

FROM THE PRINCIPAL

Dear members of the Lisieux community,

This weekend the season of **Advent** commences, the end of the Church's liturgical year, a time when we are called to reflect on our lives and to live as people of peace and love in the world.

We have a busy calendar at Lisieux right now and I take this opportunity to draw your attention to some **special events**. I hope you can join us at some or all of these events over the coming days:

- **ART SHOW- Gala launch** tomorrow night (**Friday 30 November 6-8pm**) in our new building (not quite finished but very, very close and a great opportunity to have a look). We will have live music, a champagne bar (\$5 champagne or stubby of beer) and nibbles, silent auction of the most amazing designer chairs + student art work. The Art Show continues on **Saturday and Sunday 2-4pm** with the last successful bids of the silent auction being the lucky owners of art works as the Art Show closes. Gold coin entry.
- **SAUSAGE SIZZLE AT BUNNINGS** on Saturday. Thanks to all those who have signed up to help out. We still need some helpers in one or two of the time slots. Please call Fiona Thompson if you can assist. Get down to Bunnings before the Art Show on Saturday afternoon!
- **APPRECIATION SUPPER** on Wednesday 5 December 7pm. This is our opportunity to say thank you to all our parents, grandparents and community member volunteers who have supported us in any way throughout our first year. Drinks and nibbles supplied for our generous helpers. For catering purposes, please RSVP to fiona.thompson@lisieux.catholic.edu.au if you can come along. We would love to see you there.
- **Christmas Nativity Play and Carols** followed by BYO picnic at school. If possible we would like all children to be in attendance for the play and carols commencing at 5:30pm. Children are encouraged to dress as angels or shepherds unless other specific directions are provided for those children with a particular role in the play. Please put all these dates in your diary now. We have less than 3 weeks until the end of term and we'd love to have your full involvement.

God's blessings for the week ahead,
Susan Ryan
Principal
Susan.ryan@lisieux.catholic.edu.au

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SCHOOL CALENDAR

NOVEMBER

Fri 30th – Sun 2nd (Dec)
Lisieux Art Show

DECEMBER

Sat 1 st	P&F Sausage Sizzle Bunnings Torquay
Wed 5 th	Appreciation Super for parent helpers 7pm-9pm
Tue 11 th	Transition Day P-6 Students
Fri 14 th	Camp Quality Puppet Show Christmas Nativity Play and Carols 5:30pm
Wed 19 th	Term 4 2018 School Year Concludes at 1:00pm



Focus of the fortnight
FORGIVENESS

PRAYER

Week 1 of Advent: Hope

Dear Jesus, you are the hope in our messy world. This Advent, help us slow down, listen to your voice, and focus on what's really important. We place our hope in you as we prepare our hearts to celebrate your birth on Christmas. Amen.



WELLBEING

How to Teach a Child Forgiveness By Jamie Perillo, LPC

Children are often asked to forgive: forgive his sibling for taking their toy; forgive Johnny for pulling her hair at recess; forgive Mom for being late.

When you ask your child to forgive — to say “okay” when someone has said they are “sorry” — does your child really understand what that means? Did they let go of the issue or are they repeating what you are telling them to say?

It is important for children to understand compassion, loving-kindness, and forgiveness. Teaching your child to forgive is an essential life tool that will make navigating [childhood](#) and adolescence easier. Holding on to anger and resentment is a recipe for [anxiety](#) and [depression](#) for children and adults. The earlier forgiveness is taught, the earlier you can prevent children from taking on the victim role. That in turn helps prevent anxiety and depression.

So how do you teach forgiveness?

7 Ideas on Teaching Children Forgiveness

While there's no sure-fire way to teach your child forgiveness, some of these ideas may help get you started.

1. Forgiving is not forgetting.

Children — and many adults hesitate to forgive because they believe it means condoning the other person's behaviors. There is also a misperception that forgiving means forgetting, which might bring on fear it will happen again. In reality, to forgive is to say, “I did not like or appreciate your words or actions, but I am willing to let it go because it does not help me to hold onto these feelings.”

