

## FROM THE PRINCIPAL

Dear members of the Lisieux community,

Our first Lisieux School Production is ready to showcase this evening. It has been an incredible journey and students have demonstrated perseverance and dedication to bring it all together. What an incredible achievement it is to have every Lisieux student involved in some way in this show. An enormous debt of gratitude must go to Ms Tess Righetti, Arts Specialist at Lisieux, for her vision, hard work and positive energy throughout the whole process of bringing this show to fruition. Tess co-wrote the script, auditioned the students, has worked with parent helpers to design costumes and sets, networked with local schools for support and generally just kept 'the show must go on' attitude. Tess has been ably assisted by an incredible team of parent helpers, all of whom are listed on the program, and we are also very grateful for the support of St Joseph's College for set and stage equipment loan. See you at the show (where I am sure there will be collective sharing of tears of pride!)

This Sunday is our Year 1/2 mass at St Therese Church. I hope families can join together to celebrate mass at 8:45am. All are very welcome.

Next week is our final week of Term Three. How did that happen? Don't forget we have Footy Colours Day on the final day of term.

God's blessings for the week ahead,

Susan Ryan  
Principal

[Susan.ryan@lisieux.catholic.edu.au](mailto:Susan.ryan@lisieux.catholic.edu.au)

ISSUE 27 | 12<sup>th</sup> September 2019

## SCHOOL CALENDAR

### SEPTEMBER

- |                             |   |
|-----------------------------|---|
| <b>Thur 12<sup>th</sup></b> | <b>School Production<br/>7:00pm</b>   |
| <b>Fri 13<sup>th</sup></b>  | <b>School Production<br/>7:00pm</b>   |
| <b>Sun 15<sup>th</sup></b>  | <b>Year 1/2 Family<br/>Mass 8:45am<br/>St Therese Church</b>  |
| <b>Wed 18<sup>th</sup></b>  | <b>Bishop Mark to<br/>Visit Year 6<br/>Confirmation<br/>Students<br/>1:30-2:30</b>  |
| <b>Fri 20<sup>th</sup></b>  | <b>Last Day of Term<br/>3 – Students finish<br/>at 3:15<br/>(normal time)</b><br><br><b>Footy Colours Day</b><br><br><b>Assembly led by<br/>Prep White<br/>2:30pm</b> |



## PRAYER

Thank you, Lord, for the blessings you have bestowed on my life. You have provided me with more than I could ever have imagined. You have surrounded me with people who always look out for me. You have given me family and friends who bless me every day with kind words and actions. They lift me up in ways that keep my eyes focused on you and make my spirit soar.

Also, thank you, Lord, for keeping me safe. You protect me from those things that seem to haunt others. You help me make better choices and provide me with advisors to help me with life's difficult decisions. You speak to me in so many ways so that I always know you are here.

And Lord, I am so grateful for keeping those around me safe and loved. I hope that you provide me with the ability and sense to show them every day how much they matter. I hope that you give me the ability to give to them the same kindness they have provided to me.

I am extremely grateful for all of your blessings in my life, Lord. I pray that you remind me of just how blessed I am and that you never allow me to forget to show my gratitude in prayer and returned acts of kindness.

Thank you, Lord.

In your name, Amen.

## REMINDERS

### Ubuntu Garden and Growth Project - The term so far...

Late last term we were very fortunate to receive \$2000 from EnergyAustralia. EnergyAustralia provides community funding for local initiatives that will deliver sustainable benefits to Geelong and the Western District. We received an educational grant that aimed at promoting education and knowledge acquisition. This can include programs with a social or environmental focus and organisations which support career or skill development.

With the money from the grant we have been able to set up our kitchen. We have been able to purchase much needed items such as cutlery, banking equipment, crockery and a microwave. We also used some of the money to buy new plants to fill our veggie boxes, a hose, sprinkler system, a wheelbarrow. The students in Year 3/4 and 5/6 have been participating in weekly lessons in the Growth Project which focus on cooking, gardening, recycling and sustainability. We are hoping to instill life skills, a love of the environment, enjoyment of being outdoors and encourage our students to think with a sustainable mind!

