

known and loved

ISSUE 33 | 23rd November 2023
SCHOOL CALENDAR



NOVEMBER

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

Dear members of the Lisieux community,

What an impressive bunch of senior students we have at Lisieux this year. Some of their notable achievements this year have included: organising Ride to School Day; leading house activities for the whole school on numerous occasions; facilitating an increased focus on our 'nude food' commitment; organising a design competition for a new house polo. The polo design competition attracted some wonderful entries – these were then used as a starting point in our liaison with Nikki Mackenzie from Wurriculture. They have led to the final designs which our leaders proudly launched at their assembly on Monday. Below are the final designs which are currently in production. We anticipate these being available from January. Please note that there is no expectation to immediately purchase a new polo, however, these will replace our pale blue polo, which will be phased out gradually.



Today we have celebrated Grandparents' Day with many nannas, grandpas and special family members joining us for a liturgy and visits to classrooms. How lucky our children are to have these extended family members in their lives, and to be so known and loved. If you managed to make it along today, thanks for joining us.

If you, along with your child, would like an opportunity to say 'thanks' to one or more of our wonderful Lisieux educators, I'd like to draw your attention to the following initiative. Melbourne Archdiocese Catholic Schools (MACS) is giving students the opportunity to post messages of thanks to teachers who have helped them flourish. Some of the messages will be chosen to feature on advertising billboards across the Archdiocese of Melbourne, and in future communications as part of a Catholic Education campaign into 2024. The opportunity is open until Friday 1 December. Please note the online form requires parent/guardian consent: www.macsbiggestthanks.com

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

Lisieux Catholic Primary School Paver Fundraiser

Cement your place in Lisieux history and purchase a family/ student paver. If this is your family's last year at the school this is the perfect way to remember your time here.

The pavers will create a feature in front of the pottery studio, which will be used for outdoor classes and other school activities.

***Scan the QR code to
purchase your paver***





Prayer

Grandparents are a priceless source of love, wisdom and support for both their grandchildren and their parents. They offer a safe haven where children can be themselves without judgement. They impart a wealth of wisdom, sharing stories about family history and cultural traditions.

A Child's Prayer for Grandparents

Dear God, please bless my grandparents.
Thank you for the life they gave my parents
and for the life they give to me.

For the ways they helped me and made me strong, I give thanks.
For the ways, they love me no matter what, I rejoice.
For the ways, they have paved the road
that leads me here, I am grateful.

Let them grow in wisdom and joy in life.
Let them find peace and rest from their work.
Let them be healed of every sickness and pain.
And let them see with their own eyes your glory
and the love of their children and grandchildren.

Bless them always. Amen.

The thoughts and prayers of the Lisieux community are with Mr Jake Otto and his family on the recent loss of Jake's beloved grandmother, Margaret Scott.

Hello families,

Week 10 (4/12-8/12) is Branching Out Week.

The purpose of Branching Out Week is exactly that, branching out to others.

We take a eudaimonic approach with the idea that by giving we are growing. This can come in many different forms such as outreach activities, paying it forward initiatives and making donations to organisations outside of the school.

Annually we ask we kindly ask families if they can donate items that can be forwarded on to a worthy cause.

The school is requesting the following donations on these specific days.

Monday the 4th of December: **Christmas Food Items**

Tuesday the 5th of December: **Toiletry Items**

Wednesday the 6th of December: **Baby items**

Thursday the 7th of December : **Pantry Items (Canned goods)**

Friday the 8th of December : **Christmas toys and books**

If items could be donated and dropped off at reception throughout Branching Out Week that would be much appreciated.

