

known and loved

ISSUE 6 | 14<sup>th</sup> March 2024  
**SCHOOL CALENDAR**



## FROM THE PRINCIPAL

Dear members of the Lisieux community,

Year 3 and Year 5 students commenced NAPLAN testing this week. This is an annual test for students in Australia, and it provides a snapshot of student proficiency in literacy and numeracy skills. It is one of several different forms of assessment we refer to, but it is important to be aware of what it doesn't assess, as much as what it does assess. We remind our students (and our parents) that NAPLAN data will let us know how our students performed on the day, but it won't tell us everything. NAPLAN will not provide data about our Year 3 and Year 5 students' creativity, or their innovative thinking abilities. It won't shine a light on all of the things that make each student unique and special – such as artistic talent, sporting prowess or character skills like resilience, leadership and teamwork. The people who assess NAPLAN don't get to see how our students engage in Friday Flow, or how they support their friends, or whether our students have a growth mindset. We know our Year 3 and 5 students will do their best on this one test, and we also know it isn't actually possible to test everything that makes our students special.

Our Prep Prayer in Pyjamas on Tuesday evening was a lovely opportunity to share an aspect of our Lisieux faith education with our parents. Students took part very reverently and took home their own cross to decorate and use in family prayers.



### MARCH

Fri 15<sup>th</sup> 2025 Enrolment Tour  
11.30am

Friday Flow Expo  
2pm  
**ALL WELCOME**

Tues 19<sup>th</sup> 2025 Enrolment Tour  
10am

Reconciliation Sacrament  
Celebration  
St Therese Church 5pm

Thur 21<sup>st</sup> Year ½ Excursion

Fri 22<sup>nd</sup> Summer Lightning  
Premiership Year 5/6

Mon 25<sup>th</sup> School Photo Day

2025 Enrolment Tour  
9.30am

Teeth on Wheels visit

Tues 26<sup>th</sup> Lisieux Cross Country

Thur 28<sup>th</sup> Easter Bonnet Parade &  
Coin Trail  
**FINAL DAY OF TERM 1**  
**3.15pm finish time**

### APRIL

Mon 15<sup>th</sup> Students commence  
Term 2

Wed 17<sup>th</sup> Athletics Carnival Year 3-6  
Landy Field

Fri 19<sup>th</sup> Prep- Year 2 Athletics  
Carnival  
Lisieux

Mon 22<sup>nd</sup> Brainstorm Productions  
P-6

Tues 23<sup>rd</sup> Year 5/6 Beach Discovery  
Day

Wed 24<sup>th</sup> Year 4 Beach Discovery  
Day

Thur 25<sup>th</sup> ANZAC DAY  
**NO SCHOOL**

Fri 26<sup>th</sup> School Closure Day

Well done to the students who represented Lisieux in the Bellarine Division Swimming on Tuesday. A special congratulations to Stevie Scholtz (Golden Wattle 2, Year 4) who came second in Division 9/10 year old breaststroke and 3<sup>rd</sup> in 9/10 year old backstroke.



God's blessings for the week ahead and we wish a special blessing for our students who will celebrate the Sacrament of Reconciliation next Tuesday evening,

Susan Ryan

[Susan.ryan@lisieux.catholic.edu.au](mailto:Susan.ryan@lisieux.catholic.edu.au)

Principal



### A Prayer for Unity

In this century and in any century,  
Our deepest hope, our most tender prayer,  
Is that we learn to listen.

May we listen to one another in openness and mercy  
May we listen to plants and animals in wonder and respect  
May We listen to our own hearts in love and forgiveness  
May we listen to God in quietness and awe.

And in this listening,  
Which is boundless in its beauty,  
May we find the wisdom to cooperate  
With a healing spirit, a divine spirit  
Who beckons us into peace and community and creativity.  
We do not ask for a perfect world.  
But we do ask for a better world.  
We ask for deep listening.

This week we also give thanks to God for the safe arrival of some new beautiful baby boys in our community:

Congratulations to Emma and David Romans Van Schaik, and their two daughters Ada and Lily, on the safe arrival of Albie. Emma taught one day per week in Year 1/2 and one day per week in Year 5/6 last year at Lisieux.



