

FROM THE PRINCIPAL

Dear members of the Lisieux community,

Our Transition Morning on Tuesday was a great success and it was exciting to see all our new students together for the first time. We look forward to welcoming all to the new school year on Monday 4 February. Please note that there has been **one staffing change** since my last communication about this: Miss Brienca Dries will now be the full-time class teacher of Year 1 students, and Mrs Holly Moody, because of her commitments with Student Diversity Position of Leadership will now support Mr Matthew Curry in Year 3 / 4. This decision was made in the best interests of consistency for our students. We have assembled an exceptional team of educators for 2019 and you can be assured that they will have student learning and wellbeing as their key priority.

This is our final edition of The Tide for 2018. And what a year it has been! I share below part of the reflection I wrote on our Facebook page earlier this term:

As we have discussed many times, not everything has gone as we expected this year – building delays, challenges with resources and illness of a much-loved student are just a few examples. But if I were asked to summarise what we have shared as learning community in one word it would be “blessings”. Throughout my career in education I have had the privilege of working in many incredible school settings, but never before have I worked with such a positive and committed team of staff and parents who give so generously and contribute so willingly.

We thought The Carmel Centre was going to be a “temporary dwelling” for less than one term but despite the delay, every family has hung in, rallied, donated generously, cared for those who have needed an extra hand, joined committees, supported fundraisers, attended functions (even when we were squeezed into tight spaces), smiled and said good morning every day. No one has complained and we have come to love The Carmel Centre so much that we have decided it will be our Prep/Foundation home in 2019.

We will almost triple in student population in 2019; we will move into a new, state of the art building; we will have double the amount of staff and beautiful new furniture. We will landscape our yard and the funding that has been committed to us will mean we can start Stage 2 of our building with confidence. We will hold events in spaces we won't have to squeeze into; we will set up a project-based space and an art space. All of these things will be wonderful and we will be proud of our achievements. But we will always hold dear the memories of our very special first year at Lisieux, and we will strive with purpose to retain the essence of our community which was shaped by challenge and perseverance.

ISSUE 39 | 13 December 2018

SCHOOL CALENDAR

- Fri 14th** **Camp Quality Puppet Show 11:30am**
Christmas Nativity Play and Carols 5:30pm
POSTPONED
- Mon 17th** **Final Assembly & Nativity Play 2:00pm**
Reports Distributed
- Wed 19th** **Term 4 2018 School Year Concludes at 1:00pm**



**Focus of the fortnight
FORGIVENESS**

FROM THE PRINCIPAL

More wonderful times are ahead for Lisieux and we look with excitement to the future, but the road we have travelled has formed who we are and that has made all the difference. On behalf of our staff team, from the bottom of our hearts, we thank our parents and extended family members for your generous support throughout this special year.

The 2018 school year concludes for our students at 1pm next Wednesday. I wish all our families a happy, healthy and holy Christmas season. Stay safe and we will look forward to seeing you in early February.

God's blessings for the holiday season,

Susan Ryan

Principal

Susan.ryan@lisieux.catholic.edu.au



PRAYER

This third week of Advent, let us remember that the good news of Jesus' birth has the power to bring us great joy this Christmas season. That joy that flooded the hearts of the shepherds, the angels, the wise men, the hosts of heaven, and Mary and Joseph is the joy that still has the power to overwhelm our hearts with rejoicing.

Lord, You gave us a reason to celebrate when you gave us the unspeakable gift of Jesus Christ. You came to dwell among us. Our joy is a gift. It is the gift that you gave us that first Christmas in Jesus Christ. Flood our heart with joy this Advent season as we reflect on the good news of Jesus' birth.

In Jesus' name we pray



SCHOOL INFORMATION

FEE DISCOUNT 2019

Please note that as per advice in recent 2019 fee and levies correspondence, the discount for advance payment of fees in 2019 will be **\$150**, rather than the \$300 offered in our first year of operation. This decision was ratified by the Lisieux Advisory Council this year. The reason for the change is that the \$300 discount translated to an 18% discount and had a significant impact on operational costs for the school. The discount being offered for 2019 translates to an 8.4% discount, which we believe is fair. Families have the choice of opting to take this discount or to arrange regular debit payments fortnightly or monthly over a 10 month period. Please note that fees and levies at Lisieux cover all expenses for books, stationery, excursions, etc. There was a printing error in the parent handbook regarding the fee discount, and the correct amount is as advised on your most recent correspondence. Please also note that any families experiencing financial difficulty are welcome to make an appointment with Principal, Susan Ryan, to discuss your situation in confidence.

