

known and loved

ISSUE 32 | 16th November 2023
SCHOOL CALENDAR



Dear members of the Lisieux community,

Congratulations to two of our senior students who proudly represented our school on Saturday at the Remembrance Day ceremony in Torquay. Well done Shari and Eva.



Fifty-one excited new Preps enjoyed their first Transition Day at Lisieux on Tuesday morning. There were big smiles all around, with all eager to return next Thursday for their second session.

It was great to see so many students take up the challenge of Ride to School Day on Monday. Approximately 200 students rode, scootered or walked to school, getting into the spirit of the day, and also contributing to a very smooth carpark pick up in the afternoon! Well done to our Year 6 House Captains and Mr Dean Roberts for the overall coordination of the event, which raised in excess of \$500 for the Love My Sister foundation.

NOVEMBER

- Mon 20th Book Fair Week
 - Year 5/6 Assembly
11.30am Multi-Purpose
- Wed 22nd Year 3/4 Beach Discovery
- Thur 23rd Grandparents Day
11.15am-12.30pm
 - Prep 2024 Transition
Session 2 9am-10.30am
- Thur 30th Year 5/6 Lifesaving Day

DECEMBER

- Mon 4th Branching Out Week
- Fri 8th Lisieux End of Year Mass
9.30am
Multiple Purpose Room
ALL WELCOME
- Mon 11th Year 6 Graduation
Ceremony & Dinner
- Tues 12th Moving Up/Transition
Morning
- Thur 14th Final Day of Term 4
Finish time **12.30pm**

Next week is Reach Vietnam Awareness week. We won't be conducting a fundraiser this year, however, students will be learning more about our parish partnership with the Convent Boarding House in Kontum, Vietnam, where 50 female students are provided with an education which will break the cycle of poverty for their families. We aim to re-institute our Reach Vietnam walkathon next year.

We are looking forward to our Grandparents' Day next Thursday and hope many grandparents can join us for a liturgy, followed by classroom visits and morning tea. Our annual Book Fair will be on next week too, and grandparents may like to visit while they are at Lisieux.



God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



PRAYER

Lord, make me an instrument
of your peace.
Where there is hatred,
let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
O Divine Master, grant that
I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love.
For it is in giving that we receive;
It is in pardoning that
we are pardoned;
And it is in dying that
we are born to eternal life. ”

THE PRAYER OF ST. FRANCIS

Nazareth Catholic Parish
invites Families to join us for



Family Mass

on Sunday 3rd December

St Therese Church, Torquay 8.45am

Nazareth Church, Grovedale 10.30am

A family Mass celebrated at the beginning of Advent marks the start of the new liturgical season. A moment to reflect on the year that has been and pray for the year to come. We look forward to seeing your family in attendance.



NAZARETH CATHOLIC PARISH GROVEDALE TORQUAY ANGLESEA

Correspondence to:

Nazareth Parish Office
43a Surfcoast Highway
Torquay Vic 3228

Telephone: 03 9412 8444
Email: grovedale@cam.org.au

November 9, 2023

Dear school families,

It is hard to believe that the school year is coming to a close in just a little over five weeks. Some of you may have already begun to make plans for your summer holidays, while all of us can look forward to spending time with family and friends.

Here in our Parish, in fact in every Catholic parish and church across the world, a brand-new year will begin in just three weeks on 3rd December 2023. The new liturgical year (or Church year) is marked with the season of Advent. Advent is a lovely time for the Church as it prepares to celebrate Christ's Nativity. During Advent we recall the story of our salvation, and let our own hopes and longings known to God through our collective prayers and through the hopes and longing of God's chosen people. We also pray for a much-needed peace in our hearts and in our world at this special time.

To mark this special time together as a Catholic community, I would like to invite you and your family to a Family Mass to be celebrated on Sunday 3rd December. There is no need to RSVP as everyone is most welcome. With this letter is an open invitation, and please accept it as an invitation extended to each and every family in our parish schools.

Moreover, on Sunday 3rd December, our newly ordained priest, Fr Tom Christie, will return to celebrate a Mass of Thanksgiving with our Parish community. Tom is currently a transitional Deacon who has been living and working in our parish and is in his final weeks of being a Deacon. Tom will be ordained as Priest by the Archbishop of Melbourne, Archbishop Comensoli, on 25th November 2023, at St Patrick Cathedral, East Melbourne. Everyone is also welcome to Tom's Ordination.

