

FROM THE PRINCIPAL

Dear members of the Lisieux community,

“We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, each of which there is no duplicate. The world is all gates, all opportunities.”

Ralph Waldo Emerson

I have started my holiday reading already! The first book in my ‘must-read’ pile is “9 ways to a resilient child” by Dr Justin Coulson. It raises an interesting question: why does one child seem capable of thriving while others crumble at the first hint of adversity? In a nutshell, resilience is about our ability to ‘bounce back’ from challenges. Justin argues against some commonly held beliefs or myths about resilience. He argues that resilience can be taught and refers to the cultivation of an attitude of grit and a growth mindset. There are many books on this topic but Justin’s book is an easy-read with some practical advice. My view is that when school and home work in partnership around such goals, wonderful things are possible. With the holidays here, I have included an article by Maggie Dent in this edition of *The Tide* which encourages outdoor play and risk-taking. These ideas tie in well with the key points of Justin’s book.

As we prepare for the celebration of Easter, many families are looking ahead to the observance of their own rituals and traditions. These events, whether they be family camping trips, egg decorating or Easter egg hunts, attendance at mass together or eating Hot cross buns, hold very special meaning for us and help us to celebrate ‘who we are’. Rituals create a sense of belonging for families; through ritual we build community and express emotion, build unity and create memories. The family table is a perfect place for the celebration of ritual at Easter – the table setting, the food lovingly prepared, a prayer of thanksgiving. As you share your own unique rituals together this year, know that the traditions you celebrate are like the glue that binds families and that they are likely to become treasured memories.

ISSUE 7 | 15 MARCH 2018

SCHOOL CALENDAR

MARCH

- 29th Project Compassion
Challenge and Easter
Bonnet Parade – 9:00 am

Holy Week Liturgy - 2:30pm
Families welcome

Last Day Term 1
3:15pm dismissal

APRIL

- 16th Term 2 commences
(Winter Uniform)

26th First Parents and Friends
meeting – all welcome
7:00pm

MAY

- 3rd Whole school full day
excursion – Werribee Zoo
(More details to follow)



FROM THE PRINCIPAL

I wish all Lisieux families a joyous Easter season and restful holiday break. A reminder that I will not be present for the first week and 2 days of Term Two. We have had a slight change of plan due to illness currently experienced by Louise Anderson from Clairvaux, who was going to join our community temporarily. Instead, James Flint from St Francis Xavier in Corio will be with Lisieux for the first 7 days of Term Two, in the role of Acting Principal, and I look forward to returning from The Green School in Indonesia and sharing some detail of my immersion with our community.

God's blessings for the holiday break,

Susan Ryan
Principal
Susan.ryan@lisieux.catholic.edu.au

GOD MOMENT : MARCH

We are looking forward to our Caritas Project Compassion Coin Challenge today. Two remarkable acts of generosity are worth mentioning as God moments in relation to this: One of our Carmel D students emptied his own money box to contribute to this worthy cause and in another act of wonderful compassion and generosity, a student in Carmel M decided to sell his train set on Gumtree to raise \$50, which will translate to a goat for a family in need. What beautiful Easter stories!

PRAYER for EASTER

God of Easter and new life,

We thank you
that Easter is not about a people,
but all people;
that your love is for all.

The season of Easter signals a new beginning-
Of nature, of new life, of friendship, peace and giving.
The spirit of Easter is about hope, love and joyful living.
Guide us to live as new people, with strength and open hearts.
Amen.

Why won't my kids play outside?



It must be annoying for many parents today who hear stories from older folk like me about how we played outdoors for hours on end leaving our parents to get on with things in peace and quiet.

I know for me it was seriously magical having a quiet house when the Dent lads were playing outside, especially on the bush block next door. I frequently brought them snacks too, so they had no need to come inside!

But what do we do when children don't want to play outside? Some kids just seem to prefer making a mess inside (or staring at devices) rather than exploring the great outdoors.

One desperate mum who messaged me this week said she had all the things that should be exciting for her kids outside, like a cubby, sandpit, swing and trampoline but still they're driving her spare inside the house.

It used to be easy for our parents to just 'kick us out' to play because we were in the habit of playing outside. We are all creatures of habit and our kids are no different. The habitual way of living gets entrenched (although kids seem to resist healthy habits around eating, cleaning teeth and going to bed).

If playing inside has been a frequent occurrence in your house, it becomes like the social norm of your family. Changing social norms can happen however it takes some time and effort.

I would suggest first, come clean as parents and have [a family meeting](#) expressing your concerns that the kids have too much time inside, which is seeing the house as a playground.

Mention that it's healthy for them to play outside in the fresh air (I would avoid mentioning the risks of obesity, poor self-regulation and developmental delays that come with too much time on screens, or being sedentary – heck they are just kids.)

Then I'd ask for suggestions on how to 'spark' up the outside play possibilities. Some creative kids will come up [with great ideas](#) while others may just roll their eyes.

When change happens too much too quickly it's normal for everyone to push back. So start in small ways – maybe as a family have a picnic or high tea outside and also invite extra kids over to double the fun.

Given your kids may be used to being around you inside, they may need your presence outside, while they are in transition. Maybe do some weeding, hang out washing, peel the potatoes for dinner or have your cuppa while somewhere nearby.

The first foray needs to be something really attention-grabbing, almost guaranteed to be a winner – so think really engaging, messy, noisy or silly.

Depending on age it could be a version of going on a 'bear hunt', a treasure hunt, a slip'n slide, a water balloon fight, or having loads of soft balls around, set up a shop or any real experience where they pretend to be grownups.

Essentially you need to create an attention-seeking experience that trumps being inside, as kids are wired to create play opportunities that make the neurotransmitters dopamine and endorphins.