SCHOOL INFORMATION

LISIEUX UNIFORM 2019

Some minor changes have been made to the Lisieux uniform for 2019, after ratification from the Lisieux Advisory Council. To create a greater distinction between the formal uniform and PE uniform, a boys' Summer and Winter shirt has been added to the formal uniform. The shirt will be worn with trousers or shorts and jumper on non-PE days. For girls, a Winter blouse has been added and will replace the polo shirt when the Winter skirt is worn. Polo tops will remain part of the PE uniform. Additionally, an optional rugby jumper will be available and can be worn with the PE uniform. Shorts and trousers are unisex items and can be worn by girls or boys from 2019. Uniform items are available through Bellarine Uniforms in Moorabool Street. For anyone requiring a fitting for boys' Summer shirt, Courtney will be at school in The Hub between 8:15am-9:30am tomorrow (Friday) or after school on the same day until 4pm. A full revised uniform list is included with this edition of The Tide.

CHICKENS

We have some lovely families who have offered their assistance look after the chickens over the summer holidays but are still looking for some help for the later part of January. If you could help us between either 14th - 20th January or 21st - 27th that would be appreciated.

Many thanks, Mrs Vagg

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. A hamper has been placed in Lisieux Reception for Christmas hamper items you might like to contribute. 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.



BELLARINE UNIFORMS

Official supplier of uniforms to



Lisieux
CATHOLIC PRIMARY SCHOOL
TORQUAY

Lisieux Catholic Primary School - Torquay

Uniform Pricelist (valid to 30 June 2019)

uniform	Pullover (80/20 Merino Soft Feel wool with logo)	55 – 60 – 65	\$78.50
		70 – 75	\$80.50
		80 +	\$83.95
	Summer Dress (Pale blue/white check with peter pan collar)	4 – 6	\$48.50
		8 – 10	\$51.50
		12 – 16	\$53.50
	Winter Skirt/Kilt (Navy/Pale blue check)	4 – 6	\$64.50
		8 – 10	\$66.50
		12 – 14	\$69.50
	Soft Shell Jacket (Navy with Logo)	All Sizes	\$55.00
	Shirt S/S (White with Navy pinstripe & logo)	All Sizes	\$31.50
	Shirt L/S (White with Navy pinstripe & logo)	All Sizes	\$34.50
	Blouse S/S (Pale blue with Peter Pan Collar & Logo)	All Sizes	\$31.50
	Blouse L/S (Pale blue with Peter Pan Collar & Logo)	All Sizes	\$34.50
	Sports Rugby Top (Navy /Pale blue/Red with logo)	All Sizes	\$76.00
	Polo Top S/S (Cotton Back Coolmesh with logo)	From	\$33.00
	Polo Tops L/S (Cotton Back Coolmesh with logo)	From	\$34.00
	Shorts (Navy with Drawstring waist)	All Sizes	\$23.00
	Summer Skort (Navy Poly Viscose skort –SKORTSPARC&A)	From	\$23.95
	Trousers (Navy Full elastic waist, Double knee)	All Sizes	\$36.95
accessories	Sports Shorts (Navy stretch microfibre)	All Sizes	\$27.50
	Sports Skort (Navy elastic waist) TSCOSKORT	From	\$23.95
	Tracksuit Pants (Cotton Nylon, double knee)	All Sizes	\$41.50
	Tights (Navy Cotton)	Child Size From	\$16.95
	Socks (Navy Knee hi)	From	\$5.50
	Socks (Navy Ankle 3 pack)		\$13.95
	Socks (Plain white sports sock)	All Sizes 3 Pack	\$15.95
	Slouch Hat (Navy, Wide Brim with Logo)	All Sizes	\$14.50
	School Bag	Uno Pak	\$48.95
	NAME LABELS Pre-ordered Garment Labels (Sew or Iron	50 units	\$23.00

All prices are subject to change without notice.



03 5221 9199



bellarine@noone.com.au



162 Moorabool St. Geelong

FOCUSING ON KINDNESS, NOT CONSUMPTION, THIS CHRISTMAS

Amid the Christmas crazy, how can parents teach kids what really matters this festive season? *By Catriona May, University of Melbourne*

As a mum of a 15-year-old and a 11-year-old, positive psychology expert Professor Lea Waters knows all about the challenges of staying focused on what's important at Christmas.

“Whenever possible, we need to teach kids that Christmas is about caring, rather than consumption,” she says. “And that their value sits in who they are, not in what they own.”



We can all get caught up in the ‘Christmas bling’, but with a shift in focus parents can use the festive season to model some valuable lessons, she says.

“When you think about every religion, every philosophy, every way of life – for centuries there have been rhythms and rituals to the year, and Christmas is one of them.

“There’s a number of reasons for these rituals and a key one is to allow people to slow down, recharge and reconnect.”

In our busy world, slowing down and reconnecting with family and friends is not just enjoyable – it’s important for our health and wellbeing.

“We’re living in this hyper adrenalised, road runner, technology-driven society, with too many of us experiencing high levels of stress,” says Professor Waters.