Congratulations also to Madeleine and Ben Hutchesson, as well as Sienna (Year 2), Kyla (Prep) on the safe arrival of their precious baby son, Louis.

Congratulations to Celine Baurin and Lionel Legros, as well as sister Ambre (Year 3) on the arrival of their baby boy Luca.

And another congratulations to Sean and Madeleine Fitzell and Mikayla (Year 2) on the safe arrival of another beautiful boy Teddy.

## Reminders for the Sacrament of Reconciliation

When: Tuesday 19th of March at 5pm

Where: St Therese Church, Torquay

Students will be celebrating the *First Rite* of Reconciliation where they will have the opportunity for relaxed one on one confession and absolution with a priest.

- Students are asked to wear neat casual attire.
- Students, together with their families are asked to arrive 10 mins prior to the beginning of their celebration.

### Stoles

Students can wear a stole. Students should have their own Stole from their Baptism.

Information on how to purchase a stole or have a symbol added can be found by visiting Gracious Glyphs at

### **Project Compassion 2024**

Spanning across the six weeks of Lent each year, Project Compassion brings thousands of Australian schools, parishes and supporters together to raise funds for people living in some of the most vulnerable communities across the world.

Each family will be issued a Project Compassion box.

Please keep at home and return on the last day of Term. We will conduct a coin trail and donate the money to Caritas Australia.

## NAZARETH CATHOLIC PARISH

Dear Parents,

We are already halfway through the liturgical Season of Lent.

For us Christians, Lent invites us to set aside some reflective time to remember the love of God that is poured out through the Passion and Death of his Son, Jesus Christ, on the Cross.

I'd like to invite you and your family to join us for a Family Mass to be celebrated on Sunday 17th March -

8.45am at St Therese Church, Torquay,

9.00am at Iona College, Charlemont or

10.30am at Nazareth Church, Grovedale.

We look forward to seeing you there.

Fr Linh Tran

Parish Priest





# STUDENT LEARNING & ACHIEVEMENTS

## SPOTLIGHT ON GREVILLEA 2

Check out what we have been getting up to so far this year.



Teamwork makes the dream work



Our class celebrity is running 10km for charity!



Class crest - Respect, teamwork, kindness, love of learning



Caspar is our comic book king



Learning on Wadawurrung Country



Creating a flag



Outdoor learning in the rain



Chief Photographer Cameron with the selfie



Wild boat challenge in De'Couverte



Willa leading the way



Very engaged in Mr Pace's high quality teaching

# SPOTLIGHT ON GREVILLEA 2



Ollie and Alex on fire with their writing



Esre having way too much fun. Lola and Arley working hard.



Lulu the artist. Peggy showing us how it's done.



Paloma and Judd creating some masterpieces



Lola and Lenny are always kicking goals



Carlton LEGEND Eddie Betts has been teaching us about positive self talk

We've been working hard in Grevillea 2 and building trust with each other. We are setting ourselves up for a great year!





# MEET THE TEACHER



My name is

**Madame Wilson**

I teach

**STEAM**

I live in

**Torquay**

I live in

## about Me

This is my first year at Lisieux and I'm loving teaching STEAM, it is such a fun hands on subject that all students can enjoy.

I am married and have 2 children, we love exploring our local beaches and going camping together.



## FUN FACTS

I grew up in Hong Kong and moved to Australia when I was 14 years old. Before I studied to become a teacher I worked as a florist and a chef.





# NEW TO THE LISIEUX BOOK SHELF

Many of our students enjoy literature circles, where they get to read and analyse books with their peers, and one of our recent literature circle set purchases is "The Land of Roar" by Jenny McLachlan. The first in a new children's fantasy adventure series, full of imagination, humour and heart, "The Land of Roar" is perfect for children aged 8-12. Described as the 'new Narnia for middle grade readers', the book contains magical creatures and adventure. If you love fantasy, this book's for you!