Here are some of students thoughts about the Growth Project in Term 3.

Wyatt - I like working in the garden as I can do it with all my friends, even a boring task like weeding can be fun!

Darcy T - Growth Project is heaps of fun. I like making recycled art and cooking. The muffins we made were really yum!

Indi F - Growth Project is really good! I like cooking and learning about worms. We have been looking for worms to add to our worm farm. They eat all our scraps and help our gardens.



## Helpers for Term 4

This term's success in Growth Project would not have been possible without our lovely volunteers who have given us their time to help cook, garden or complete sustainable artwork. We would love this to happen again next term. If you are able to help on a Wednesday between 9-10:30 (working with year 5/6) and/or 11-12:30 (working with year 3/4) it would much appreciated. You can either send me an email ([zoe.vagg@lisieux.catholic.edu.au](mailto:zoe.vagg@lisieux.catholic.edu.au)) and indicate your preferences or sign up on the timetable sheet in the Office with Fiona.

## Chickens over the school holidays

If you are available to help look after the chickens over the school holidays please let me know ([zoe.vagg@lisieux.catholic.edu.au](mailto:zoe.vagg@lisieux.catholic.edu.au)). It can be for a few days or a week. Either way we appreciate!

## PHOTO'S FROM THE WEEK



## 4 Scientific Reasons Why Kids Should Be Outdoors

[Sawyer Kid Co.](#) | 08.29.2017

No matter what your interests are, it's only natural to want to "spread the stoke" for the activities you love. In a community of outdoor enthusiasts and adrenaline junkies, it's easy to state a case for the benefits of being outdoors. It's where you hit those natural highs, break personal records, learn to trust your friends, and ultimately where you are the best version of yourself. For people so exposed to and involved in nature, it's easy for us to say that there are these intense and immeasurable benefits of the outdoors. In the most genuine way, we want to share what it is we love. The advocacy for outdoor activity is simply a byproduct of a lifestyle. Everyone should spend more time outdoors; kids should spend more time outdoors. But why exactly?

### **Movement for Balance, Sensory Awareness and Preventing Obesity**

The outdoor environment is the ultimate stage for unstructured play and, in turn, physical activity.

Unstructured play is defined by [verywell.com](#) as "a category of play where children engage in open-ended play that has no specific learning objective...unstructured play is not instructor-led." My version of unstructured play: early morning weekend hikes with no set agenda.

The rise in sedentary activities, or activities where little or no physical movement is involved, such as video games and interactive electronics, has given way to less unstructured play. Children are spending more time indoors involved in such activities and are constantly offered "instructor-led" play, often in the form of an electronic device. This trend of less-time-outdoors, has aligned seamlessly with the rise in childhood obesity, sensory issues, and lack of balance.

Pediatric occupational therapist and founder of [Timbernook](#), Angela Hanscom, notes a dramatic increase in children being referred to occupational therapists for sensory issues. "As we continue to decrease children's time and space to move and play outdoors," Hanscom writes, "we are seeing a simultaneous rise in the number of children that are presenting with sensory deficits." I learned a lot from her article, [THE UNSAFE CHILD: Less Outdoor Play is Causing More Harm than Good](#). Unlike sedentary or "indoor" activities, playing outside allows for a full range of sensory stimulation. Neurologically, a variety of sensory input is necessary in developing dynamic skills that allow us to succeed as functioning adults later in life. Think of all the senses that are engaged during a climbing expedition or the context clues we use to determine if a particular route is safe. We often depend on developed sensory skills.

