



FROM THE PRINCIPAL

Dear members of the Lisieux community,

Last week, leaders from the Geelong and Western region Catholic schools were very fortunate to participate in a Pilgrimage in the footsteps of Mary MacKillop led by the Mary MacKillop Heritage Centre and Melbourne Archdiocese Catholic Schools (MACS). Both myself and Gerard Douglas, our Religious Education Leader, had the opportunity to take part. We immersed ourselves in the truly inspirational faith-filled life of Mary as we traced her life across Victoria and South Australia, ending in Adelaide. The event was organised to promote the development and understanding of the foundations of the Sisters of St Joseph in Australia and offered us the opportunity to develop and sustain our roles as leaders of faith in a Catholic school.

It was a spiritual journey through the heartland of Portland, Penola and Adelaide, exploring the historic connections of these places with the Sisters of Saint Joseph, Julian Tenison Woods and Mary MacKillop. As pilgrims, we reflected and immersed ourselves in their phenomenal contribution to Catholic schooling in Australia and the many obstacles they faced in order to bring Catholic schooling to the marginalised, especially children in remote areas from poor families. We explored the flourishing Josephite charism in context with our contemporary Catholic educational experience. Fr Julian Tenison Woods, the co-founder of the Josephite Congregation with Mary MacKillop, was a man of faith with concern for the poor and a deep love for the environment. He saw God in everything around him.

Mary MacKillop, Australia's first Saint, faced so many obstacles and adversity in her time and had a profound love, faith and trust in God. She shared these in the many letters she wrote, in her words and in her actions. One of her well-known quotes is "Never see a need without doing something about it" and she certainly lived this mission. She also said, "If we have love in our hearts we shall have God with us". Mary's words remain relevant and resonate in all walks of life today.

This immersion experience was an opportunity to reinvigorate and enhance our own personal growth as leaders in faith, who feel privileged in serving our Catholic communities. We are very grateful to have shared this experience.

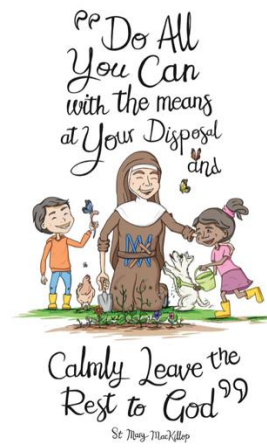
SEPTEMBER

- Fri 1st Fathers' Day Stall
2pm
- Mon 4th Fathers' Day Brekky
Tickets essential
<https://www.trybooking.com/CKZNL>
Information below
- Tues 5th Division Athletics

Year ½ Excursion
- 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
3.15pm conclusion

OCTOBER

- Mon 2nd Term 4 Commences
- Mon 9th
- Fri 13th Prep- Year 2 Swimming
- Wed 11th
- Thur 12th Year ¾ Camp
Sovereign Hill
- Fri 13th Year ¾ Rest Day
- Wed 18th Year ¾ Beach Discovery
- Thur 19th Year ½ Excursion



This week I have written to all parents of Year 3-6 students outlining some concerning information about some of our students accessing online adult content late at night or early morning. Research indicates that young people are accessing pornography at increasing rates, with the volume and means by which this is being accessed having changed over recent years. My letter to families urged parents to have open and honest discussions with your children and to ensure you have clear parental controls and boundaries about screen time and technology in place. The digital world can be complex and overwhelming, but child safety must be our first priority so having shared and consistent language and messages can be helpful.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



A prayer for fathers, grandfathers and all who enhance our lives as male role models

God took the **strength** of a mountain, the **majesty** of a tree, the **warmth** of a summer sun, the **calm** of a quiet sea, the **generous** soul of nature, the **comforting** arm of night, the **wisdom** of the ages, the **power** of the eagle's flight, the **joy** of a morning in spring, the **faith** of a mustard seed, the **patience** of eternity, the **depth** of a family need, then God combined these qualities, when there was nothing more to add, He knew His masterpiece was complete, and so, He called it ... **Dad**.

Dear Lord,

For our Dads, those with us and those we cannot be with, we say thank you.

Bless these men who share their love, wisdom and strength with us. Amen



Hello parents of Grade 6 Confirmation Candidates. It is now 2 weeks before the Sacrament of Confirmation which will take place on **Tuesday the 12th of September** at **5pm** at St Therese Church.

