

FROM THE PRINCIPAL

Dear members of the Lisieux community,

Tomorrow we will run our Fathers' Day Breakfast at 8:00am. It was a hit last year – if you were there you may recall we gathered outside The Carmel Centre and had about 40 dads, grandpas and special male role models coming along to enjoy breakfast with us. This year, our community is a bit bigger, so there are a few more egg and bacon rolls to cook! Fingers crossed our team of helpers can pull it all together! We hold this event as an opportunity to acknowledge the vital role of fathers. There is no doubt, and research confirms what we know intrinsically, that fathers have a direct impact on the wellbeing of their children. According to noted sociologist, Dr David Popenoe, "Involved fathers bring positive benefits to their children that no other person is as likely to bring." We wish all our Lisieux dads, and special male role models, a very special day on Sunday. May you be spoilt as you deserve to be! We also acknowledge that such occasions can cause mixed feelings for some, and our wellbeing article this week offers some suggestions for coping with these challenges.

Last week in The Tide I mentioned the opportunity to be involved in a Masterplan Workshop session with our newly appointed architects, Minx. The session for parents will be immediately after drop-off time on Wednesday 4 September. All parents are welcome to join the discussion about how our Stage 2 building will be shaped, however, you do need to register. Send me an email to let me know if you would like to be involved. The session will run for about 30-45 minutes and we're keen to have your feedback.

God's blessings for the week ahead,

Susan Ryan
Principal

Susan.ryan@lisieux.catholic.edu.au

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SCHOOL CALENDAR

AUGUST

Fri 30th Fathers' Day
Breakfast & Mass

SEPTEMBER

Thur 5th Year 2 Pyjama
Evening
(CareMonkey sent 22nd Aug)

Year 5/6 Star of
the Sea Visit 1:30

Fri 6th Assembly led by
Year 2 - 2:30pm

Mon 9th September
Birthday Morning
Tea

Thur 12th School Production
7:00pm

Fri 13th School Production
7:00pm

Sun 15th Year 1/2 Family
Mass 8:45am
St Therese Church

Fri 20th Last Day of Term
3 – Students finish
at 3:15
(normal time)

Footy Colours Day

Assembly led by
Prep White
2:30pm



PRAYER

What makes a Dad

God took the strength of a mountain
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in Spring,
The faith of mustard seed,
The patience of eternity,
The depth of a family need,
The depth of a family need,
Then God combined these qualities.
When there was nothing more to add,
He knew His masterpiece was complete,
And so He called it...Dad.



SCHOOL INFORMATION

SCHOOL PRODUCTION

Our first school production "What the Birds Saw" will run over 2 nights on Thursday 12th and Friday 13th September with doors opening at 6.30pm for a 7pm show. The show will run for approximately an hour. Tickets will cost \$10 an adult, and \$5 per child. We require parents to be seated with younger children.

To purchase tickets for either show, please complete the form below and return it in an envelope to your child's teacher along with the correct amount of cash. Tickets will then be given to you child to bring home. There is a strict maximum limit of 4 seats per family, over the 2 nights, to ensure fair access for all with the limited number of seats. (That could be 2 tickets Thursday and 2 Friday OR 4 on the same night) **Seat locations will be unallocated.**

In addition to this there are some things for parents to note.

- **All students need to be at school no later than 6.15pm on BOTH nights. Your child will need to be taken to their own class where you can collect them from after the show.**
- **Your child's teacher will communicate any particular costuming requirements for your child.**
- **There will be no photography during the performance, so we thank you for taking photos of your child in costume at another time.**
- **Our Parents & Friends Committee will run a refreshments bar from 6:30pm – 6:55pm on the evening of both shows.**

DRILLING

Some ex St Therese students, now attending Sacred Heart would like to share a project they are doing at school about making people aware of the upcoming drilling in the Great Australian Bight.

The Norwegian company Equinor is planning exploratory drilling for oil and gas in the Bight in late 2020. The company received two offshore leases from its partner BP in 2017.
(The Guardian 26/8/19)



Photo By Ed Sleane

Where: Cosy Corner, Torquay

Time: 12pm

When: Saturday September 14th



WELLBEING

How to Cope When Father's Day Feels Tough

By [Molly Shea](#), June 15 2018

Father's Day is a great show of support for dear old dads—but for those who have difficult relationships with their father, are grieving a dad who's passed away, and more, Father's Day can feel tough and even triggering.