2. In order to forgive sometimes we need to look beyond the action and explore the person.

For example, if your child is upset Susie called him or her a name during recess, help your child explore what was happening. Maybe Susie was on the outskirts of the hop-scotch game and wanted to play. Maybe she felt bad she was not invited to play or was jealous of those who were. Helping your child understand a possible trigger for the person's actions encourages compassion and forgiveness.

3. Before asking your child to let go, forgive, or excuse a behavior, it is first important to identify the feeling your child is experiencing.

Is he or she angry, embarrassed, or disappointed? He or she needs to understand how the incident made him or her feel before he or she can forgive.

4. State the feeling before offering forgiveness.

Instead of asking your child to immediately accept their sibling's "I'm sorry," have them state how they feel. For example, "Jenny, I am angry you borrowed my shirt without asking. Please ask me before taking my things next time. I forgive you."

5. Once the feelings are understood, visualization can help your child let go of any harbored feelings.

Hand your child a pretend balloon. Ask him or her to think about the feelings he or she stated — anger, sadness, embarrassment. Then ask him or her to blow all of those feelings into the pretend balloon. Tell him or her that the balloon is tied to him or her by an imaginary string. When he or she is ready to let go of the feelings, hand over pretend scissors to cut the string and release the feelings. Help your child imagine the balloon sailing high into the sky. When ready, imagine that the balloon gently pops, spreading a dusting of love and compassion to both parties. Remind your child it might take more than once and they can practice the visualization as much as they would like.

6. Write a letter.

This is a helpful exercise, particularly for teens. Practice writing a letter stating what caused the upset and how he or she feels about it. Then have your child write a compassion statement or one of forgiveness to the offender and to him- or herself. End the exercise by having him or her rip the letter up into the garbage, signifying the release of forgiveness.

7. Be the example.

Show your child how you forgive others.

It is important for children to understand that learning to let go may take time. The important lesson is to keep trying, making efforts, understanding forgiveness and loving kindness. Anger plus anger only equals more anger. Compassion and love are what heals.



Meal train and Christmas hamper for the Judd family

The Judd family have recently received some positive news about Estella's progress but they still have some challenging months ahead. Dates have been added to the meal train for the week commencing December 10th, 2018. If you are able to provide a meal it would be greatly appreciated. Additionally, Fiona is collecting items for a Christmas hamper for the family. Items can be purchased or home baked. Think of things they might be able to use/enjoy at home or at the hospital. Eg. If you do some baking a small container of goods would be appreciated. Last items will be collected on Monday 17th December. Any perishable items donated sooner can be passed on to the family earlier. Thank-you for any contributions you can offer to help give the family some Christmas cheer amidst the challenges they are facing. We hope that they are able to spend many days at home together over the Christmas period, rather than in hospital.

<https://www.mealtrain.com/trains/20q828>

Renee Ouroumis, on behalf of the Parents and Friends Committee.

Lisieux Community, one of our new families is moving from Anglesea to Torquay for 2019 and need to find a rental while their house is being built. Ideally they are looking at any time from January onwards, until August (Sept worst case).

They are a family of 2 professional adults and 2 children (ages 12 & 10) and are happy to care for the garden & pet sit. They have a very quiet & well behaved dog.
The family are happy pay rent & provide references.

Please contact Jeff: 0425 850 869



Lisieux CPS welcomes the community to view
our new building facility and share in our 2018 Art Show.



Gala Launch

Friday 30 November: 6-8pm.
Entry via gold coin donation.
Champagne bar. Live music.



Art Show

Saturday 1-Sunday 2
December: 2-4pm.
Entry via gold coin donation.



Silent Auction

During the Art Show there
will be a Silent auction of
art works and designer chairs.

