

known and loved

The Tide

ISSUE 30 | 14th November 2024

SCHOOL CALENDAR

NOVEMBER

Mon 18th Book Fair

Grandparents Day
Grandparents Liturgy lead
by Year 2
9am Multi-Purpose Room

Tues 19th Year ¾ Melbourne
Immigration Museum

Year ½ Geelong Waterfront
excursion

Mon 25th Year 5 Beach Discovery Day

Thur 28th Year 6 Beach Discovery Day

DECEMBER

Mon 2nd Branching Out Week

Tues 10th Moving Up/Transition
Morning

Fri 12th End of Year School Mass
9.30am Multi-Purpose
Room

End of Year awards
assembly 2.15pm
Multi Purpose Room

Mon 16th Year 6 Graduation
Tickets available now
Torquay Bowls Club
6pm

Wed 18th Final Day of 2024
12.30pm finish

FROM THE PRINCIPAL

Dear members of the Lisieux community,

We are excited to announce a new initiative for our Year 4 cohort in 2025. **STRIVE** will be a unique Lisieux program, developed to foster life skills and character strengths aligned to the Science of Wellbeing in students as they transition from the middle to senior years of Primary Education. The goal is to support students in developing a positive approach to themselves and their abilities as contributing members of a community. It is structured to enhance the students' understanding that they are a 'known and loved' member of the Lisieux community who has the capacity to make a difference in the world.

The program will be structured with a specific focus on each of the six target goals, integrating cross-curricular learning experiences, designed to deepen student engagement.

The targets are:

Stewardship: a sense of ownership and care for natural resources, our environment and community.

Teamwork: skill in collaboration, effective communication, conflict resolution and leadership.

Resilience: the importance of perseverance and adaptability as a means to cope with life challenges.

Independence: self-reliance and critical thinking skills.

Volunteering: the value of giving back and making a positive impact through community service and engagement.

Eudaimonia: focus on holistic wellbeing, purpose and meaningful personal growth.

There will be specific Rites of Passages throughout the year:



STRIVE Passport Launch, including smoking ceremony, parent introduction, barbecue



STRIVE service projects, working with local organisations



STRIVE summit, including personal challenges and collaborative activities.



STRIVE journalling, including regular reflection sessions to record experiences and growth.



STRIVE camp



STRIVE workshops on a range of topics including mindfulness, emotional intelligence, creativity.



STRIVE expo and completion ceremony

There will be a zoom information evening on Monday 25th November. An invite will be sent out to the 2025 Yr 4 parents soon.

God's blessings,

James Flint

Acting Principal

James.flint@lisieux.catholic.edu.au



Our heartfelt condolences to the Richmond family—Tim, Samara, Lucy, and Claudia (Year 6 Scentbark One—on the passing of Tim's father, Geoff Richmond. Geoff, a Vietnam War veteran, was deeply loved by many. Our thoughts and prayers are with you during this difficult time.



PRAYER



Lord,

Look with love on grandparents the world over.

Protect them!

They are a source of enrichment
for families and for all of society.

Support them!

As they grow older,
may they continue to be for their families
strong pillars of Gospel faith,
guardian of noble domestic ideals,
living treasuries of sound religious traditions.

Make them teachers of wisdom and courage,
that they may pass on to future generations the fruits
of their mature human and spiritual experience.

Help families and society
to value the presence and roles of grandparents.

Amen



STUDENT LEARNING & ACHIEVEMENTS



Scentbark 1 presentation








https://drive.google.com/file/d/12biHH9E8axm_NTQ08l_U6uC_EPCFPAUR/view?usp=sharing



TAKE NOTE

LUNCH TIME CLUBS AT LISIEUX

Monday	Tuesday	Wednesday	Thursday	Friday
Choir	Paper Planes and Origami	Drawing and Comics	Board Games	Lego Club
				

Friday Flow

Do you have any unwanted felt, beads, or embroidery thread at home? We'd love to put them to good use in one of our Friday Flow workshops! Please bring them into school if you'd like to donate.