TAKE NOTE

We are thrilled to be hosting well-known psychologist Michael Carr-Gregg as a guest presenter at Lisieux early next term. Please see details below. Tickets are free and will first be offered to Lisieux families, before being offered to families in other Nazareth parish schools. Please get your ticket before the end of term to ensure you don't miss out.

# THE GRANDPARENTING CODE

## WITH DR MICHAEL CARR-GREGG

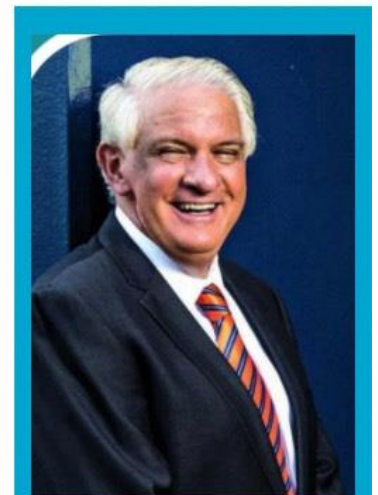
**Join Dr Michael Carr-Gregg as he shares 'The Grandparenting Code'. This presentation explores the special bond, wisdom-sharing and nurturing role of grandparents in the lives of their grandchildren.**

It has been estimated that of the world's 8 billion people, a record-breaking 1.4 billion, or 18 percent, are currently grandparents. In 2018, Australian grandparents clocked up an average of 58 childcare hours per month, worth \$3.94 billion annually.

Grandparents make a significant contribution to Australian families, but many new grandparents can feel deficient and unsupported in their role and are unsure how to approach it.

This talk explores the 20 most important rules for every stage of the grandparenting journey from one of Australia's most respected child and adolescent psychologists. This event is an opportunity to celebrate the special bond between grandparents and grandchildren.

**Please RSVP by clicking the following link <https://www.trybooking.com/CPXRC> to ensure your spot at this event or scan the QR code to access your free ticket.**



Tuesday 30th April, 2024  
7 to 8 pm  
Lisieux Catholic Primary School,  
90 South Beach Road, Torquay.



## Prep 2025

Enrolments for siblings of current students close at the end of this term with enrolment interviews scheduled to take place in the first weeks of Term Two.



*Learning is a journey of discovery*

 **Lisieux**  
CATHOLIC PRIMARY SCHOOL  
TORQUAY

**ENROLMENTS CURRENTLY  
BEING ACCEPTED FOR 2025**

*Come and see our learning community in action...  
Visit our classrooms and hear from our Principal about what we offer.  
We believe you'll be excited by our vision.*

*Group tours currently being offered  
weekly throughout March.*

To Register Phone: 9089 6614      [www.lisieux.catholic.edu.au](http://www.lisieux.catholic.edu.au)



**2024  
SIBLING  
ENROLMENTS  
ARE NOW OPEN**

PLEASE SEND IN YOUR ENROLMENT  
APPLICATION ALONG WITH ALL  
SUPPORTING DOCUMENTS TO  
[brooke.walsh@lisieux.catholic.edu.au](mailto:brooke.walsh@lisieux.catholic.edu.au)

*Please note we are already  
experiencing very high  
enrolments and require all  
siblings enrolments in before  
Term 1 concludes*



## Uniform

New House polos are now in stock. Either the current pale blue polo or the new house polo may be worn on PE uniform days. We ask that all students wear only plain navy or white socks as we are seeing an increase in the wearing of some socks that do not comply with our uniform policy.



## 10 Tips for Parenting Kids

*How to support your child without enabling their anxiety*

Clinical Expert: Grace Berman, LCSW

Many well-meaning parents try to protect anxious kids from their fears, but overprotecting can actually make anxiety worse. Here are pointers for helping kids cope with anxiety without reinforcing it.

### 1. Don't try to eliminate anxiety.

Do try to help a child manage it. The best way to help kids overcome anxiety is to help them learn to tolerate it as well as they can. Over time the anxiety will diminish.