“The compression effects of living too fast take their toll on families, and in particular, on teenagers who are reporting higher levels of mental illness.”

Slowing down and reconnecting is the antidote, she says.

“It’s not how much money we spend or how perfect the table looks,” she says. “It’s about connecting with the people we love and thinking about how we can help others less fortunate than ourselves.”

So – how do we go about doing that? Especially with a cynical teenager?

As parents, it’s important to model positive behaviours, says Professor Waters.



“It’s all very well for us to say ‘Christmas isn’t just about presents’, but if all kids see are presents, then what else are they going to think?”

1. ROLE MODEL GENEROSITY

Christmas provides the perfect opportunity to role model generosity, for example by donating to a charity you support as a family, or by donating a gift through initiatives like the [Target & UnitingCare Christmas appeal](#) or the [Kmart Wishing Tree Appeal](#).

“It’s a particularly great way for young children to put themselves in the shoes of another child who doesn’t necessarily have the same gifts, not just in terms of stuff, but in terms of gifts like ‘family, safety and love’ too.”

2. BE THANKFUL

Professor Waters says practising gratitude is particularly important at Christmas time, in order to balance the focus on accumulating new ‘stuff’.

“If your kids are writing Christmas lists, why not also sit down as a family and write a Christmas list of the ‘gifts’ you already have, like each other, school, home and friends,” she says.

Research has consistently shown that people who express gratitude [feel healthier and happier](#).

“Taking a moment to reflect on what we already have, rather than on what we want, can be really beneficial.”



3. LIST YOUR FAMILY’S STRENGTHS

Focusing on each family member’s unique strengths can be a positive way to celebrate what they bring to family life.

“Some kids who are really creative could make the Christmas cards, others who are natural organisers could be the party planners or another who is imaginative could invent an advent calendar game to do as a family each day,” says Professor Waters.

“Including children in creating a holiday season is really deep modelling that this time of year is about family and relationships, as well as celebrating what everyone in the family has to offer.”

4. SLOW DOWN

“We should all model slowing down at Christmas, but paradoxically we often find ourselves speeding up instead,” says Professor Waters.

And while this may be easier said than done, savouring being in the moment, rather than fretting about achieving the perfect Christmas, is good for everyone.

“We need to let go of perfection and give ourselves permission to be human,” she says. “You don’t have to have the perfect Christmas tree, the decorations don’t need to match.”



“Instead, show your kids that this time of the year gives us permission to slow down, savour time together, and take some time off.”

5. SET AN EMOTIONAL GOAL

Professor Waters suggests setting a goal at the start of the festive season for how you’d like to feel on Boxing Day.

“Think about how you would like yourself and your kids to feel on Boxing Day; having an emotional goal like being at peace, calm and connected can be a really good way to think about the Christmas period.”

Keeping that goal in mind can help make decisions like whether you need to attend yet another party, or buy so many new toys for the kids.

“Putting your energy into how you want your family to feel can really help guide your decision making during the Christmas madness,” says Professor Waters.

Dear Parents,

On Christmas Eve, St Therese Church will be celebrating Christmas with a family mass at 5pm. During this mass some children will be acting out the Nativity Scene.

If your children would like to be involved please email Marisa Joseph marisa.joseph@gmail.com by Tuesday 11th December.

There will be two practices of around 45 minutes each on or after the 19th December. (To be confirmed)

Christmas Eve’s Family Masses

Monday 24th December

5.00 pm Children’s Mass - St. Therese Church 43a Surfcoast Highway, Torquay

7:00 pm Family Mass - Nazareth Church 10-12 Griffith Street, Grovedale (Christmas carols will be sung prior to Mass)

9.00 pm Family Mass - St. Therese Church, 43a Surfcoast Highway, Torquay (Christmas carols will be sung prior to Mass)

Christmas Day Masses

Tuesday 25th December 8.45 am St. Therese Church, 43a Surfcoast Highway, Torquay

10.30 am St Christopher’s Church, 72 Bingley Parade, Anglesea

Surfcoast Party Hire


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Who: 6 to 12 year olds **When:** 9am - 3:30pm

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 WEEK 2: FULL WEEK Mon 14th to Fri 18th January
 WEEK 3: Mon 21st & Tues 22nd January

Where: YMCA Anglesea Recreation Camp

Cost: \$70 plus booking fee - BYO Lunch - Snacks provided
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YOUTH FOOTBALL COACHING FOR:
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SUMMER FOOTBALL CLINICS

WHEN: Wednesday's 8th, 16th and 23rd January 2019
TIME: 9am - 1pm
WHERE: 1 Merrijig Drive, Torquay 3228
COST: \$30 per day or \$75 for three days
WHY: come and develop skills and apply them to game situations

Players will put in smaller groups on the day based on age and stage for appropriate challenge and enjoyment for all.

Please email for more information and registration link