With every blessing for the remaining days of Spring,

Fr Linh Tran
Parish Priest



STUDENT LEARNING & ACHIEVEMENTS

Well done to everybody who participated in this year's Lisieux Ride to School Day. We had almost 200 students walk, ride or scoot to school which is an amazing effort. Congratulations to Kunuwarra who had the largest amount of students participate with 53.

Another big congratulations to all of the raffle prize winners on the day and a huge thank you to DeGrandi Cycle Sport, Quiksilver and Love Your Sister charity for the donations we used as prizes.

Finally I would like to acknowledge the work of our grade 5/6 House Captains who came up with this idea and worked to make it come to life. Our captains came up with ways to make raise money, selected a suitable charity to support, designed posters, wrote to local businesses to secure sponsorship and spread the word around school. They did an amazing job.

For anyone who would still like to donate to our Love Your Sister fundraising page, it will be open until Friday and you can access it with the following link.

<https://www.mycase.com.au/p/326928/lisieux-catholic-primary-school>





Of great popularity at Lisieux are the Andrea Beaty (author) / David Roberts (illustrator) books: *Iggy Peck Architect*; *Aaron Slater, Illustrator*; *Rosie Revere Engineer*; *Ada Twist, Scientist*; *Sofia Valdez, Future Prez*. Known as the Questioner series, these picture books all have special messages woven into their clever rhyming text, such as teamwork, bravery, persistence, problem solving. For example, in *Rosie Revere, Engineer* we hear how the unthinking words and actions of adults can have an unintended effect on children, and how that provokes Rosie's determination to succeed or in *Aaron Slater, Illustrator*, a young boy overcomes his insecurities relating to reading comprehension, by finding his voice through his own medium. In *Iggy Peck, Architect*, Iggy's parents embrace their child's creative delight in constructing towers utilising a range of unconventional household items after his teacher dismisses his love of architecture.

The storylines are inspiring, encouraging children to dream big and be creative. The characters are strong and positive role models, and help reinforce the message that we can all do all sorts of jobs, regardless of gender or disabilities. Additionally, the engineer-inspired art work in the books really captures the feelings of the books.

If you are after a book (or a series) that is fun and will encourage a growth mindset, look no further. Look out for the upcoming release in the series called *Lila Greer, Teacher of the Year*, which will reach our book shelves soon.

The Book Fair is coming to *Lisieux* next week! It will be open on Tuesday, Wednesday and Thursday between 3pm - 4pm. We will also open on Grandparent's Day after the liturgy. It is a great opportunity to start your Christmas shopping and support our school, whilst getting your hands on the best new children's books!





TAKE NOTE

As we near the end of Term 4, we request that we maintain a focus on wearing our Lisieux uniform correctly and proudly. Please note that socks should be white or navy, without branding or patterns, and black leather shoes are required to be worn with regular uniform, while runners are worn with the PE uniform. We believe that the way we wear our uniform makes a statement of our pride in being part of the Lisieux community. We are excited to be launching the design of our new House polos at the upcoming whole school assembly and anticipate that these will be available for sale in late January.

Chicken Volunteers Wanted!

The school is seeking volunteers to take care of school chickens during the Summer Holiday break. Main duties include:

- ~ Letting the chickens out of their coop for the day
- ~ Ensuring food and water containers are full
- ~ Putting the chickens back in their coop at night.

Families who volunteer usually are timetabled to do this for no more than a week.

If you are interested please contact Gerard Douglas directly at gerard.douglas@lisieux.catholic.edu.au.

Once we have enough volunteers those families will be contacted and issued explicit instructions and a timetable.

Thank you.



MOVEMBER



A FEW OF THE LISIEUX TEACHERS ARE GROWING OUT THEIR MUSTACHES TO RAISE AWARENESS FOR MENTAL HEALTH, PROSTATE CANCER, AND TESTICULAR CANCER. IT IS IMPORTANT TO HAVE CONVERSATIONS WITH THOSE AROUND YOU TO CHECK IN ON THEM AND MAKE SURE EVERYONE KNOWS THEY ARE 'KNOWN AND LOVED'. IF YOU ARE INTERESTED IN DONATING SOME MONEY TO THIS GREAT CAUSE, PLEASE FOLLOW THE QR CODE BELOW.




WANTED CHICKEN COUP



The Preps have just hatched their chicks and they require a temporary chicken coup before heading into the Chook Palace. If you would like to donate one or could build one please contact Emma Clancy.