Anxiety can be a useful emotion, notes [Grace Berman, LCSW](#), a licensed clinical social worker at the Child Mind Institute. For example, when we're crossing the street and a car comes speeding toward us, anxiety is what gets us out of the way. For kids with *anxiety disorders*, it can be important to realize the difference between helpful and unhelpful anxiety. "I'll often use the metaphor of an overactive fire alarm — sometimes they go off when there actually isn't a fire," she explains. "Treatment is about recalibrating our anxiety alarms so that we're listening to our anxiety in dangerous situations, and also learning when anxiety *isn't* helpful and ways to manage this."

### 2. Don't avoid things just because they make a child anxious.

Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run.

A lot of caring parents can think that helping children to avoid their fears is helpful, because we see the reduction in anxiety in the short term. But what this does is send the message to kids that they can't handle this situation, that they need to continue to avoid it. "The message we want to send is that this is something we know they're brave enough to handle, even if it feels scary," Berman says.



### 3. Express positive — but realistic — expectations.

Don't promise a child that what they fear won't happen — that you know they won't fail the test — but do express confidence that they'll be able to manage whatever happens.

Anxiety is at its core about a difficulty tolerating uncertainty. “When we promise kids that their fear won't happen, we're giving them a false sense of certainty, which is not only potentially untrue, it also feeds the anxiety,” Berman adds. “Instead, we want to send the message that they can handle the situation, no matter what happens.”

### 4. Respect their feelings, but don't empower them.

Validating feelings doesn't mean agreeing with them. So if a child is terrified about going to the doctor, do listen and be empathetic, but encourage them to feel that they can face their fears.

Berman suggests saying: “I know you feel scared to go to the doctor, AND I know that you can handle this.” This validates their feeling of fear, but also inspires a sense of confidence in their ability to be brave.

### 5. Don't ask leading questions.

Encourage your child to talk about their feelings, but try not to ask leading questions — “Are you anxious about the big test?” Instead, ask open-ended questions: “How are you feeling about the science fair?”

Open-ended questions help kids to reflect on their own emotional experience, which is an important part of managing anxiety. Anxiety often shows up in some specific situations but not others, so it's important to not make assumptions about a child's emotions, but instead let them tap into that understanding and share information about how they feel.

### 6. Don't reinforce the child's fears.

Avoid suggesting, with your tone of voice or body language: “Maybe this *is* something that you should be afraid of.”

Anxious kids often have anxious parents, Berman notes, because there are *genetic* and learned components of anxiety. If you can convey confidence in anxiety-provoking situations, both verbally and nonverbally, this will help your child to feel less anxious.

## 7. Be encouraging.

Let your child know that you appreciate how hard they're working, and remind them that the more they tolerate their anxiety, the more it will diminish.

It can be really challenging for kids to face their fears, and any opportunity to encourage them and acknowledge their hard work will help in this process.

## 8. Try to keep the anticipatory period short.

When we're afraid of something, the hardest time is before we do it. So if a child is nervous about going to a doctor's appointment, don't discuss it until you need to.

You may decide to tell them the night before or the morning of or even a few days before, depending on the child. But the goal is to not give them too much time to ruminate about this, while also not springing the appointment on them. "It can be helpful for kids to feel like they have a little preparation time," Berman adds, "but not too much."

## 9. Think things through with the child.

Sometimes it helps to talk through what would happen if a fear came true — how would they handle it? For some kids, having a plan can reduce the uncertainty in a healthy, effective way.

For example, if you have a child with separation anxiety who is worried about getting separated from you in a store, you can create a plan together ahead of time. You can highlight the low likelihood of getting separated, Berman suggests, and also say something like, "In this store, the employees wear green vests, so if we do get lost, all you have to do is find an adult wearing a green vest and ask them for help finding me." This will help to reduce anxiety and also teach effective problem-solving skills.

## 10. Try to model healthy ways of handling anxiety.

Don't pretend that you don't experience stress and anxiety, but do let kids hear or see you managing it calmly, tolerating it, and feeling good about getting through it.

