

known and loved

ISSUE 29 | 12th October 2023
SCHOOL CALENDAR



OCTOBER

- Fri 13th Prep- Year 2 Swimming
- Year 3/4 Camp Rest Day
- Wed 18th Year 3/4 Beach Discovery
- Thur 19th Year 1/2 Excursion
- Prep & Year 5 Excursion
Werribee Zoo
- Mon 23rd Arts Week
-Fri 27th
- Sat 28th Lisieux Cocktail Party
Tickets essential
Trybooking.com/CKMZB

NOVEMBER

- Thur 2nd Outdoor Classroom Day
- Year 5/6 Beach Discovery
- Mon 6th Professional Practice Day
STUDENT FREE DAY
- Tues 7th Melbourne Cup Day
STUDENT FREE DAY
- Mon 13th National Recycling Week
- REACH Vietnam
Awareness Week
- Ride to school Day
- Tues 14th Prep 2024 Transition
Session 1 9am-10.30am
- Mon 20th Book Fair Week
- Wed 22nd Year 3/4 Beach Discovery
- Thur 23rd Grandparents Day
- Prep 2024 Transition
Session 2 9am-10.30am
- Thur 30th Year 5/6 Lifesaving Day

Dear members of the Lisieux community,

This week our Year 3/4 students have been on camp at Sovereign Hill, Ballarat. There has been a building sense of excitement over the last couple of weeks as they prepared for this event – a mixture of anticipation, nervous energy and anticipation. For some of our students, this is their first overnight experience and we recognise the bravery this involves. Be assured that the experience of a school camp provides so many opportunities for personal growth: experiential learning, teamwork, confidence building, strengthening relationships with peers and teachers, resilience and adaptability, to name a few. They will make positive memories and feel very proud of their accomplishments. We look forward to their safe return later today and remind families that tomorrow (Friday) is a rest day for both staff and students who took part in camp.



At the same time our Prep-Year 2 students have been involved in daily swimming lessons this week. As much as this is about water familiarisation and learning to swim, it is equally about learning responsibility for personal organisation, independent dressing, and building resilience. We were so proud when one of the pool instructors told Lisieux staff this week that our students were the most focused and best-behaved students they had ever had! Well done, students!

Term 3 and early Term 4 is 'recruitment season' for us at Lisieux. I am very aware that many of my principal colleagues don't always have these opportunities as their staff teams are more established. I feel very blessed that for the last 6 years we have had this opportunity to recruit new talent and grow. I genuinely experience tremendous excitement to be involved in this process, and I embrace it as an opportunity to further strengthen our team. The growth of our team marks our commitment to progress and the pursuit of excellence in the work we do as a learning community. Each year as we grow, we also evolve; our values and vision become further embedded and we are grateful for the chance to welcome new perspectives and ideas to our table. This week we have confirmed the appointment of two additional staff members who will be a vital part of "Team Lisieux 2024." Miss Lisa Margerison comes to us from Our Lady of the Southern Cross in Wyndham Vale. She has experience in both primary and secondary sectors and will join our Year 5/6 team next year. Mrs Jay Lenui has been appointed as our Flexible Educator, and will work across all year levels as an in-house leave replacement and in an intervention role. Jay is a mature age graduate with a passion for developing all students to reach their full potential. Over the coming weeks, we will be introducing our latest team members through our Facebook platform. I hope you find a chance to read about each new staff member and that you share my excitement in welcoming them to Lisieux.