UPCOMING ADVENT LITURGIES

Monday 27	<u>Hope</u> <u>9AM- LED BY PREP TEAM</u>
Monday 4	<u>Peace</u> <u>9AM-LED BY 1/2 TEAM</u>
Monday 11	<u>Joy</u> <u>9AM-LED BY 3/4 TEAM</u>
Thursday 14	<u>Love</u> <u>9AM-LED BY 5/6 TEAM</u>



STUDENT LEARNING & ACHIEVEMENTS

Earlier this month the Year 5 and 6 students had the opportunity to enter an artwork in the Lions Club International Peace Poster Competition. A huge congratulations to Isla McNamara, who is the winner of the first two stages of the competition and will now be considered alongside other entries from across Australia as part of the annual Lions International competition. We also congratulate Cate Matthews and Lusi Lyle who received merit awards for their posters. Be sure to check out the Surf Coast Times this week to read all about our superstars.

• NEWS

Pupil's peace poster now a national contender



Lisieux Catholic Primary School pupil Isla McNamara with her winning entry to the Torquay Lions Peace Poster competition. Photo: JAMES TAYLOR



Lisieux pupils (L-R) Kate Matthews, Isla McNamara and Lusi Lyle with Torquay Lions Club member Neil Roche. Photo: SUPPLIED



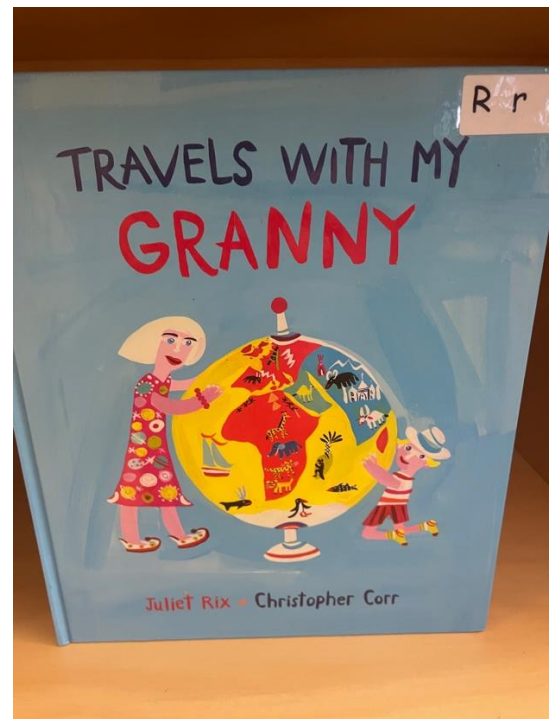
Isla McNamara (centre) holds a reproduction of her entry with competition judge Natalie Martin (left) and Torquay Lions member Neil Roche. Photo: JAMES TAYLOR



Today is the final day of our Book Fair. It is open until 4pm today if you would like to visit and purchase any books.

We would like to remind all families that the exchange of candy canes is not permitted at Lisieux and we request that these are not brought along to school. We have found the high intake of sugar disrupts learning and the plastic wrappers end up throughout our school gardens.

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.





TAKE NOTE

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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.





14 Reasons It's Important for Kids to Spend Time With Grandparents

Via www.lovetoknow.com

Fortunate are the children who have active grandparents in their lives. Spending time with grandparents is enriching to youth in so many ways, physically, emotionally, mentally, and socially. A weekend at grandma and grandpa's house? Bye, kids! You'll be missed, but this is really for everyone's own good. Here are 14 amazing benefits of grandparents being in their grandchildren's lives.

Grandparents Increase Children's Emotional Intelligence

Raising emotionally, well-adjusted children is the goal of all parents, and it can be argued that to do this, you need Grandma and Grandpa by your side. Researchers in the United Kingdom found that children who spent more time with their grandparents were at a [decreased risk](#) for having emotional and behavioral issues, and were far better off in terms of their [emotional intelligence](#), compared to children who did not have grandparents involved in their lives. The study highlighted that this is particularly true for adolescences from divorced or separated families. If you want happy children who are better able to process emotions, invite grandpa over for a snack.

Hanging With Grandma Can Reduce Ageism

Ageism is a real thing, and it's not good. It isn't acceptable to harbor ill feelings toward any human being without a true cause, and this includes neglecting or avoiding the elderly simply because of their age. [Studies](#) have shown that children as young as age three exhibit negative attitudes towards older people. Spending time with grandparents can greatly reduce attitudes of ageism in young people.