Kids learn by watching their parents, so any time you model coping well with anxiety is a helpful learning opportunity for them. For example, Berman suggests, if you're on the train and running late and feeling stressed, you could say something like, "I'm feeling worried about making it to our appointment on time, so I'm going to take some slow deep breaths to help me calm down." For older kids you might not narrate in the same way, but still engaging in this effective coping will model healthy ways of handling anxiety.





**EASTER RAFFLE REMINDER**

Only 2 weeks left until the draw !  
Get your tickets into the draw for a chance to win some fabulous prizes by either returning your ticket stubs to the front office or you can purchase your tickets online through the School24 app under events.

<https://www.school24.net.au>

Thank you to all that have already donated Easter goodies for our Easter Raffle hampers. For those that haven't had a chance to donate as yet, please keep those donations coming. The more donations, the more prizes !



**EASTER RAFFLE**

Only 2 weeks left until the draw !

**A huge thank you to Woolworths Torquay North who have very kindly donated a \$200 Easter hamper as our first prize.**

Get your tickets into the draw for a chance to win some fabulous prizes by either returning your ticket stubs to the front office or you can purchase your tickets online through the School24 app under events. <https://www.school24.net.au>

Thank you to all that have already donated Easter goodies for our Easter Raffle fundraiser hampers. For those that haven't had a chance to donate as yet, donations will be taken at the front office up until **Tuesday 26th March**. The more donations, the more prizes !

Our first Fresh Juice Friday is happening next week. If your child/ren would like to enjoy some fresh juice next Friday, please send them along with \$2.





- Thursday Lunch orders: Are to be placed through the Flexischools app by 8.30am on Wednesdays.
- Friday School canteen orders: Are placed through the School24 app by 6pm on Wednesdays.
  - Steps on how to order through School24 are below
  - Please also note these dates as there will be no Friday Canteen
    - Friday 8 March
    - Friday 29 March
    - Friday 26 April
    - Friday 7 June
    - Friday 28 June
    - Friday 20 September


**The last day for the canteen will be on Friday 29 Nov 2024**

**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](http://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



- 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**.

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**Lisieux Catholic Primary School: 25437963**

Congratulations you are now registered!

**Activate your Account**

Go to [www.school24.net.au](http://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)**

