

FROM THE PRINCIPAL

Dear members of the Lisieux community,

We have reached the end of a full and rich term of learning- well done everyone! Tomorrow is our **Footy Colours & Sausage Sizzle day** and we will conclude the term at the normal time of 3:15pm.

All students enjoyed a local excursion to Woolworths, North Torquay, on Tuesday where they saw how produce was stored and presented. They enjoyed especially the taste testing experience! As always, we were proud of our students for the way they represented our learning community.

I am pleased to confirm the following **staff arrangements for 2019**:

Carmel Prep classes:

- Mr Gerard Douglas (formerly St Therese CPS, Torquay)
- Miss Brianna McGenniken (ACU graduate)
- Mr Ron Dando

Please note that our Prep 2019 classes will work from The Carmel Centre as their main base. We have made this decision as this space provides an ideal welcoming and home-like environment and we plan to further enhance the Reggio Emilia influence within this setting. We anticipate that this will provide an ideal transition environment for our youngest students.

Year 1: Mrs Holly Moody (Monday-Thursday) & Mrs Zoe Vagg (Friday)

Year 2: Miss Georgia Hutchins

Year 3 / 4: Mr Matt Curry (formerly St Anthony's CPS, Lara) who will also teach Mind & Body throughout the school & Miss Brienca Dries (formerly St Joseph's Childers, Queensland) who will also provide additional learning / boost support throughout the school when not teaching Year 3/4.

Year 5 / 6: Mr James Flint (also Deputy Principal) & Ms Tess Righetti (current 100 Languages Teacher, who will continue in this capacity also).

Miss Jessie MacKinnon: (ACU graduate) Part time Library Teacher / Support Teacher, replacing teachers for planning.

Mrs Zoe Vagg will also continue as teacher of The Growth Project.

Mrs Angella Clifford will continue as our Learning Support Officer.

I know you will join me in welcoming this exceptional team of educators to Lisieux.

ISSUE 29 | 20 September 2018

SCHOOL CALENDAR

SEPTEMBER

- Fri 21st** **Footy Colours Day –**
Wear footy colours
Sausage Sizzle - \$5
(REACH Vietnam)
End of Term - 3:15pm

OCTOBER

- Mon 8th** **Term 4 commences**
(Summer Uniform)
- Tues 16th** **Learning Conferences**
3:00 – 8:00
(Please note change of date)
- Thur 18th** **Brave Hearts -**
Personal safety
presentation
- Fri 19th** **Feast of St Therese**
Mission Day –
Lisieux students to
attend St Therese CS
mission fete activities



Focus of the fortnight:
FAIRNESS

FROM THE PRINCIPAL

We have two **Orientation sessions** planned for Prep 2019 students: Wednesday 21 November from 9:15am-10:30am and Tuesday 11 December from 9:15-11:15am. Both sessions will be held in The Carmel Centre for our new Prep children. During the second session, all 2019 P-6 students will be invited to work in their home room spaces and with their class teachers for 2019. More details will be shared next term.

God's blessings for the school holiday period. Stay safe and have a re-energising break,

Susan Ryan

Principal

Susan.ryan@lisieux.catholic.edu.au

PRAYER

A prayer for the end of term

God of love and blessing,
As we come to the end of a wonderful term,
support us to leave behind any regrets, entrust the past to your
mercy and the present to your love.
May the holiday break provide a time of rest and recreation for
us,
restore our spirits and give us time to appreciate the value of
our families,
on whom we ask your blessing. Amen.



REMINDERS and UPDATES

Please ensure that all students are in full Summer uniform for the commencement of Term 4. Correct school shoes must also be worn: the requirement is black leather shoes (not runners) and correct socks (navy or white) are also required. Some students do not currently have an art smock at school which may limit their involvement in art activities- please ensure that your child has a named art smock at school at all times.

A Lisieux rugby top has been approved as an optional PE uniform item. It will be available for purchase from mid-term. Other uniform options are currently being considered - more details to follow.

Items to collect over the holidays if possible: plastic bottle tops; wool/yarn; knitting needles; glass jars with lids; plastic bottles (any size) with their lids on.

Thank you for your ongoing support with collection of these materials



An article by Sandy Kreps from Green Child. Want happier, calmer kids? Simplify their world.

If the schedules and screens are making you feel like you're losing track of or losing touch with your child, it's time to **simplify**.

The benefits of simplifying your child's world are many. And it can make your life more fulfilling, too. Children flourish when they have the time and space to explore their world without the constraints of "too much."



"Too much" is overwhelming and stressful, whether it's too much stuff, too much information, too many activities, too many choices, or too much speed – always hurrying from one task to the next, never a moment to relax or play. Having and doing too much can overwhelm a kid and lead to unnecessary stress at home and in the classroom.

Simplifying a child's routine and cutting down on their information and activity overload, as well as excessive toy and clutter piles, could help overstimulated kids become less argumentative and disruptive.

When you simplify a child's world, you make space for positive growth, creativity and relaxation.

"Many of today's behavioral issues come from children having too much stuff and living a life that is too fast," says Kim John Payne, author of *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier and More Secure Kids*.

Payne says that many American kids are experiencing sensory overload with "too many trinkets, too many choices and too much information." By approaching parenting using simplicity as a framework, parents may be able to significantly reduce a child's daily stress, which can lead to happier, more successful children.

"Children need time to become themselves—through play and social interaction. If you overwhelm a child with stuff—with choices and pseudochoices—before they are ready, they will only know one emotional gesture: More!"