Hanscom also notes that underdeveloped vestibular systems are more common in children with less exposure to the outdoors. The vestibular system is responsible for the ability to balance. We all know that learning activities later in life, like skiing for instance, can be difficult. Getting the feel for the type of balance is tough for just about anyone. Now imagine you're an individual who didn't fully develop their personal system for balance in the natural growth period of their youth. Are we creating future generations of terrible skiers!? (I for one, want to share what it's like to ride pow with my future kids.)

According to Ben Klasky in his 2014 TedTalk entitled "[get hooked on nature](#)," the number of kids getting outdoors everyday has dropped in half compared to their parents' generation. He compares 1970s children to those of the 2000s. In direct correlation, the rate of childhood obesity has tripled in the same measure of time--perhaps the most obvious of issues. With the swift rise of those sedentary activities, thanks to lifestyle changes, unstructured play, and in turn physical activity, just isn't happening naturally.

Get the kids moving--get them outside.

### **For the Love of Eyesight**

Myopia is the medical term for nearsightedness, where the individual has focus on objects near to them but the distance is incredibly blurred or out of focus. From my limited understanding and general inability to stomach anything medical, myopia results from the eyeball growing too long and in turn, creating a focal point in front of the eyes' retina rather than on the retina itself. Basically, there is a healthy limit to the growth of the eyeball. Bear with me...

Myopia can be blamed in part on genetics. Recent studies, though, suggest that the risk of developing myopia is decreased with exposure to natural light. Natural light assists in limiting the growth of the eyeball to its ideal size.

[A study](#) presented at the American Academy of Ophthalmology Meeting in 2011 indicated "a 2% reduced odds of myopia per additional hour of time spent outdoors per week." So each hour spent outside resulted in 2% lower odds of losing the ability to see distant objects in focus.

In Taiwan, where myopia in children is being referred to as an epidemic, [a similar study](#) was conducted. The conclusion of the study was similar to the 2011 study. To quote the results directly, "more time spent outside during the day and limited near-work activity, may be a feasible strategy for curbing the increasingly high prevalence of myopia."

Yet [another study](#) from Australian researchers concluded, "higher levels of total time spent outdoors...were associated with less myopia..." The trend, undeniable. What I found so interesting is that it's not necessarily digital screens that are causing myopia but the lack of exposure to adequate outdoor light. Denying outdoor play could be denying the development of proper eyesight...crazy!

## **Balanced Skin Microbiome**

"A little dirt never hurt." I'm lucky to have heard this growing up, usually when choosing to eat food that had dropped on the ground or being barefoot all summer long. My parents supported the idea that a healthy immune system meant not being overly afraid of dirt or germs. I never realized the concept was so scientific.

A microbiome is a community of microorganisms (or microbes) such as bacteria, fungi and viruses that inhabit a particular environment. Skin microbiome is basically the sum of all the living microorganisms on your skin. Microorganisms on the skin come from the microbiomes of environments and surfaces we interact with.

Our increasingly sterile environments filled with hand sanitizer and germ-phobias has limited the variety of skin microbiome in adults and children. So kids are cleaner. What's the problem? A diverse skin microbiome benefits the human immune system, and without that diversity, you have increased risk for illness, disease, and other medical issues such as asthma.

David Suzuki of the David Suzuki Foundation drew from a variety of research material to conclude that [getting dirty is healthy](#), particularly in terms of diversifying skin microbiome.

He explains that diversity of skin microbiome comes from areas with rich plant variety, where humans interact with the microbes found on those plants. Indoor environments often do not include the same health-benefiting microbes.

He explains very specifically:

Going further, Suzuki found a [University of Helsinki study](#) that blamed the increasing prevalence of allergies on the decrease in the biodiversity of our environments. When two groups were compared, those in less biodiverse environments (those exposed to less nature) were at higher risk for a range of allergies. The difference was on their skin.

Those exposed to more plants had a more diverse skin microbiome and fewer allergies. So, interacting with dirt and plants makes people healthier. Thank you, science.