Coming up in Week 4 (week after next) is Arts Week at Lisieux and we are looking forward to a focus on a range of different creative pursuits. Creativity is such an important part of education: it fosters critical thinking and problem solving which leads to students being better equipped to tackle real-world challenges and come up with unique solutions. Creativity allows students to express themselves in unique ways and to develop a sense of identity; it also encourages collaboration and communication skills as students use a range of mediums to express themselves. We have two whole school incursions next week (a bush dance on Tuesday and a music workshop on Friday) as well as a range of whole class and small group arts-themed activities planned. Parents and family members are very welcome to come along to our bush dance on Tuesday afternoon and our music concert on Friday afternoon to see the culmination of workshops.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



Father, we thank you for the gift of teamwork. Unite us in our thoughts and actions as we strive for common goals. Help us always to communicate clearly and openly, working together to build strong relationships and a greater understanding. Grant us the wisdom to listen to one another, to think before speaking and to be mindful of our words. May our conversations be marked by respect and kindness so that we may work together harmoniously. May we be sensitive to each person's emotions and show consideration for their feelings so we may work together in a spirit of love and unity. Amen.





STUDENT LEARNING & ACHIEVEMENTS

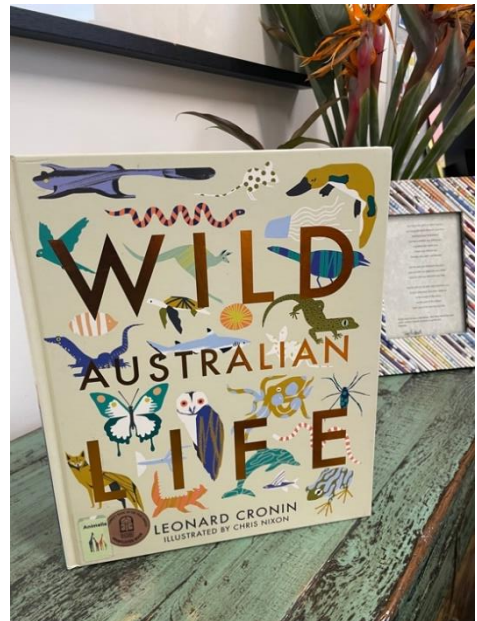
A selection of our Grade 5/6 artwork will be on display this Sunday the 15th of October at the Torquay Cowrie market. These artworks will be entered in the Lions Club International Peace Poster Competition later this year. For over three decades, Lions clubs around the globe have been sponsoring a very special art contest in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity. We are incredibly proud of the creativity and perseverance our Grade 5/6 students have demonstrated throughout this process and congratulate them on their achievement.





October 4 was World Animal Day! We have no shortage of animal lovers at Lisieux and plenty of books to keep this crew informed and engaged. A popular choice has been “Wild Australian Life” by Leonard Cronin, who is one of Australia’s foremost natural history authors. Cronin trained as a biologist and is a prolific writer of books and articles related to flora, fauna and the environment. The book is illustrated by Chris Nixon, an artist who has been inspired by the West Coast and classic surf culture.

“Wild Australian Life” was 2023 WA Premier’s Children’s Book of the Year. It celebrates the astounding diversity of Australia’s animal kingdom which includes more than one million species, living from the deepest oceans to the harshest deserts. If you have an animal lover in your family, this is a book which will appeal!





Change to end of year date:

Families will be aware that the pre-advised end of year date for students is noted in the calendar as Friday 15 December. We make every effort not to change advertised dates and to give families plenty of notice for school closure days. Due to OHS regulations, it is a requirement that all our staff update their CPR training before the end of the year. We have liaised with the Advisory Council to seek support of the idea that students will conclude one day earlier, at 12:30pm on Thursday 14 December, allowing time for all staff to undergo relevant training. The Advisory Council has ratified this decision.

Accordingly, please note the revised end of year date for students will now be 12:30pm on Thursday 14 December. The Kelly Club will be available for supervision of those students who require this on Thursday afternoon and Friday.

As part of our Arts Week celebrations in Week 4, we are planning a collaborative weaving project. If you have any scraps of fabric or old t-shirts that you no longer need, it would be greatly appreciated if you could send these in with your child over the next few weeks. Any type or colour of fabric/t-shirt will be accepted!