No One Nurtures Happiness Like a Grandparent

Grandparents have an uncanny ability to make their grandchildren smile on demand. Parents, especially those with younger children, may quite frequently be running on empty, desperate for a shower, a snack that does not include goldfish crackers or five minutes of absolute silence. When the grandparents do not live in the same home as their grandchildren, spending time together may feel extra special for both parties. Grandparents may also be retired and have more energy and patience when playing with younger children, plus parents get a much-needed breather. Quality time with the grandparents is a joyous win for everybody.



Grandparents Enhance Prosocial Behaviors

Who knew that time spent with grandma or grandpa would help produce a sweet-natured kid who kicks butt in school? Grandparents' financial and emotional support was shown to increase their grandchild's [prosocial behavior](#), as well as their school engagement, even with a follow-up a year later. This study focused on 10- to 14-year-olds residing in both single and two-parent families. Regardless of the type of family, grandparent involvement led to an increase in kind, empathetic behavior. An adolescent who is considerate toward others and happily engaged in school? Now that is reason to celebrate!

Spending Time With Grandparents Can Increase Happiness

The power of true connection! Strong grandparent-grandchild relationships can impact depressive symptoms in children and the elderly alike. A close relationship between grandparents and grandchildren has been linked to a [decrease in symptoms of depression](#) for both generations. Grandparents in the study were found to be less depressed when they received or gave tangible help to their grandchildren. Anything from rides to the store, advice on life, or financial assistance were contributors to the lessened depressive symptoms found in older adults. Go ahead and ask grandma for a ride to the store or for some friendship advice. It is clearly good for her mental health.

Grandparents Can Provide an Understanding of Family History

Grandparents have amazing access to [family history](#) that many parents may be unaware of. Teaching grandchildren about where they come from, and the struggles and successes of the family, helps grandchildren better understand their family's history. Grandparents may have old family heirlooms to pass down, like photo albums, secret family recipes, and interesting treasures that grandchildren would certainly enjoy and can learn from. Grandparents who share their stories can keep their memories alive, which for many older individuals, is incredibly important. Every family is unique in its makeup and journey. The older generations can often unlock the past, making it a part of the present for younger generations to learn about their [heritage](#) and roots.

Grandparents Offer Endless Cuddles

There is just something special about a good hug that comes from grandma or grandpa. Not only do hugs make people feel safe, supported, and secure, but they also release [oxytocin](#) for both people who are embracing. That means, when grandma gives her grandkid a squeeze, both of their brains release this feel-good neurotransmitter that brings up feelings of love, connection, and bonding. Next time you snuggle up close to your grandchild, consider this act the same as taking a daily dose of emotional medicine.

Grandparents Enable Better Insight Into Parents

Grandparents offer a window into the lives of their grandchildren's parents. There is a natural curiosity about when, where, and how their parents grew up for many kids. What were mom and dad like when they were youngsters? Parents often paint *part* of the picture for their kids, but grandparents remember every detail quite vividly. Grandparents can offer funny anecdotes that parents may not recall about their upbringing. These are worth their weight in gold to kids, as these stories truly humanize their beloved parents. Memories can help a child better understand their parents while connecting with their grandparents over story time.

Grandparents Are Always Ready to Teach a New Skill Set

Grandparents certainly lived at a different time compared to their grandchildren. The skills they may have acquired along the way may be of interest to their grandchildren. Older generations may enjoy teaching skills such as sewing, cooking, baking, and woodworking, passing those arts down to their grandchildren. Kids learn something new, grandparents keep traditions alive, and everyone gets to spend quality time together honing in on new skill sets. Kids can change up the game and try to teach grandma or grandpa something new as well. Grandparents are happy to sit down and take a swing at something the kids find new and cool.

Grandparents Strengthen Bonds

Spending time with grandparents fosters intergenerational family connections. This opens the door for grandparents and grandchildren to learn about maintaining healthy and safe relationships with people who differ greatly in age. Bond with your grandparent by [asking them questions](#) about their lives. Listen to the answers they give you. You might learn that while you have decades between you, you also have much in common. Humans want and need to feel connected and bonded to others. There is no better person to foster a bond with than your grandparent.