QUIKSILVER SKATEBOARD DECKS: GARAGE SALE



Quiksilver have made an amazing donation of 50 skateboard decks to Lisieux. So we are selling them for less than half price - \$50. Preparations continue on the new clay room in the shipping container in the Outdoor Discovery area and these proceeds will help pay for a pottery wheel for this space.

Please get on board and pop into the MPA next Tuesday 21st between 2-3 to snap up a great pre-Christmas bargain.



WELLBEING

Giving your kids the greatest gift of all: life skills

Via www.maggiedent.com

Life skills are more important than we might realise. I have had Year 1 teachers tell me they have some students who turn up to school at the beginning of the year who can read at a Year 3 level and yet cannot blow their nose or pull their pants up after a trip to the toilet. I have also been told about a 5-year-old boy who could not put food in his own mouth – apparently his mum decided he was a messy eater when he was a toddler so she proceeded to feed him directly herself from then on!

When I was teaching secondary English I had a boy in my top-level English class who never knew where to put a stamp on an envelope. These are all simple life skills and as parents and carers the seemingly never-ending teaching of these skills actually shapes our children's capacity to grow up to be capable and confident. It matters and it starts early. I believe life skills are a huge contributor to building resilience, which is why I have included them as one of my 10 building blocks to building resilience in children in my book, *Real Kids in an Unreal World*, and the smaller pocket book version, *Building Children's Resilience*.

Life's little toolkit

The early years are when children begin to build a toolkit of life skills. As children grow older we simply put more and more life skills into their toolkit. The more tools in the kit, the more resilient a child will be. The first tools in a child's toolkit deal with practical things like being able to dress and feed themselves, going to the toilet unaided, and being able to play with others. So many life skills that build emotional and social competence need interaction with other children through the medium of play to develop. It takes ages to manage losing well, sharing and taking turns and in this is just one of the many reasons why play-based early childhood education is essential to build the whole child.

All learning takes time to become solid memory. You will wonder why a child can drink capably out of a cup for weeks and then proceed to dribble everywhere or spill it for the next few days. Normal! The development of these early skills will take lots of patience, time and energy by parents or carers. Heck they are time-consuming, repetitive and let's admit often as boring as the proverbial bat poo and yet so incredibly important on so many levels.

All children learn, grow and master life skills at differing rates. There is no competition in raising children.

The life skills toolkit starts from birth, and sometimes the little things, like getting a drink of water when they need to, are the big things. These small milestones build a child's belief in their self-efficacy or their competence to finish tasks, which in turn helps build their self-esteem.

Modelling and teaching are definitely the best ways to teach life skills. Also chatting to kids about the how and why is really helpful. Conversational language is now seen as equally important as being read to in the first three years of life, for building the pathways to learning about life and literacy. It allows children to explore conversation and the hidden patterns within the spoken language. It also gives children a sense of being noticed and having value. This strongly supports the life skill of 'having a voice' and of being heard—attributes of assertive and resilient people. Anyone who feels unheard often struggles with their self-esteem and can feel isolated, unaccepted or undervalued. Don't just rely on the how-to channels on YouTube. Learning from someone we love and respect makes the learning far more likely to become part of our life and yes we need to be reminded often as kids to ensure it is a life skill that has been mastered.

Essential practical life skills include blowing your nose, toileting yourself, using manners, etiquette, road rules, practising good hygiene (such as bathing and cleaning teeth), doing up buttons and tying shoelaces. These are little things that sometimes other children may use to tease another child who is not yet competent at them. Bullying and being teased are very painful and can leave scars that later impact on a person's ability to be resilient.

Parents need to try and be proactive to help their children gain essential life skills so they are able to take care of their needs at an age-appropriate level. As a mum of four active sons I loved elastic sided leather boots because they were easier for the boys to put on by themselves and they lasted for ages!! Laces take some time to master.

Why developing mastery sometimes looks like 'poor parenting'

It can also be helpful to assist your child to learn how to be a good listener before they go to school and also basic organisational skills like putting their coat in their bag, opening their lunchbox and managing water bottles. Allowing children to master some of these life skills, especially dressing oneself, can mean there will be times your child will look poorly dressed however the art of 'doing it myself' is incredibly important. They need to be given this golden opportunity and having boots on the wrong feet is a good sign that a child is building competence, not necessarily a sign of poor parenting!