Important Reminders

Sponsors

Each Candidate is required to nominate a sponsor who can be with them at the Ceremony. The sponsor will join the candidate on the Altar at the appropriate time when they are officially confirmed by the Bishop. Sponsors will accompany the candidates into the church at the beginning of the ceremony.

The Sponsor needs to be;

- ~ 16 years or older
- ~ Baptised Catholic and Confirmed in the Catholic Church
- ~ Preferably not the Father or Mother of the Candidate.

Saints Name

Each Candidate is required to select a Saints Name. Students are currently researching Saints at school and will select a Saint who is meaningful to them.

Stoles

Candidates may wish to wear a Stole on the evening. Most children use their Stole from their First Communion. For those who have lost it or would like to add a symbol to their current Stole they can be purchased online on the following link.

*Please note that Gracious Glyphs will be picking up Stoles from school on Monday the 4th of September. Stoles need to be brought to school by this Friday at the latest if you are wishing to have a symbol added to your child's Stole.

www.graciousglyphs.com.au

Clothing

On the night of the Confirmation students are asked to wear neat casual attire.

Certificates

Certificates will be distributed on the night after the Candidate has been officially Confirmed.

Any questions please don't hesitate to contact Gerard Douglas or any of the Year 5-6 educators.



STUDENT LEARNING & ACHIEVEMENTS



Ms Bateman



Hello everyone, I'm Ms Bateman. This is my second year at Lisieux and I am still pinching myself every morning as I turn down South Beach Road. From the moment Lisieux opened I had my heart set on working here. I am grateful every day for the community welcoming me, for the beautiful surrounds, my colleagues and the wonderful families.

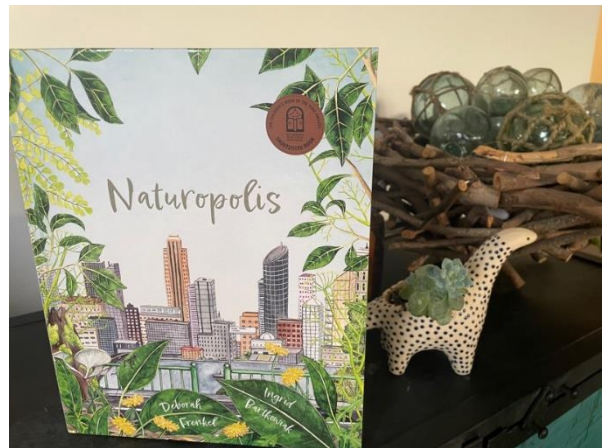
This year I am teaching 3/4 and continue to be amazed at the curiosity, enthusiasm, creativity and zest for learning that oozes from the students. While they often like to remind me my jokes aren't funny and my karaoke is entertaining but completely out of tune, I still really enjoy having fun with the students.

As Wellbeing Leader I am passionate about providing nurturing environments that encourage students 'blue sky dreaming,' continuous sense of wonder and opportunities to embrace being children.

I have 3 children, Harry, Phoebe and Molly. We recently celebrated Phoebe's 18 Birthday it is always wonderful to get family and friends together. I love being a mum (most of the time) my children bring me so much joy!



This is a book made for explorers, adventurers and curious nature lovers! It's for those who want to know (more) about gravel ants, zooplankten, ghost mushrooms and penny lizards (all of us, right?). 'Naturopolis' by Deborah Frenkel and Ingrid Bartkowiak is a stunning book that celebrates tiny creatures, plants and fungi that live with and around us in cities. In poetic language, complemented by watercolour drawings, this book invites the reader to look beyond the city skyscrapers to see what life exists within the cracks. Each plant or creature has a little label of information with its Latin name and details about its habitat, history or another interesting morsel of information. At the back of the book, there is a wonderful list of all the creatures and plants featured, with even more amazing facts. This book is a real treasure and will encourage the reader to become an investigator of nature (or to deepen their love of nature).





TAKE NOTE

Father's Day Breakfast

Please join us at our Fathers' Day breakfast on Monday. **Tickets close tomorrow** so please follow the ticket line below.