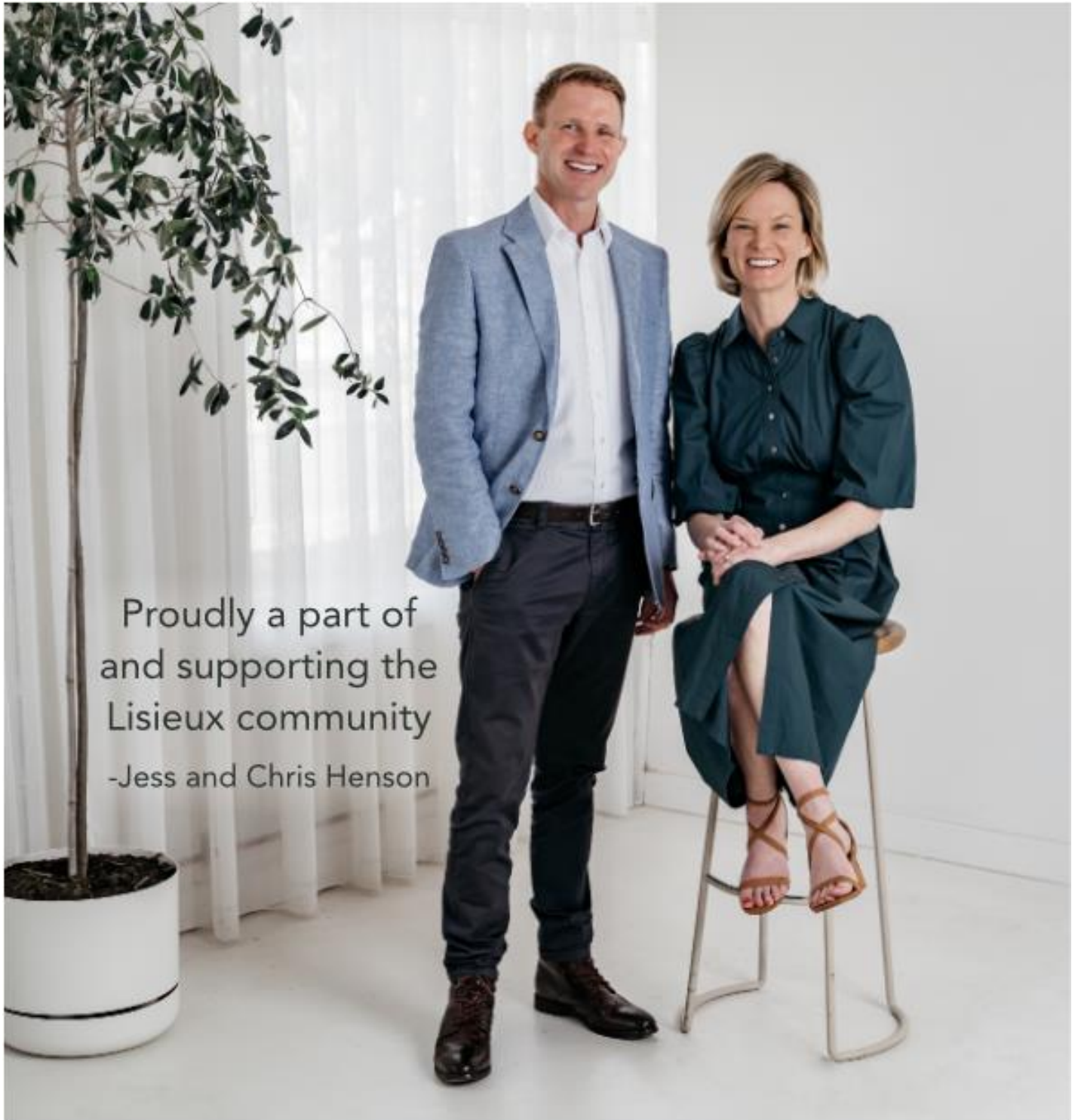
- Top-up your account. You will be taken to a secure page where you can select a top-up amount and enter your card details. Top-up is instant when using visa/master cards. You can pay as you go when purchase an item/product at School24, top up a school24 account is only optional.

**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/>

We are still looking for a P and F Committee Secretary and Treasurer. If you would like any details about these roles or would like to take up one of the positions please contact [lisieuxpandf@gmail.com](mailto:lisieuxpandf@gmail.com) – we'd love to hear from you.



Proudly a part of  
and supporting the  
Lisieux community  
-Jess and Chris Henson

Always happy to talk through any  
real estate questions you might have.

**ONE** AGENCY  
SURF COAST

[chris.h@oneagency.com.au](mailto:chris.h@oneagency.com.au)

[jess.h@oneagency.com.au](mailto:jess.h@oneagency.com.au)

0477 774 271

# EXCITING NEWS

## Teeth on Wheels will be visiting our School!



At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

With the help of the government your child might be eligible for **FREE** dental care.

### Our dental services include:

- ✓ Check-ups
- ✓ Oral Health Education
- ✓ Scale, Clean & Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions



**CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM**



TeethOnWheelsAustralia



#teethonwheels

Phone: (03) 9338 1191

Email: [info@teethonwheels.com.au](mailto:info@teethonwheels.com.au)



Dear Families,

### *Final Reminder*

We have Teeth On Wheels visiting our school for dental check-ups and oral health education starting the 25/03/2024.

**Click the link below to sign your child up - IT MIGHT BE FREE!**

<https://teethonwheels.com.au/consent-forms/consent-eform/>

**CUT OFF DATE FOR COMPLETING YOUR CHILDS FORM IS ON THE 18/03/2024.**

Please complete your form today and the Teeth On Wheels team will be in contact to schedule your child's appointment and notify you if your child's eligible for **FREE** dental care through the Child Dental Benefit Schedule.

Any further questions, please contact the Teeth On Wheels team on (03) 9338 1191.