The main pathways that allow us to understand and manage our emotions are created in early childhood. It has been shown that there are critical time opportunities for young children to develop the ability to be empathetic, gentle and kind. If a very young child is given an opportunity to interact with a small kitten or puppy with adult guidance, they can learn what being gentle and caring means. Children without this or a similar opportunity may be unable to care about being rough or hurting others. This inability to feel empathy is a significant behavioural deprivation and could mean that an individual may have difficulty in relationships in years to come, especially when it comes to intimacy. Many children who behave as bullies have problems with empathy. This emotional competency can be learned through life experience and the guidance of a caring adult.

Technology's impact on emotional competency

Anecdotal evidence suggests that early years teachers are noticing more children with emotional incompetence. An increased amount of time in front of screens instead of playing in real environments with other children may be a contributing factor. Interaction with others helps strengthen a child's emotional literacy and helps them to understand others and themselves. But this does not develop well if there is an over-reliance on the virtual world of television or computers. Teachers are finding that some children have poor impulse control and an inability to persist at challenging tasks. Reluctance or refusal to keep trying can impact enormously in the school environment and later in life.



There is a recent concern about some children's TV programs that use relational aggression – name calling, put downs and exclusions – and the impact it can have negatively on how children socialise with other children. Good quality children's programs can do the opposite. I share the concerns of many primary teachers who have noticed a decline in conversation skills and a discomfort of many children when working in groups. Too much time in the digital landscape can seriously impact the growth of these vital life skills.

The same goes for the children who can be seen when out to dinner with family have their head down the whole time using devices – not being a part of family conversations. Over time this can weaken family linkages and bonds of love and affection. Please ensure they share the family conversations until at least after dinner. Human connectedness needs to be practised. Social anxiety is becoming more and more common.

Social awareness has a huge impact on our resilience and is a life skill that takes time to develop – we continue to work on it as adults. Relationships are essential in terms of strengthening resilience when things get tough. We only turn to those with whom we have been able to develop authentic, emotionally honest relationships. Loneliness and isolation are serious diseases of the mind, body and soul that can be factors contributing to mental illness, homelessness, alienation and life disasters. It is always a reminder during times of trauma and tragedy that the only things that really matter are simply those who come home to us, those whom we love the most – not our jobs, house or car. Building connectedness is an essential part of the protective factors involved in being resilient.

Staying safe around tricky people

Teaching our children about body awareness and how to stay safe around tricky people are also essential today given our sexualised, 'pornified' world. This is an awareness that must become a life skill as children need to know they can speak up if they are touched inappropriately by anyone – child or adult. Over 90% of abusers are people children know so it's important to not just talk about strangers. For example, I personally love the strategy of having a family code word if something comes up unexpectedly so a child will know if an adult who has come to get them has their parent's permission. This way they know when it's safe and when it's not. Fortunately there are many excellent resources to help parents.

The strengths of having a healthy sense of humour

In global resilience studies, having a sense of humour is recognised as being a very valuable life skill. It is a huge protective factor in homes, sporting venues and especially schoolyards where it can protect children from unwanted harassment or bullying. There are so many benefits that can be gained on many levels from laughter. Laughter can transform negative emotional states faster than almost any other strategy or technique a parent can use.

Learning how to laugh 'with' rather than laugh 'at' is so important. A sense of humour in children takes time to develop and yes they can get it so wrong from time to times – especially our boys. One of my lads when he was in Year 1 told us a joke at dinner one night that showed how often they can get it so wrong.

"What's the difference between changing a lightbulb and a pregnant woman?"

"You can unscrew the lightbulb!"

He had absolutely no idea why it was funny however his much older brothers and parents certainly did!

To help develop this skill I suggest fun facts books and fun quotes books as they can help grow a sense of humour using wit and irony. Also teach your children that sexist and racist humour is not appropriate.

Solution-seeking kids

An important life skill involves the art of finding solutions. This involves helping children to discover other choices that they could make in response to a challenge, whether a disagreement with a friend or a toy that has broken.

A commitment to search for solutions begins with the adult. Before you fix a problem for a child, help the child to explore ways to overcome it himself or herself. Children do not yet have a frontal lobe in their brains where reasoning and problem solving takes place but they can develop thinking skills that empower them to manage some situations themselves. There is a great temptation for parents to rescue their children from struggles and challenges however this denies them vital opportunities to learn life management skills for themselves.



Children who are surrounded by optimistic language, language that encourages thinking and decision-making, have the opportunity to become resilient when managing setbacks and challenges. They are much less likely to succumb to 'learned helplessness', where they expect adults to always be there to do things for them. There is a line between doing too much for your children and having expectations that are too high, and possibly inappropriate, for your children. Parents need to be careful.