Grandparents Teach Kids Unconditional Love

A grandparent knows what unconditional love looks like better than anyone. When it comes to their grandbabies, all they have to do is love them. This is precisely why [grandparenting is the greatest gig on earth](#). Whatever the kids do, grandparents love them regardless. There is not much you can throw at a grandparent that they haven't already seen a time or two.

Grandma and Grandpa Aid in the Childcare Arena

Raising kids is costly, especially when you factor in the average amount of money families spend on childcare each year. Enter grandparents. Having grandma or grandpa watch the kids while you go out into the world and earn a dollar can help families out financially and give grandparents something to dedicate their days to. Even if you try to pay your parents for helping you with the kids, they probably won't take your money anyhow.

Grandkids Are the Ultimate Second Chance

Parenting is one of life's true marathons. Throughout the many decades of raising kids (this job doesn't simply stop when children reach the age of 18), there will undoubtedly be things that grandma and grandpa would go back and change if they could. Good news! They get to do things all over with the grandkids, repaving the child-rearing path as they look at life through refreshed lenses. The universe isn't always great at giving out second chances, but helping to raise grandkids is truly a gift and another shot at the most important job in the world.

Spending Time Together Can Help Grandparents Live Longer

Everyone wants grandma and grandpa to live forever, and it turns out grandkids can actually help their elders reach old age simply by being around. [Studies](#) have shown that those who babysit their grandkids have a 37% lower mortality rate compared to people of the same age who do not have consistent childcare duties assigned to their daily lives. This may be attributed to the fact that older people who care for younger children have a great sense of purpose, remain active (kids are fast!), and spend their days honing in on cognitive function and skill. Plan a date night or drop the kids at your parents' house so you can run errands. You aren't taking advantage of them; you are doing it to extend their life!

The Benefits of Treasuring Time With Grandparents

Time spent with grandma and grandpa is sure to lead to fun, not to mention some pretty incredible mental shifts. Whether they are teaching their grandkids how to cook, encouraging them to be kind individuals, or schooling them in a board game, experiences with them usually leave their grandkids feeling warm and fuzzy.



LEARNING COMMUNITY IN PICTURES



The mangoes will arrive next week!

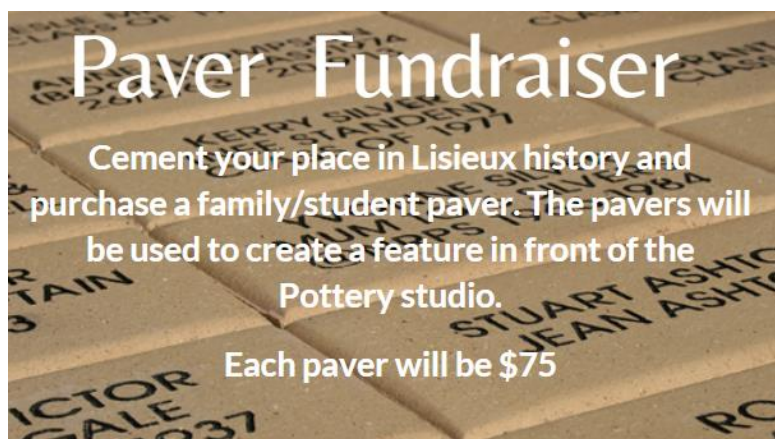
Please keep an eye out for an email from the school and a post on the Lisieux Parents and Carers facebook page to advise when they can be collected.



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 in [School 24](#) before **Monday 4th Dec.**

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](#)



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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CAROLS@IONA

THE COLUMBA CENTRE

6 DEC 23

6-8PM



MUSIC@IONA.VIC.EDU.AU

Join the Iona College musicians for an evening
of Christmas music making
BYO picnic, chairs and blankets
Bookings via Try Booking
FREE EVENT



This event is alcohol, smoking/vaping free & no pets please