2024 Class groupings

As we begin this process, we ask parents to trust us as experts in this area. If parents believe there is additional relevant educational/social/emotional information that should be considered, you are asked to contact Susan directly via phone or email, noting that it is not always possible to meet every request due to competing requests and the need to achieve overall balanced classes. **Any such information / requests should be communicated to Susan by the end of October to enable this to be considered in our planning.**

For those families who will be relocating or changing schools in 2024, please contact Susan directly as soon as possible, as we currently have a waiting list for many levels. A change in enrolment projections will also have a financial impact on our planning, so we would appreciate forward notice of any change in circumstance.



We Need to Talk About Parent Wellbeing

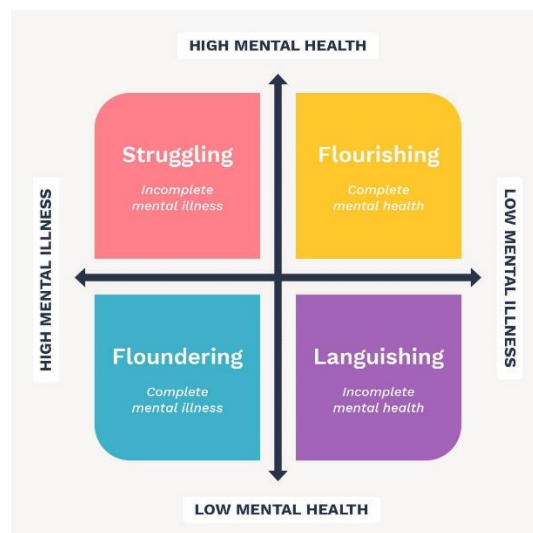
Via www.happyfamilies.com.au

Mental Health is on everyone's lips. There are countless news articles about mental health every year – in fact over the course of a typical day, there are more articles published about mental health than there are about other hot topics like AI, the risk of a recession, and even Taylor Swift!

With 44% of Australian adults having experienced a mental disorder over the course of their lives, and 1 in 5 having experienced symptoms of a mental disorder over the last 12 months, it's no surprise that Google searches for mental health queries reached an all-time high in 2021 .

Additionally, across Australia there are 102 days dedicated every year to raising awareness of important mental health and wellbeing related topics , including Neurodiversity Week in March, World Infant, Child and Adolescent Mental Health Day in May, and R U OK? Day in September. A growing number of Australian states and territories are also promoting Mental Health Month in October, to align with World Mental Health Day.

With all the talk about mental health and wellbeing, it's valuable to understand that how we describe mental health. First off, if someone is dealing with issues like depression and anxiety, we don't say that they are having time off because they're struggling with 'mental health'. We describe them as having a 'mental illness'! And that's because mental health and mental illness are two different things. They actually exist on two different lines. Here's what I mean:



In the diagram above (which we call the dual continuum of mental wellbeing), we see two axes. On one axis, we have mental illness.

Low mental illness means you aren't experiencing symptoms of mental illness (such as depression and anxiety), high mental illness means you are

And on the other axis is mental health. If you have high mental health, you have a generally positive mood and outlook on life and are functionally optimally. You are said to be 'flourishing'. On the other hand, if you have low mental health, you may feel hollow or empty, and have a generally low mood. You are said to be 'languishing'.

For most people experiencing mental illness, interventions such as therapy and medications are both valuable and necessary. However, *anyone* – including those with a diagnosed mental illness – can take simple steps to improve mental health and lead a flourishing life. And the good news is that these steps are simple, effective, and free.

Let me ask you a question.

What makes life most worth living for you?

The simplest way to experience improved mental health and wellbeing is to identify the answer to that question and then find a way to do a little more of those things each day. Yet if you're having a hard time figuring out what that looks like in reality, let me outline a few things science points us to that can help:

1. Sleep

This might be the most boring thing I can put on the list of ideas to bolster wellbeing (for you and your kids). But it might also be the *most* valuable item on the list.

Have you noticed what a difference it makes when you feel well rested? Have you noticed how much better you behave (not to mention the kids) when you've had a full night's sleep? Yet for many of us, sleep is the first thing to be sacrificed when life starts to get busy. We consistently rank work, entertainment, and socialising above sleep in our priorities, and as a consequence close to half of Australian adults report suboptimal sleep.