Thank you!

LISIEUX WORLD RECORDS DAY – WEDNESDAY, 11TH DECEMBER

Our Year 6 students are excited to announce a special Lisieux Guinness World Records Day on Wednesday, 11th of December! As part of their leadership training and community outreach in our "Branching Out" Program, the Year 6 students have been working hard to organise a day of fun and record-breaking challenges. Assisting them are our Year 5 students, who are taking this as an opportunity to step into their leadership roles for next year. This event is also tied to our Religious Education Program, where students have been learning about social justice and the importance of helping those in need. Funds raised during the day will go to a local organisation dedicated to supporting individuals and families in need within our community.

Throughout the day, each class will attend timetabled sessions to participate in a selection of 10 exciting record-breaking activities.

Some of the fun challenges include:

- Fastest time to assemble a Mr. Potato Head
- Most basketball passes in a pair within 1 minute
- Least time to build a paper cup tower
- And more exciting events to be announced!

Each student can participate in up to 3 activities. Tickets will be sold for \$1 each through class teachers, and students will exchange their tickets at the event.

Let's make this a memorable and impactful way to wrap up the school year, as we come together to support our community.

Thank you for your support, and we look forward to a fantastic day of fun and giving back.



NEW TO THE LISIEUX BOOK SHELF

The Book Fair is coming to *Lisieux* next week! It will be open on Tuesday, Wednesday and Thursday between 3pm - 4pm. It will be located in The Book Garden. Students will be given an opportunity to browse during school hours, and may come home with a 'wish list.' 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 and help us to earn new books for our school!





Wellbeing

As we move into the busy and sometimes stressful months of the school year, it's important to take time to pause, reset, and care for our minds and bodies. One way we can all do this is through mindfulness and brain breaks—two simple but powerful practices that help students (and adults!) stay focused, calm, and energised.

What is Mindfulness?

Mindfulness means being present and fully engaged in the moment. It's about paying attention to how we're feeling, what we're thinking, and what's happening around us. For children, mindfulness activities help them learn to manage their emotions, reduce stress, and improve focus. It's like giving your brain a rest so it can work better!

Why Mindfulness is Important for Kids

- **Improved Focus:** By practicing mindfulness, students can improve their ability to focus on lessons, tasks, and even friendships.
- **Better Emotional Regulation:** Mindfulness teaches children how to recognise and manage big feelings like frustration, anxiety, or excitement, leading to more positive interactions with others.
- **Increased Relaxation:** A few moments of mindful breathing or quiet reflection can reduce feelings of stress or overwhelm, helping students feel calm and centered.

Simple Mindfulness Practices for Kids

At school, we incorporate mindfulness into daily routines. Here are a few simple activities you can try at home:

1. **Mindful Breathing:** Sit quietly for a few minutes and focus on your breath. Inhale deeply through your nose for four counts, hold for four, and exhale slowly for four counts. Repeat 5-10 times.
2. **Listening to Sounds:** Close your eyes and listen carefully to the sounds around you. Try to identify as many different sounds as you can, whether it's birds outside, a clock ticking, or even your own breathing.
3. **Gratitude Moments:** Take a moment each day to reflect on one thing you're thankful for. This practice can help shift focus to the positive and encourage a mindset of appreciation.

Brain Breaks: Energise and Refocus!

In addition to mindfulness, brain breaks are an essential part of our school day. These short, physical breaks give children a chance to stretch, move, and refresh their minds. Studies show that when students take breaks, they are better able to concentrate, solve problems, and retain information.

Why Brain Breaks Are Important

- **Boosts Attention and Focus:** After a quick physical activity or change of pace, students return to their work feeling more alert and ready to focus.
- **Reduces Stress:** Physical movement helps to release built-up tension and stress, improving both mood and energy levels.
- **Supports Brain Health:** Movement increases blood flow to the brain, supporting cognitive function and helping students learn better.