Thankfully, there are strategies to help you [cope](#) (that don't require you to hide out for the day). With some planning and intentionality, you might be able to walk away from Father's Day stronger or more self-assured than you were before.

Here, how to survive—and thrive—on Father's Day, depending on your situation.

If you're estranged from your father...

Not in contact with your dad? Remind yourself that that's OK. The sentimentality of the holiday might make you feel otherwise, so try grounding yourself by writing down your feelings.

Remind yourself of why you made the decision you made—or, if your father was the one who broke things off, of the way you've grown since you last saw him. Then, focus on doing [something you care about](#).

"Often doing something for somebody else is the best antidote to grieving the [father] you didn't get," psychologist Melody Bacon, Ph.D., told [Real Simple](#).

That could mean spending the day volunteering, reaching out to thank a male mentor (or mom) who supported you, or surprising your partner or friends with a homemade treat.

Not feeling so pious? Do as [writer Liz Lazzara](#) does and spend Father's Day gift money on a present for yourself.

If you and dad have a complicated relationship...

If you're still on speaking terms with your father, try to save the big discussions for a day when the stakes are a little lower.

“Remember that even though your relationship with your dad may not be perfect, Father’s Day is a day to acknowledge that they ARE your dad, not a day to rate their success in the job,” Jeffrey Sumber, L.C.P.C., a psychotherapist, told [HelloGiggles](#). “Kindness and forgiveness are essential to all of our relationships, and even though there may be unresolved issues with your father, use this as a chance to be kind. Think of this as an easy opportunity to simply be nice, be kind, and send a card or leave a voicemail just saying hello.”

Remember: Father’s Day can add pressure to what’s already a tricky situation. There’s no shame in keeping your interaction short and sweet, and taking the rest of the day to [focus on you](#).

If your father passed away...

Parent-oriented days can serve as an in-your-face reminder of loss, Bacon [told Real Simple](#). “It’s like you’re revisiting your grief,” she says.

Try giving your pain an outlet by writing a letter to your father, filling him in on recent developments or simply letting him know that you miss him. “Telling [him] what you want [him] to know is a way to feel connected,” she says. “Death doesn’t end a relationship, it just changes it.”

If you’re having trouble becoming a parent...

If you’re having a tough time starting—or growing—a family, [celebrations](#) of parenthood can feel particularly tough to bear.

Follow the Mother’s Day advice of Jamie Long, Psy.D., and cut yourself some slack. “After four infertile Mother’s Day holidays, I’ve learned a few things about coping,” she writes in [Psychology Today](#). “I now realize that my self-flagellation and judgmental self-talk only deepened my despair and was, at least in part, a consequence of lacking self-compassion.”

Then, reach out to your network. Maybe you know another couple struggling with infertility. Or perhaps you have a friend who’s childless by choice and can commiserate about the onslaught of father-centric merchandise. Even if you choose to ride out dad day solo, remember: You’re not alone here.

If your family isn’t *Leave It to Beaver*...

Never had a father to begin with? Have multiple fathers? Whatever your family situation, it can be tricky to navigate a holiday that seems tailored to a hyper-specific family type. The solution: [Stop comparing your “normal”](#) to everyone else’s scenario.

Create your own traditions. Make your own cards. Let go of the pressure to celebrate Father’s Day the “normal” way and do what makes sense for you.

And don’t forget: Those families you see as cookie-cutter traditional? They’ve got their own unique set of twists and turns. This year, embrace yours.