Interestingly, scientists don't have a solid answer for why we need to sleep. We do know that it is a biological imperative, given that all animals and even some plants sleep. Some animals (like dolphins who sleep with one half of their brains at a time and migratory birds who sleep while gliding) have even evolved extreme adaptations to enable them to get enough sleep. Given the increased dangers that come to all animals when unconscious of their environment, it follows that the benefits of sleep must outweigh the risks.

While science can't tell us why we need sleep, it can tell us how much we need, and what happens when we don't get enough. Young children need about 11 hours sleep, and that drops to 8 hours by the time they reach 17 years old. Adults do best with about 7 hours sleep a night, although everyone has varying sleep needs. As for what happens when we don't get enough, we can look at a toddler up past nap time to see the consequences – negative mood, reduced emotional regulation, and increased risk of accidents. On the other hand, improving sleep quality improves mental health, including reducing symptoms of depression, anxiety, and stress.

Sleep makes you a better parent. It makes you a better partner, employee... it makes you a better person. Prioritising a solid 8 hours of sleep per night is just about the best thing you can do to be happier.

Sleep hygiene matters, so try the following to optimise your sleep:

1. Try to go to sleep at the same time each night (within 30 minutes), and wake up around the same time every morning (even on weekends),
2. Establish a relaxing bedtime routine, including minimising screen use in the hour before sleep,
3. Establish sleep supporting daytime habits, such as engaging in physical activity and getting enough sunlight,
4. And optimise your sleep space, by making sure the room is around 18°C, as dark as possible, and as quiet as you can.

2. Build Connection

Relationships are at the core of our wellbeing. In fact, having poor social relationships carries similar risks to mortality as smoking 15 cigarettes daily and excessive alcohol consumption. Having a sense of connection or relatedness with others happens when we feel seen, heard, and valued. Not only is connection considered one of our basic psychological needs, having our own need for connection met predicts relationship functioning and wellbeing. In fact, an 80 year study of human flourishing found that there was a strong correlation between relationship satisfaction and happiness. In essence, people with strong relationships live longer, are happier, and have better health.

You can boost your wellbeing by finding ways that you and your children can connect with one another and with others regularly in healthy, positive ways. The following might help to build stronger feelings of belonging:

1. Smile at one another more. Even fake smiles can amplify and initiate feelings of happiness due to the effect of the facial feedback hypothesis. Smiling helps us to feel happy, both when we give them and receive them, and much like yawns, they are also contagious. In fact, Fredrickson's Positive Resonance Theory suggests that high quality connections form when we share a moment of positive emotion with someone we care for, in such a way that our behaviour is sync – such as by sharing a smile together.
2. Express words of affirmation. Saying nice things feels good! Expressing gratitude has well-documented impacts on wellbeing. Say "I love you", "I'm grateful to have you in my life", and "I love spending time with you".
3. Slow down and spend time together. To a child LOVE is spelled T-I-M-E. Additionally, it's practically impossible to do other relationship building activities if you don't have enough time together.

3. Get Active

A recent study from the University of South Australia found that exercise is 1.5 times more effective than counselling or the leading medications at improving symptoms of depression, anxiety, and distress. Physical activity also keeps our brains healthy, increases positive mood and increases self-esteem, as well as reducing the risk of heart disease, cancer, and increasing bone health. The World Health Organisation recommends that children and adults aim for about 60 minutes of moderate to vigorous aerobic activity daily, but if you're just starting out, replacing sedentary time with physical activity of any intensity will offer health benefits. Here are some simple swaps you can do to increase your levels of physical activity and get active:

1. Walk instead of drive. Or if you have a bit further to go, ride your bike. It might require leaving a bit earlier, but combining your commute with exercise is an effective way of maximising your time.
2. Have a family dance party instead of a family movie night. On top of the benefits of physical activity, dancing also has emotional and cognitive benefits.
3. Play ball games instead of board games. Next time a lazy afternoon opens up for you, don't out the board games and puzzles, grab a ball and head outside instead. And if you can get other kids and parents involved for an informal game, you'll also be creating opportunities for the development of other skills such as perspective taking, conflict resolution, and sportsmanship.