When they have equipment that is already built like cubbies or forts, they are unable to move them around and sometimes this can stifle their creativity and enjoyment.

Having freedom to move, play and create are the real secrets to engaging play anywhere.

Start thinking along the line of ['loose parts' play theory](#), which might involve bringing old tyres, ropes, bamboo sticks, old sheets, river rocks, lengths of poly pipe, bits of wood or any number of treasures into the back yard ... trust me this will magically draw children outside.

Old sinks make easy mud kitchens, planks of wood become construction sites and getting piles of sand or dry mud can also be just too enticing. Building tee pees and creating race tracks or jumps for bikes can also lure children, even older kids, outdoors – with great love.

Cardboard boxes can be amazingly successful as they can become almost anything. Making a city can take weeks and can have your kids wanting to bring friends and family over to admire their amazing work.

My boys had a large fridge box once and I heard them chatting as they went to sleep: 'I wonder what she will be tomorrow?' The box had already been a dungeon, a rocket and a pirate ship.

Another suggestion is to ask your kids to make something from scratch after showing them how to use tools safely. I heard of two brothers who built a boat that took months and gave their mum hours of peaceful joy.

Another family with girls built their own stage to run shows and it was a huge hit and an ongoing success. They even hosted a movie night under the stars.

Essentially to get your kids outside you need to progressively 'nudge' them with love and enthusiasm. As they break the habit of indoor play, they'll start to embrace the outdoors.

Give it a go as it is seriously worth the effort to enjoy that hot cuppa and a Tim Tam in peace.

BUILDING PROGRESS

- Road works continue in South Beach Road but we anticipate our permanent access will be finished by the beginning of Term 2 or soon thereafter;
- We have seen significant progress on the second storey of our new building as well as internal framework. We should see the installation of the roof very soon.
- Lisieux families can expect a letter from Catholic Education Melbourne early in Term 2, explaining the background to building delays and a more detailed update on progress.



HOLY WEEK/EASTER 2018



LENTEN RECONCILIATION - TUESDAY 20 MARCH

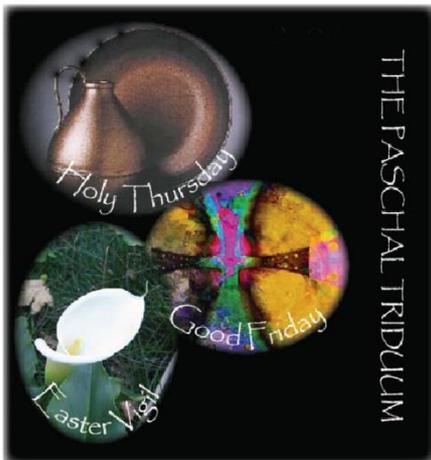
7:30 pm – St Therese Church, Torquay

PALM (PASSION) SUNDAY

Saturday 24 March 6:00 pm **Vigil Mass** - St Christopher's Church, Anglesea

Sunday 25 March 8:45 am **Mass** - St Therese Church, Torquay
10:30 am **Mass** - Nazareth Church, Grovedale

THE SACRED PASCHAL TRIDUUM



HOLY THURSDAY - 29 MARCH

7:30 pm **Mass of the Lord's Supper** - St Therese Church, Torquay

GOOD FRIDAY - 30 MARCH

3:00 pm **Celebration of the Lord's Passion** - St Therese Church, Torquay

HOLY SATURDAY - 31 MARCH

8:00 pm **The Easter Vigil Mass** - St Therese Church, Torquay

NO VIGIL MASS AT ST CHRISTOPHER'S CHURCH, ANGLESEA

Please note that there will be Stations of the Cross held at Nazareth Church, Grovedale at 10:00 am on Friday 30 March.

EASTER SUNDAY - 1 APRIL

8:45 am **Mass** - St Therese Church, Torquay

10:30 am **Mass** - St Christopher's Church, Anglesea

10:30 am **Mass** - Nazareth Church, Grovedale

Surf Coast Local League

Registrations are now open for the Surf Coast Winter 2018 Season.

Visit: [Surf Coast Basketball Association - Sports TG](#) for conditions of entry and team registration forms.

Men's, Women's, Girl's and Boy's competitions available

Winter Season begins 23rd April 2018.

Team registrations close [Friday 30th March](#)



SURF COAST OUTDOOR ADVENTURE KIDS

an outdoor school holiday day camp

A DIFFERENT ADVENTURE EVERYDAY!
from mud pits to bikes, twitching to tightropes,
canoeing to cubbies



An outdoor school holiday Day Camp offered over two weeks...
Come for A DAY or TWO, or come for a WEEK!

Who: 6 to 12 year olds **When:** 9am-3pm / 5pm

Week 1: Wednesday 4th April & Thursday 5th April

Week 2: Monday 9th April to Friday 13th April

Where: YMCA Anglesea Recreation Camp

Cost: \$70 short day / \$90 long day - Snacks provided

Book via Eventbrite
Call us (03)52631512
Email: kidsgobush@ymca.org.au
Find us on Facebook @kidsgobush



Torquay Netball Club are continuing the NetSetGo program again for term 2! If your daughter or son is interested in learning how to play netball in a fun and interactive way, this is the perfect opportunity for them!

Session times are:

5-7 year olds from 4.00-4.45pm Tuesdays

8-10 year olds from 4.45-5.30pm Tuesdays starting as of the 17th of April.

There will be a limit on numbers, so please enrol ASAP so you don't miss out!

The sessions are indoor at the Surfcoast Sport and Recreation centre, Beach Rd, Torquay.

Enrolment will be via online registration on the NetSetGo website.

For any questions or concerns, feel free to contact 0477112611.