PHOTO's FROM THE WEEK





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40th Anniversary

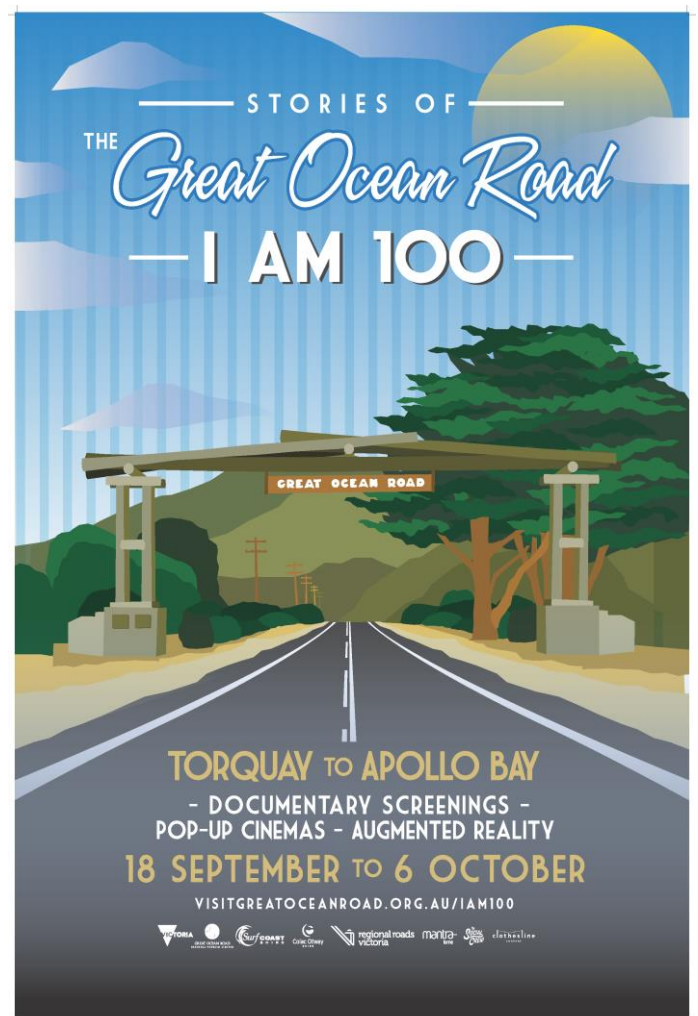
Nazareth Catholic School
14-16 Griffith Street
Grovedale

Saturday 7th September
Anniversary Art Show
Launch
Wine & Cheese Evening
7-8pm

Sunday 8th September
Community Mass
10.30-11.30

Sunday 8th September
Art Show & Open School
11.30-2.00

Come along
remember...celebrate...laugh



Courses and Activities
Torquay Community House
14 Price Street, Torquay



Bookings/enquiries: 5261 2583

R U OK? Day Free Community Talk and Supper

Join Mental Health Educator Jules Haddock to learn how to start a conversation with someone you are concerned about and learn some basic mental health first aid techniques.

When: Thursday September 12th, 7pm-9pm,
14 Price Street, Torquay

Cost: FREE

RSVP Essential: Please call 52612583 or go to
<https://www.eventbrite.com.au/e/r-u-ok-day-talk-and-community-supper-tickets-67396172767>



USING HYGIENIC PRACTICES FOR FOOD HANDLING (SITXFSA001)

Learn the fundamentals required to work safely and hygienically with food in the hospitality industry.

When: 14th September 9am-4pm

Cost: \$130

Contact Details: Bellarine Training & Community Hub
5255 4294

RTO No: 20459



CPR and First Aid

This is your opportunity to attain or renew CPR and First Aid life saving awards. These courses run on the 3rd Saturday of each month,

HLTAID001 Provide Cardiopulmonary Resuscitation/Update, 9am-11am, cost \$55.
HLTAID003 Provide First Aid/Update, 11.30am-5.00pm, cost \$140.

When: Sat. 21st September, 9am-5pm

Bookings: Enrolments call Kel from TrainupNOW 0458 701 482

Transition to School

Presented by Sean Fernandes, Educational Leader

Do you have a child starting prep in 2020?

This parent information session can help you learn how to best support your child's transition to school.



Learn what it takes for your child to have a smooth transition to school in this interactive presentation facilitated by a panel of experienced teachers.

When: Wednesday 11 September 2019
6pm-7pm

Where: Torquay Children's HUB
27 Grossmans Road Torquay

Cost: FREE

RSVP/bookings: chubadmin@surfcoast.vic.gov.au
Ph: 5261 0549

For more information contact

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