednesday in some staff outfits – it's always fun when we do something like this to see the looks of curiosity build on students' faces. See some of the fun photos below.

AUGUST

- Thur 10th 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
- Thus 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 Therse Church 5pm
- Fri 15th Footy Colours Day
Last Day of Term 3
3.30pm conclusion

OCTOBER

- Mon 2nd Term 4 Commences



We'll have a coffee van at school on Friday from 8am-9:30am so come along and buy a coffee before you head off for your day.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



PRAYER

Dear God, keep me strong and healthy in body, mind and spirit.

When I draw close to you, you add your strength to mine. You help me cope. You guide me. You comfort me. You strengthen me.

I pray that you will continue to develop in me the graces that create emotional wellness.

Guide me to use and express my emotions in appropriate and healthy ways.

Show me how to handle stress. Guide me how to keep my life balanced.

Open my eyes to activities that can replenish my mind and spirit.

Connect me with others in meaningful ways. Deepen my friendships, strengthen my family ties, connect me with people who will care for me.

Show me your purpose for my life that I might be part of something bigger than myself. Give me vision, hope and promise.

Help me care for my body and keep it strong. Help me to eat well and keep fit.

Fill me with faith, trust, love, grace and peace.

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:

- **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



EMPOWER



Empower is a new wellbeing intervention program at Lisieux, that focuses on nurturing and supporting our students' social and emotional development through engaging small group sessions that promote social connections, builds resilience and self-esteem and develops social skills. |

Empower groups usually sit around 4 - 8 students at a time and are a mixture of students who have been referred and nominated to work towards specific individual goals. Approximately 20 students have participated so far this year. This program runs on Tuesdays and Wednesdays each week with sessions running for 40 mins to 1 hour. So far this year students involved have included baking, science experiments, responding and reflecting on picture story books, art and craft.

We believe that a strong sense of emotional wellbeing is fundamental to a child's academic and personal success. We understand the importance of creating a supportive and inclusive environment where students can flourish. Empower is one program at Lisieux that supports students in this.

I like reading stories and talking about different ways we can fill other peoples buckets - Year 1 Student

I enjoyed we got to have some fun with Mrs Audley and my friends - Year 3 Student

It was fun to try new things with other kids that aren't necessarily my close friends - Year 4 Student

Getting to know Mrs Audley a bit better and making cool stuff and chatting to new people - Year 4 Student





SPOTLIGHT ON BLAIR VREDENBREGT!



FAVOURITE HOBBIES



- Golf
- Cooking
- Watching movies
- Playing board games
- Catching up with family and friends
- Being (stand in) principal for the week



A BIT ABOUT ME

This is my first year teaching at Lisieux and I have loved getting to know the kids in the community. I had previously been teaching in Ocean Grove and was excited to try somewhere different. I am a sucker for a joke and love when kids can share one with me.



FAVOURITE HIGHLIGHTS FROM THE YEAR



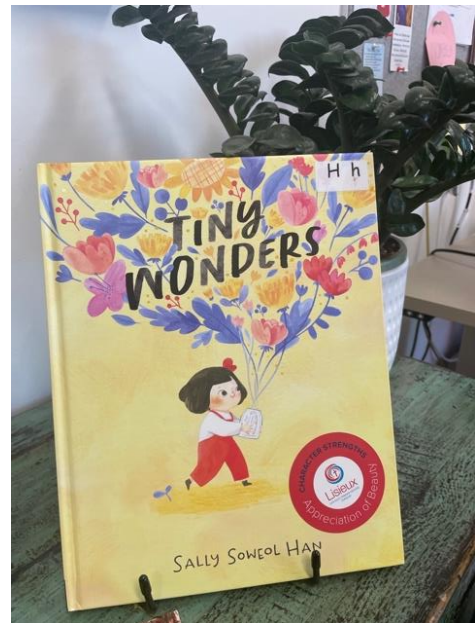
- Being the principal for the week and telling students I would eat their lunches if they didn't listen to their teachers
- Showing off my aggressively average basketball skills in the staff vs students basketball match
- Going to Beach Discovery and learning about all the exciting things that make our beaches unique
- Getting my Scotty Cam skills on by cutting and sanding timber for Friday Flow.





“Tiny Wonders” is short-listed for the CBCA Children’s Book of the Year. Written and illustrated by Sally Soweol Han, it is a book bursting with colour,

the story of a young girl named April, who is trying to bring a sense of wonder and delight to everyone around her. April’s grandma gives her the idea of how to give everyone tiny wonders and April decides on the gift of dandelions. The theme of wishes and wonder is woven creatively through the story, and the link between generations is extra special too. Particularly suited to younger readers but this story could be enjoyed by all age groups.





TAKE NOTE

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.

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.



Anxiety in Kids and Teens

By Karen Young

Separation Anxiety: How to Move Children From Anxious to Brave

Separation anxiety has an important job to do. It's there to keep children safe by driving them to stay close to their important adults. Gosh it can feel brutal sometimes though.

Children (and adults) are wired to feel unsafe when there is a felt sense of separation. This anxiety drives children to restore proximity back to the safety of their important adults. If there was no separation anxiety, we'd see too many kiddos walking into the wide open arms of the world to explore faraway lands or the toy section at Target. Of course, we want them to expand their reach into the world eventually. Just not before we've had the opportunity to nurture the sensibility and resourcefulness they'll need along the way.

Separation anxiety also exists in adults to keep children safe. If we truly don't know where our children are, or if we don't trust that they are in the safe, loving care of another adult, the distress will drive us to bring them close to us again. The problem isn't separation anxiety, the problem is when it happens in circumstances that are actually safe.

When their distress feels too big.