4. Slow Down and Smell the Roses

Nature is fuel for the soul. Spending time interacting with nature has a long list of benefits, including: improved academic and task performance, improved productivity, stress reduction, increased social interaction, reduced violence, increased social cohesion and support, increased inspiration, and improved mood. Researchers say that you need at least 120 minutes a week spent in nature to get the best benefits, however it doesn't seem to matter if this threshold is reached in many short trips to the local park or in one big weekend outing.

One of the best benefits of being outside in nature is that it forces us to slow down and enjoy the moment. To boost your time in nature, try these:

1. Eat a meal outside. Even taking just 10 minutes outside while you eat a snack can be enough to increase relaxation and lower your heart rate.
2. Walk the long way home. Being outside is good, but being in nature is even better. Instead of walking along your normal route, try detouring through your local nature reserve. Pause to listen to the birds, notice the seasonal changes in the trees, and smell the flowers.
3. Spend your weekend getting out into nature. It could be a trip to the beach, a hike in the mountains, or sitting around a campfire in the bush.



5. Have Fun

It's all well and good to say get enough sleep, spend time together, get active, and go outside. But the thing is, families are busy! And with the economic pressures that many of us are under, things can feel even harder than what we're used to. However, this last tip – having fun – can help us build connection, boost our physical activity, and take us outside, all at the same time. How's that for multitasking! Playing and having fun also stimulates the release of "feel-good" hormones, such as endorphins, in the brain. To build fun times into your family's culture, try:

1. Having a once-per-week adventure. Two hours of low-cost or no-cost time that's about exploration. Quality time? Check. Physical activity? Check. Getting into nature? Check. Fun? Hopefully.
2. Family traditions. Anything from a daily routine of taking snack time outside to an annual Christmas backyard cricket tournament. By turning these fun moments into a tradition, we get to enjoy them in the moment and also experience positive feelings of excitement and anticipation as we look forward to these events.
3. Spontaneous adventures. Is there anything more fun than spontaneously pulling the kids out of school for the day to take advantage of empty beaches?

On the road to flourishing

Work, school, homework, cleaning the house, finances... these are all important things, but they're not the things that make life worth living. If we want to get on the road to flourishing, we may need to re-prioritise our time, making sure that we build in opportunities for sleep, connection, movement, nature, and fun. Fortunately, mental health boosting initiatives don't need to be huge, time-consuming commitments. Often, simple swaps are all it takes to bring greater positivity into your life.






Can't wait for the Cocktail Party? Has everyone got their tickets? If you can't make it to the cocktail party, but would like to be in the draw to win one of the amazing prizes, you can just purchase some raffle tickets. All tickets can be purchased [here](#), if you're just purchasing raffle tickets – after you click the link, click Book Now and then just select the raffle ticket option you would like to purchase.



Raffle Prizes

Ena Pelly online voucher \$1000
RACV Torquay voucher Donated by One Agency Real Estate valued at \$500
Hello World Travel Torquay \$500 gift voucher
Voucher for 4 players for 18 holes of Golf with 2 motorised carts. Valued at \$470 donated by The Sands Golf Club
Sunset family Photography session valued at \$200 donated by Tash Leach Photography
Picnic Season Everyday Medley picnic rug and backpack set valued at \$119
Two slabs of beer valued at kindly donated by Bells Beach Brewing
Doc Hughes \$100 voucher
Torquay Pub \$100 voucher
Sass Me Lash and brow voucher
Treatments voucher from Injectables by Chloe
Cotton On clothing pack
Two \$100 Sweet Obsession vouchers
2020 Pikes 'Los Companeros' Shiraz Tempranillo Magnum valued at donated by The Torquay Wine Bar
A beautiful pot and plant valued at \$100 from Bunnings
\$50 Frankie Says Relax voucher