Please ensure you purchase a ticket via: <https://www.trybooking.com/CKZNL>

Lisieux Catholic Primary School

FATHER'S DAY BREKKY

Monday 4th September
8am-8.45am

MORE INFO:

Tickets \$15
(booking essential)
includes Egg, Cheese and Bacon
Muffin & Coffee

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

Sports News

Mr Roberts has 6 AFLW tickets for this Saturday at GMHBA stadium- Geelong vs Western Bulldogs. If you would like these tickets please email Dean on dean.roberts@lisieux.catholic.edu.au

First in best dressed!



10 things every parent can do to keep their kids safe online

Via www.childrens.health.qld.gov.au

By Laura Easterbrook, Child Protection and Forensic Medical Service

As parents, we generally do everything we can to keep our children safe and well, from getting them to 'slip, slop, slap' before going out in the sun, to being careful when crossing a road and always wearing a helmet when cycling. But what are you doing to protect them from bullies, predators and inappropriate content online?

Let's face it, the internet is here to stay and with eighty-three per cent of Australian teens going online three or more times daily (and this is increasing with more and more teens having smartphones), it's time, if you haven't already, to introduce some cyber safety know how to your parenting toolkit. Here's ten tips to get you started.

1. Talk openly with your child about their online activity

As soon as your child starts accessing the internet, talk to them about what they are reading, watching and who they are communicating with online – and keep the conversation going as they grow older. Ask your child what sites they visit or apps they use, write a list, and look at them together. Talk to your child about what you think is appropriate, and remind them that this may be different for other parents and their children.

Listen to your child and reach an agreement about what is right for your family. Remember the time will come when they will access the internet outside the safety of home and you want them to be prepared for that.

It's vital to teach them about their online reputation, too, and how they must be careful about how they behave, interact with people and represent themselves in such a public forum. They must always remember that the internet isn't private.

2. Keep screens and devices where you can see them

Always monitor your child's time online, particularly younger children. Keep the computer in a central spot in the home where it's easy to keep an eye on what your child is doing and viewing online. For mobile devices, you can set them to forget Wi-Fi passcodes so your children can not go online without you knowing. You can also try to make an agreement that there are no tablets, laptops or gaming in bedrooms.

For younger children, you might also consider checking browser histories after your child has been online to see what sites they are visiting. This approach obviously gets harder as children grow older and work out how to clear histories – which is more reason to open the lines of communication about internet use at an early age



3. Know your parental controls

Innocent searches online can lead to not-so-innocent results, so it's wise to know how to use the parental controls/search restrictions offered by web browsers, internet service provider and devices. For example, the SafeSearch Filters feature on Google will block sites with explicit sexual material. To turn it on, go to Settings/SafeSearch Filters. Although not 100 per cent accurate, parental controls can help prevent your child from seeing and accessing most violent or sexual material. See <https://www.internetmatters.org/parental-controls/>. Paid for security tools and features will offer extra protection and control.

4. Know who your children's online friends are

As adults, we know that some people online aren't who they say they are, but children and young people can be alarming naïve about who they are chatting with if they are not taught to be cyber wise from an early age.

Make sure you become friends and contacts within your child's social media circles and ensure you monitor posts. Your children may resist but tell them that is one of the conditions for you to allow them access

5. Be 'share aware' to protect your privacy

If your child is a regular user of social networks, they must be aware of the risk of personal information or images being made public once they post it. While they won't fully understand the consequences of revealing personal information online, you should teach them to be cautious and thoughtful about what they post and share. Encourage your children to ask themselves before posting anything if the information (i.e. name, phone number, home address, email, name of school) or photo is something they would give a stranger. If the answer is no, don't post it.

If your child is sharing photos or posts online ask your child to let you see what they are sharing or ask an older sibling to check any photos before they're shared.

6. Keep control of your family's digital footprint

Every picture and personal detail that is posted and shared on social media and the internet contributes to someone's digital footprint. The big risk with this is that once information is shared publicly, it can be used in ways you may not expect and cannot control. You should also assume that anything that is put online is permanent (it can sometimes be deleted but not always before others have seen it and saved it). For this reason, children and young people need to be smart about protecting their images and information. The same goes for parents who regularly post pictures of their children's online.

Teach your child to stay in control of their digital footprint, by only sharing with people who they know and trust. Rather than posting to all their friends on social media, encourage them to be selective and use the privacy settings on the social media platforms they use.