90 South Beach Road, Torquay Ph: 9089 6614

www.lisieux.catholic.edu.au  

SIGN UP SHEET: ARTS SHOW

FRIDAY 30 NOV-

SUNDAY 2 DECEMBER: LISIEUX

Friday November 30 6pm-8pm	Door welcome, collection of gold coin entry
	LEAH BYRNE
	LAUREN BARTON
	ANGELA KING
Friday November 30 6pm-8pm	Clean up / wash glasses
	FIONA THOMPSON
	SHERIDAN DEL POPOLO
	SANDRA BRADBURY
Saturday December 1 2pm-4pm	Door welcome, collection of gold coin entry
	DANIELLE MOLONEY
	JAMES OR LAUREN FLINT
	KATE MAYES
	FIONA THOMPSON
Sunday December 2 2pm-4pm	Door welcome, collection of gold coin entry
	ANGIE CLIFFORD
	TANJA DUNAT-TIMMS
	COURTNEY CUOLAHAN
	EMMA MCKEWAN

SIGN UP SHEET: SAUSAGE SIZZLE

SATURDAY 1 DECEMBER: BUNNINGS, TORQUAY

8:30am-11am	Set up, cooking, serving
	LEAH BYRNE
	ROD NICHOLLS
	ANGELA KING
11am-1:30pm	EMMA McEWAN
	Cooking, serving
	CRAIG ASMUS
	MEL BROOKS
	SKYE CARTY
1:30pm-4pm	NISARG DAVE
	Clean up, cooking, serving
	DAMIAN HARRINGTON
	COURTNEY CUOLAHAN
	MELITA JOY
	GREG BRINSMEAD



**The Lisieux staff invite all parents, carers
and community members who have
supported our school in 2018 to**

An Appreciation Supper

**An opportunity for us to thank you for your
generous involvement.**

Wednesday 5th December

7:00pm – 9:00pm

Please RSVP to fiona.thompson@lisieux.catholic.edu.au

Surf Coast Shire Council and Barwon Child Youth and Family Services invite school students and families to a free screening of the movie “Wonder” to celebrate Social Inclusion and International Day of people with a Disability.

When: **Monday December 3**

Location: **Kurrambee Myaring Community Centre (KMCC) – 12 Merrijig Drive, Torquay**

Time: **4pm – 6:30pm**

Please see the attached information flyer for details on making an online booking to the free film screening.

Please forward this information to students and families from your school via social media or newsletter

For further information or to discuss access needs, please contact Kerri Deague on 0412226026 or by email: kdeague@surfcoast.vic.gov.au

Bookings are limited so ensure to make your booking soon!!

Surfcoast Party Hire

- marquees • heating • floor coverings • lighting • catering equipment
- glassware • chairs and tables • cutlery and china • linen • chandeliers

12 Boneyards Avenue, Torquay | 5261 6522
info@surfcoastpartyhire.com.au | www.surfcoastpartyhire.com.au



COME ALL YE LOCAL

TORQUAY
SAT 8
DECEMBER
2018

Carols
by the
Sea

JOIN US IN CELEBRATING THE TRUE
MEANING OF CHRISTMAS

FEATURING LOCAL GUEST ARTISTS
JD PLAY HERE, JESSICA SHERMAN,
FINNIGAN AUGUST & JASMIN AND
WILLOW STAR TOGETHER WITH LOCAL
SCHOOL GROUPS, CAROL SINGING,
ALL YOUR FAVOURITE FOOD STALLS,
AND OF COURSE... SANTA!

TORQUAY CAROLS BY THE SEA
SATURDAY 8TH DECEMBER, 2018
THE ESPLANADE, ELEPHANT WALK
7.30PM START (PRE-ENTERTAINMENT FROM 6.45PM)

Bring along non-perishable
Christmas food items to donate
to Torquay Food Aid and help
local families in need.

EVENT SPONSORS:

nelson
MORTGAGES

Link
PROPERTY

3228 BLINDS