Fun Brain Break Ideas

Here are some fun brain breaks that can be done in the classroom or at home:

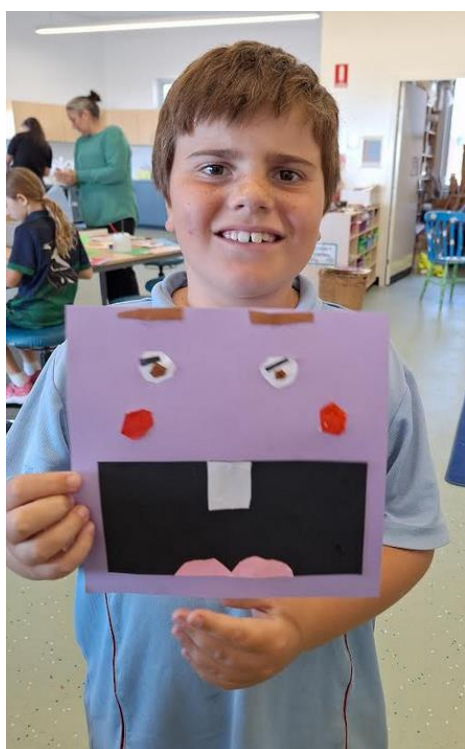
- **Stretching and Reaching:** Stand up and reach for the sky. Try to touch your toes. Stretch your arms out wide like a starfish.
- **Dance Party:** Put on a favourite song and have a short, energetic dance session. Just a few minutes of dancing can lift everyone's spirits!
- **Animal Movements:** Pretend to be different animals—hopping like a frog, slithering like a snake, or flying like a bird. It's a fun way to get moving!
- **Mindful Minute:** Sit still and close your eyes. Take one minute to breathe slowly and quietly, focusing on the rise and fall of your breath.

Bringing Mindfulness and Brain Breaks Home

We encourage you to incorporate mindfulness and brain breaks into your family routines, especially on busy or stressful days. Whether it's through a mindful walk after school or a dance party in the living room, these activities can help everyone recharge and reset.

At school, we'll continue to weave mindfulness practices and brain breaks into our lessons to help students stay balanced, focused, and happy. Together, we can support our children's well-being both in and outside the classroom.







Thank you to those who have registered to help out at the canteen. Please see the updated table below, too see where we still need a placed filled. If you are a volunteer at the school, you do need the WWC to comply with the schools Child Safety Policy <https://service.vic.gov.au/services/working-with-children>. Please register your availability through the School24 app – under the volunteer section.

WEEK / DATE	YEAR LEVEL TO VOLUNTEER (at least 2 people)
7 – 22/11 – Fresh Juice Friday	We're good 😊
7 – 22/11 – Canteen	Prep – we need 1 more
8 – 29/11	Year 5 and Year 6 – We're good 😊

Last day of canteen will be on Friday 29 Nov

Newsletter advertising

If you or anyone you know would like to place an ad in our newsletter please see the below information.

Small: A6 148 x105mm

Medium: A5 148 x 210mm

Large: A4 297 x 210mm

NEWSLETTER ADVERTISING!

Do you have or know of a local business that would like to advertise to our school community?

Our newsletter gets over 1,000 views each week!

SMALL AD	MEDIUM AD	LARGE AD
One Off: \$20	One Off: \$40	One Off: \$80
One Month: \$50	One Month: \$100	One Month: \$200
One Term: \$100	One Term: \$200	One Term: \$400

OR you might like to have a Special Offer e.g. "Quote 'Lisieux' when booking a job and we'll give \$50 back to the school." Or "For every Lisieux Family Meal Deal ordered we will give \$10 back to the school."

OR you might be interested in sponsoring one of our bigger projects and have your business name and logo on it! Bigger projects get FREE Newsletter Advertising.

For Advertising Enquiries please contact Lisieux Parents and Friends Committee at: lisieupandf@gmail.com

School Canteen and Lunch Orders:

- 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

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



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.



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