7. Teach your children to keep their location private

Most apps, networks and devices have geo-tagging features which make your whereabouts public and can lead someone directly to you. These features should be turned off for obvious privacy and safety reasons. Digital photos also contain metadata (information about the time, date and GPS coordinates) which may reveal more than you want to. Some social media platforms automatically hide or remove this data, but not all, so do your homework and know how much info you're sharing.

8. Keep track of online time

The [Australian Physical Activity and Sedentary Behaviour Guidelines](#) recommend children between the age of five and 17 should have no more than two hours of screen time a day. So, it's important to monitor your child's online time, particularly younger children, to ensure they do not develop bad habits. Get your children to agree on a period of time, say 30 minutes per session, and set a timer to go off – don't forget to make this a non-negotiable finish time. You should also switch off the home Wi-Fi at a set time each night (ideally before bedtime) so everyone has some 'time-out' from the internet. You can also try making some days 'screen-free' in your home to encourage everyone to pursue other more active and/or less technology-driven ways to entertain themselves.

9. Be #SocialNetworkSavvy

Educate yourself on ways to be safe on social networks so that you can give the best advice to your children. Sign up to the social networks and apps your children are using and find out how to use the privacy settings and reporting mechanisms. Talk about how they can stay safe on social networks, including talking to a trusted person when they are worried, and being aware of what constitutes online bullying – both as a perpetrator and a victim.

If your child uses social networks, be sure they know how to:

- Report inappropriate and/or offensive posts
- Block someone
- Keep information private.

10. Lead by example

Lead by example and always model the kind of positive online behaviour you would like your children to use. If they see you being cautious and respectable when you are online, they are more likely to follow in your footsteps. And, yes, this includes limiting your own screen time.

Ultimately, you don't want to instil fear in your child or prevent them from experiencing the many educational, entertainment, social and other benefits of the internet, but rather give them the skills and knowledge they need to know how to make the most of it and avoid the dangers.

Useful websites

<https://www.esafety.gov.au/>

<https://kidshelpline.com.au/kids/get-help/webchat-counselling/>







 **FOOTY COLOURS AND SAUSAGE SIZZLE DAY** 
FRIDAY 15 SEPTEMBER - LAST DAY OF TERM

\$5 PER STUDENT AND WILL INCLUDE
SAUSAGE IN BREAD - ZOOPER DOOPER - PIECE OF FRUIT

ORDER VIA SCHOOL24 BY WED 13 SEPT



A special thank you to Ecolibria for kindly sponsoring the Zooper Doopers and to Woolworths Torquay North who once again are so generously sponsoring the fruit and the sausages in bread.

Our Father's Day Stall will be open from 2pm
Friday 1 Sept.

This is for students who weren't at school on
Thursday.

After these students have had the chance to
purchase their gift, if there are any gift left
student can purchase a second one.



Lisieux will be holding the Mango Fundraiser once again this year. As you wind up Term 3 sports and catch up with family members and friends over the school holidays ask if anyone is interested in receiving a tray of 7kg of delicious fresh mangoes for \$28 at the start of Summer. Orders can be placed on School24 in October, delivery will be the end of November/early December, depending upon the weather.



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- 8-14 YEAR OLDS



SCHOOL HOLIDAYS ARE
NEARLY HERE AND IT'S
TIME FOR YOUR LITTLE
CREATIVES TO HAVE SOME
FUN IN THE STUDIO!

SEPTEMBER HOLIDAYS 10AM - 12PM
TUESDAY 19TH
WEDNESDAY 20TH
MONDAY 25TH
TUESDAY 26TH

Book at
Bellbraeclay.com



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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JUNIOR REGISTRATIONS *NOW OPEN*

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U13s (boys), U12s (girls), U11s (mixed)**

- PLAY CRICKET IN A FUN ENVIRONMENT!
- JOIN WITH A FRIEND!
- \$90 JOIN UP!
- **NEW U12s GIRLS TEAM OFFERED THIS SEASON CATERING TO 8-12YO's!**
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 - CLUB EQUIPMENT AND KIT AVAILABLE
 - GIRLS PLAY SUNDAY MORNINGS
- SIGN UP VIA THE JJCC PLAYHQ REGISTRATION PORTAL
- ENQUIRIES TO juniors@janjucsharks.cricket