YOU'RE INVITED TO A

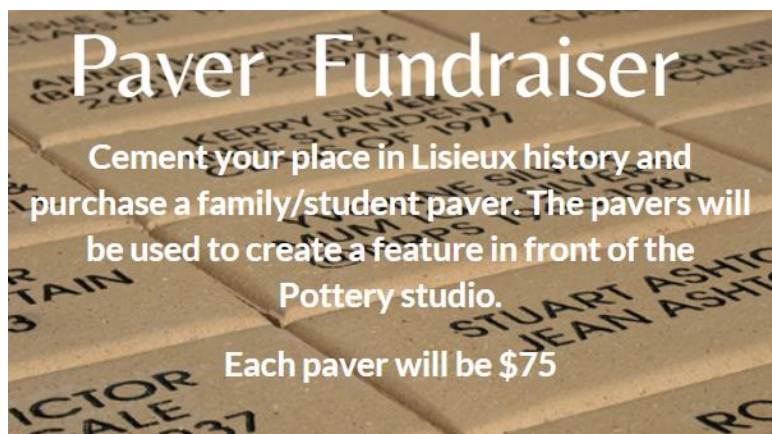


Lisieux Catholic Primary School
COCKTAIL PARTY

 SAT OCT 28 7PM - 11.30PM	<p>\$65 INCL.</p> ARRIVAL DRINK GRAZING TABLE CANAPÉS LIVE MUSIC DJ	 GRANT PAVILLIAN 11 KUWARRK LN TORQUAY
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TRYBOOKING.COM/CKMZB

Cement your place in Lisieux history and purchase a family/student paver. The pavers will create a feature in front of the pottery studio, which will be used for outdoor classes and other school activities. To order your paver click [here](#)



Updated Mango Fundraiser Information

Lisieux is holding the Mango Fundraiser once again this year. As you wind up Winter sports and catch up with family members and friends over the holidays ask if anyone is interested in receiving a tray of 4.5 kg of delicious fresh mangoes for \$24 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.



For the sixth time this year the Lisieux Parents and Friends are offering our popular Mango Fundraiser.

Mango trays: We are selling trays of 4.5 kgs of delicious Kensington Pride mangoes. Each tray will contain 12 to 18 mangoes in a single layer. Mangoes will be delivered directly from the orchard in Bowen to our school in the peak of the mango season. Due to the warmer Winter this year mango orchards across Australia are expecting a lower crop yield, similar to the 2021 season.

Order details: Orders can be placed now via School 24 under 'Events'. If you have not yet registered for School24 go to <https://www.school24.net.au/> and use the school ID of 25437963.

Non-school members: Can use the following guest link to purchase and are asked to put the name of the person who will collect their order in the notes section at payment. Guest link [here](#).

Orders close: At 4 pm on Saturday 28th October.

Delivery: Mangoes will be delivered to Lisieux at the end of November.

Parent contact: Renee, M. 0490701855



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.

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

 ANZ Mobile Lending



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SUPER SPRING SPORTS!

LEARN NEW SPORTS IN TERM 4 2023



40% OFF

Get 40% off selected New Balance gear, just for attending Kelly Sports between now and Xmas!

POWERED BY SCHOOL LOCKER

*Conditions Apply



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
- ✓ Basketball
- ✓ AFL
- ✓ Cricket
- ✓ Hockey

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 – Grade 6 students.

\$180 FOR A 10 WEEK PROGRAM

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

School: Lisieux Catholic Primary School

Day: Tuesday's

Start Date: October 3rd

End Date: December 12th

Time: 3:20pm - 4:30pm



BOOK EARLY & SAVE

Use the voucher code 'earlybird' before September 17th to save!

Website: kellysports.com.au/geelong

Contact: Nick Clydesdale

Email: geelong@kellysports.com.au

Phone: 0497 770 909

Facebook: Kelly Sports Australia