Separation anxiety can feel awful for everyone – us too – but provided children are in the loving care of another adult, there is no need to avoid separation. We'll need to remind ourselves of this so we can hold on to ourselves when our own anxiety rises in response to theirs. In fact, avoiding separation in circumstances where children are actually safe, will only [make their separation anxiety bigger](#). Here's how that works.

The brain learns from experience, so the more they avoid, the more they will be driven to avoid. As the important adult in their lives, your child's distress will [trigger distress in you](#). This is how it's meant to work. It happens to mobilise us to do whatever it takes to meet their needs and keep them safe. Safety is the ultimate goal of separation anxiety. It's connected to our survival, which is why it feels so fierce. It's primal and instinctive, but that doesn't mean it's always necessary.

The key is for us to gently provide opportunities (experiences) for the brain to learn that anxiety doesn't always mean danger. Sometimes it means there is something important or meaningful we need to do. We also need to teach the brain that there are other ways to feel safe. Staying physically close is only one of them.

There is nothing in any loving adult that will feel okay about walking away from a child in distress. But if we respond to their distress by avoiding separation, the brain will learn that the only way to feel safe is by avoiding separation. This will keep them safe and calm in the moment, but it will catastrophise separation. In the longer term, it will just make separating so much harder.

What happens at 'goodbye'.

As big as their anxiety might be at that point of separation or in anticipation of the separation, once you have separated, they will find their way back to calm quite quickly. The adults charged with taking care of your child will often let you know this: 'He settled straight after you left and had a lovely day!'

This happens because when you leave, the brain registers that there's just no point fighting (as in fight/flight) to make you stay. As soon as your child accepts that you aren't coming back, their brains and bodies let go of the fight (or flight). The stress neurochemicals surging through them start to neutralise and their brains and bodies start to rest. (We won't always recover so quickly. I've been there too many times.) Of course, this doesn't mean throwing them out of the car and speeding away like you're behind the wheel of the getaway car. What it means is being alive to the importance of loving, definite, not-too-lengthy goodbyes. The sooner you leave, the sooner their bodies and brains can rest.

This doesn't necessarily mean that your goodbyes will get easier straight away. If their brain has learned to associate separation with threat, it will take a while to learn that they will be safe even when they aren't with you.

Separation anxiety: What to do.

It's important to recognise that the behaviour that comes with separation anxiety, as big as it might be sometimes, is the symptom not the problem. To strengthen children against separation anxiety, we have to respond at the source – the felt sense of separation from you.

Whenever there is separation from an attachment person, there will be always be anxiety unless there are two things. The first is attachment with another trusted, loving adult. The second is a felt sense of you holding on to them, even when you aren't beside them.

So what do we do? If separation is the problem, connection has to be the solution. The connection can be with any loving adult, but it needs more than an adult simply being present. Just because there is another adult in the room, doesn't mean your child will experience a deep sense of safety with that adult. This doesn't mean the adult isn't safe. It's about what the brain perceives, and that brain is looking for a deep, visceral, felt sense of safety. This will come from the presence of an adult who, through their strong, warm, loving presence, shows the child their abundant intention to care for them, and their joy in doing so. The joy in caretaking is important. It lets the child rest from seeking out the adult's care because there will be a sense that the adult wants it enough for both.



This can be helped along by showing your young one that you trust the adult to love and care for the child and keep him or her safe in your absence: *'I know [important adult] loves you and is going to take such good care of you.'* This doesn't mean children will instantly feel the attachment, but the path towards that will be more well-lit.

To help them feel you holding on even when you aren't with them, let them know you'll be thinking of them and can't wait to be with them again. I used to tell my daughter that every 15 seconds, my mind makes sure it knows where she is. Think of this as 'taking over' their worry. *'You don't have to worry about you or me because I'm taking care of both of us – every 15 seconds.'* This might also look like giving them something of yours to hold on to while you're gone – a scarf, a note, your very precious 'something' – anything that will be felt as a little piece of you. Invite them to give you something of theirs too if they want to.

They'll be looking to you.

They know you are the one who makes sure their world is safe, so they will be looking to you for signs of safety. They'll be asking, 'Do you see why this feels bad for me?' 'Do you feel it too?' and 'Do you think we'll both be okay if we aren't together?'

First, validation. All big feelings are there to recruit support. By speaking to the feeling and the need behind those feelings, we let those feelings rest. They've done their job, support is here. Validation might look like, *'You really want to stay with me, don't you. I wish I could stay with you too! It's hard being away from your special people isn't it.'* Then, be their brave. Let it be big enough to wrap around them so they can rest in the safety and strength of it. *'I know you can do this, love. We can do hard things can't we.'* Convincing them might take time, and that's okay. We're lighting the way forward and it's okay if they move in tiny, tiny steps. Small steps are what the big ones are made of.

And finally ...

Part of growing up brave is learning that the presence of anxiety doesn't always mean something is wrong. Mostly, it means they are on the edge of brave – and being away from you for a while counts as brave. Even if they don't do it easily at first, when the opportunities for brave are in front of them, their brave will find them. Every time it does, it will grow more certain and more able to rise.

Separating can be so hard, and the hardness of separating will feel wrong on too many days – but that doesn't mean it is wrong. They can be away from you and feel you holding on, loving them. The scaffold is helping them feel safe in the care of another trusted, loving adult. Children need an attachment village. The more we can do to help them feel safe in the care of the adults around them, the more we will grow their village and open their world a little wider.



LEARNING COMMUNITY IN PICTURES







A huge thank you to Peachs Torquay who so kindly supported last weeks Fresh Juice Friday by donating the fruit. Another thank you to the volunteers who were preparing the delicious juices.

Volunteers needed: We're looking for volunteers to take the lead on some fundraisers, the Canteen (for term 4) and the biannual Wine Fundraiser. 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



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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