Sustainable life skills

A final note on important life skills is that we continue to face an uncertain future with depleting oil supplies and the effects of global warming. It is more important than ever that we prepare our children by helping them to develop life skills that build on environmental appreciation and ecological sustainability. That might mean making some changes in the way we do things ourselves – certainly food for thought and action.

Every year a child can master more and more life skills. A child who can do many significant things for themselves will develop a stronger sense of self-esteem. The mastery of being able to conquer the monkey bars, climb a tree or ride a bike without training wheels are significant moments of success that really impact a child's capacity to grow, stretch and take risks.

Teaching children to grow veges, to cook, to manage chores responsibly, to help the neighbour take bins out and make your mum a cup of tea are all examples of the gradual increases in life skills.

If a parent keeps doing something that a child is capable of doing for themselves – even if you do it out of love – you may be holding them back from growing into the best expression of themselves. As I mentioned earlier, learned helplessness is sadly a more common phenomenon than it needs to be. Children as young as 6 can learn to use tools, use a sharp knife and become strong climbers – however they need guidance and practise. Adolescents need so many life skills before they leave home and that's why the earlier you start the better and a checklist can be a helpful tool in helping them see what they might need to know about before they leave the nest.

The bigger the life skills' kitbag the better for your kids and the better it is for you as parents. Focusing too much on passing tests and exams, which is just another set of life skills – and these obviously matter as well – can make other things more challenging. Life skills help our kids feel confident, capable and able – they will manage this strange dance called life much better than the kids who don't have them.



Lisieux Wine Fundraiser

Last days to order.

Orders close 6 pm Sunday 19th November.



Those outside of our school community can use this QR code to order from our wine fundraiser. They are asked to put the name of the person collecting the wine at payment.



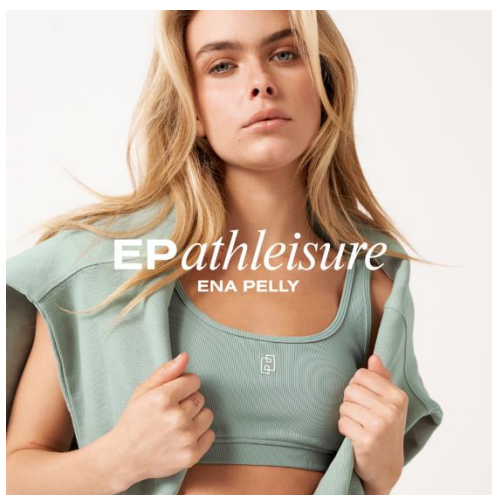
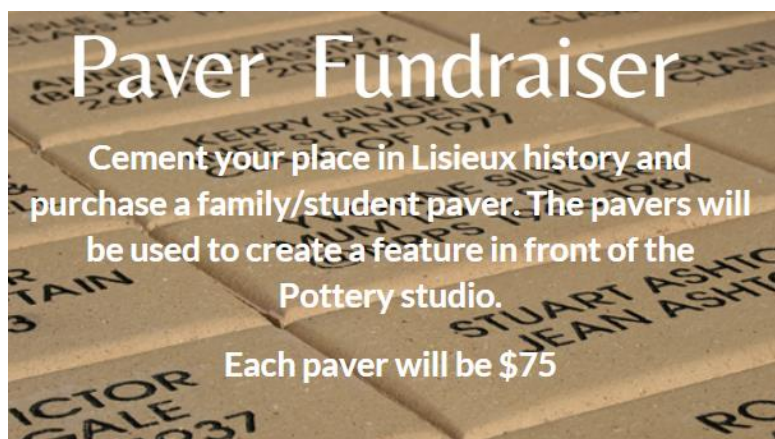
Thank-you to Ben Davis of Davis Designs for the design and delivery of our wine labels, to Lauren Barton for donating her artwork to be used on our specialty blend of Prosecco Rose, and to Susie Jamieson and Emmy Robertson for their assistance with this fundraiser.



Staff Days of Christmas.

As a Thank You to all of the staff and to take one present off your shopping list, we'll be organizing the Days of Christmas for the staff to say Merry Christmas and Thank you for all of the work they have done throughout the year. You can contribute to this through the Events section through [School 24](#)

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](#)



A final thank you to Ena Pelly major sponsor of the cocktail party raffle

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.

ONE AGENCY
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