The easiest way to get started is with your home environment. "As you decrease the quantity of your child's toys and clutter, you increase their attention and their capacity for deep play. Too much stuff leads to too little time and too little depth in the way kids see and explore their worlds," says Payne.

Clear Some of the Clutter

When clearing out toys, focus on keeping a mix of toys that your kids consistently enjoy and that keep them entertained for long periods of time. Often, kids' favorite toys are simple, classic toys without lots of bells and whistles – stuffed animals, dolls, building toys such as Legos, trains and cars, dress-up clothes, and arts and crafts materials.

Whittle down books to a handful of favorites that can be savored, and remove the rest to create a "library" to find new reads one or two at a time. Add in some fabric, string or pillows for creating forts and playhouses, then give your child some time to adjust and create his own play world from this simple selection of toys.



Make Downtime a Priority

Along the same lines, simplifying your family's schedule can reduce the frantic feeling of always being on the go. Kids with a full plate of school work, extracurricular activities or sports each day may feel stressed and chaotic since they're lacking the free time children need for [creative play and exploration](#). And when you [set effective screen time limits](#), you'll keep your child distraction-free and help her learn to find joy in the present moment.

"Rest nurtures creativity, which nurtures activity. Activity nurtures rest, which sustains creativity," Payne explains in [Simplicity Parenting](#). "Each draws from and contributes to the other."

As a parent "taxi," you probably aren't feeling all that relaxed either. Cutting back to just one or two of your child's favorite activities can give them the freedom not only to have that time to play and explore, but also the time to actually practice and focus on the activities they do choose to partake in.

[Reducing the physical clutter](#), setting predictable rhythms and streamlining activities has benefits for parents too. "As parents, we also define ourselves by what we bring our attention and presence to. This is easy to forget when daily life feels more like triage," says Payne. By simplifying, we can concentrate on what we really value, not just spend our days reacting to everything the world throws at us. [Having fewer toys benefits](#) a child's imagination and sense of calm.

Simplification is an ongoing process, not something that can be completed in an afternoon or weekend. It takes time to reduce possessions, change habits, and develop new rhythms. It's not easy to change directions when your whole family is moving at the speed of light and the chaos always feels like it's creeping in. Begin slowly, with small changes and an eye toward what you want your family life to look like.

Lighten Up

"In the tapestry of childhood, what stands out is not the splashy trips to Disneyland but the common threads that run throughout and repeat: the family dinners, nature walks, reading together at bedtime, Saturday morning pancakes."

With simplification we can bring an infusion of inspiration to our daily lives; set a tone that honors our families' needs before the world's demands. Allow our hopes for our children to outweigh our fears. Realign our lives with our dreams for our family, and our hopes for what childhood could and should be.

What better reminder do we have than our kids of our own best selves, our less stressed and more carefree selves?

In their silliness we see the echo of the way we used to be: when we were kids, yes, but also before we had kids, or even two weeks ago, before all of the stress of these year-end corporate meetings. Their joy, their infectious enthusiasm, their sense of "mission" as the poor dog is dressed in boxer shorts, cannot help but cajole you, and beckon you, to lighten up.

To simplify is to find a place of balance as you move away from "too much." Only with less can children figure out what they truly like and want.

Lisieux on Tour....

Our Parents and Staff Winery tour is quickly approaching on



Saturday 17th November!
Tickets are now available from
Fiona at the office and are
\$65 each.



Payment via cash or Direct debit;
BSB 083-347 Account 33975 7598

Reference – Name

This includes return bus from Torquay and lunch at one of Bellarine's best wineries (gluten free, vegan and vegetarian options available).

Drinks and tastings will be at cellar door prices.

Looking forward to a fun day celebrating an amazing year with Parents and Staff!! Get in quick....

-Parents & Friends Committee

Lisieux Catholic Primary School Supatramp Geelong FUNdraiser



Date: Thursday 27th September 2018

Time: 10am-12pm

Address: [174 Torquay Road, Grovedale](#)

Cost: \$25 per person for two hours of jumping and climbing fun, including grip socks.
\$10 option available for children 5 years and under.

Payment: On arrival

*Please bring a drink bottle and wear appropriate footwear (eg. sneakers)
for the Clip 'n Climb
Cafe available

Dear Lisieux Parents and Friends,
St Therese Catholic Primary School
Warmly invites you to join us for a fun night of
Music Trivia!
Put together a Lisieux table or mingle with our
friendly parents!
Book the babysitters and get ready for a huge night of
music trivia, live music and a disco!
Saturday 20th October 2018

Tables will seat 10 people.
If you wish to be seated with friends, we recommend you
nominate one person to e-mail the names of your group to
sttheresepandf@gmail.com
Groups can be any number from 1 person up to 10 people.

We can only allocate places to ticket holders whose names
match the Trybooking site.

Early Bird tickets \$30 each until 30th September
(then tix \$35 until bookings close 10th October)

Ticket includes;
Welcome drink,
Drinks at bar prices,
Late supper
Wave Rider Shuttle home
Prizes
Special Guest Performances
Live Music
Disco till late
Raffle
Dress to dance.
BYO share plate for your table
No BYO alcohol



NetSetGo Term 4

Term 4 NetSetGo registration is now open!

\$100 for the term (10 weeks)–9th of October to the 11th of December. Held at Surf-world Recreation Centre Torquay 4pm until 5pm every Tuesday evening.

The players will learn the basics of netball, including throwing, catching, dodging, leading etc. as well as participating in variations of netball.

New players will be required to pay Victoria Netball Registration (VNA) as well.

Please register at <https://netsetgo.asn.au>

Great fun, book your spot today!

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