## **Natural Preservation**

Children who play outside grow up to be the adults that protect nature. It's true, studies show that individuals who advocate for protecting the natural environment are typically individuals who were introduced to outdoor activities at a young age.

Think of your own experiences and motivations for protecting the environment. [Protect Our Winters](#) is a notable non-profit of the outdoor industry dedicated to combating human-induced climate change. The POW community consists of professional athletes whose vested interest in winter makes preventing climate change personal. Their winter pastimes and their professions, likely introduced at a young age, are the driving force behind the cause.

Author [Randy White explains](#), "regular contact with and play in the natural world" is what develops a love of nature and a desire to protect the environment or, in his words, a positive environmental ethic. I love mountains and snow and want them to last forever. That love was sparked by an early introduction to skiing at age 3 (which may no longer be early by new standards).

A study was conducted at the University of British Columbia that exposed a direct correlation between adults who wish to protect the environment and their experiences with childhood outdoors. Catherine Broom conducted the experiment and found that when outdoor experiences are positive in young children, their love for and comfort in nature will carry on.

For brands like [Sawyer](#) and others in the outdoors space, it's easy to advocate for kids getting outside. We all simply love and wish to share the outdoors. It's difficult sometimes to convey that same love and passion you feel for an activity that someone else doesn't understand.

There's a recurring conversation that starts each winter on the chair lift at Snowbird, usually on a powder day. I can hear my friend Bob saying it: "We're so lucky, we're so lucky to have this--this feeling and this-- this amazing thing that we get to do, people don't understand...holy sh..." Then the conversation usually trails off as he spots someone getting first tracks on the Cirque and mixed with a few more profanities than I'd put in writing.

He's right though, people don't understand...not everyone has that passion for a particular outdoor activity or sport. We might not need anymore reason for kids to get outside, but other people may.

## **Becoming a Catholic?**

Have you ever thought of becoming a member of the Catholic Church?

Maybe you are married to a Catholic and would like to know more about the Church?

Perhaps your children are receiving the Sacraments and you would like to join them on their faith journey?

Could it be that you were baptized as a Catholic but never lived as part of the Catholic Community?

Our Nazareth Catholic Parish (Grovedale, Torquay, Anglesea, Wauru Ponds, Armstrong Creek) has an informal Enquiry Program for those wishing to think about the possibility of becoming a Catholic. If you would like an informal no-obligation chat, maybe contact our Parish Office on 9412 8444 or email [grovedale@cam.org.au](mailto:grovedale@cam.org.au) or phone Gerry on 0437 908 283 or email him at [baldockgerry@gmail.com](mailto:baldockgerry@gmail.com)

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[mccartneyrealestate.com.au](http://mccartneyrealestate.com.au)

## Sustainability school fundraising



There is a wealth of information and options available online in relation to nutritious nude food ideas and reusable packaging.

The Lisieux P&F Committee has also setup permanent fundraising codes with the following product suppliers:

- <https://bellarinebeewraps.com/> (20% commission)
- <http://www.litterfreeliving.com.au> (20% commission, 10% discount & free zip snack bag for purchases >\$50)
- <https://www.stuckonyou.com.au/affiliate/fundraiser/LISIEUX> (20% commission full price / 5% sale items)

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**Clonard College presents:**

**'The Australian Dream' and student led Q & A session  
at Village Cinemas, Geelong  
17th September, 7pm**

TICKETS: \$10 plus booking fee <https://www.trybooking.com/BFBGW>

FACEBOOK EVENT: <https://www.facebook.com/events/502943863774250/> (please share)

We are very excited about this upcoming screening of 'The Australia Dream' at Village Cinemas.

This has been initiated by one of our Aboriginal student leaders who is passionate about reconciliation and educating others about her culture and the challenges Indigenous people face in our communities. Please join us and share this event!

Here is a small excerpt she sent to her teachers after viewing the film:

*"During this film, I experienced many different emotions; proud, angry, sad and even a sense of familiarity and was left speechless at the end of the night.....Throughout my first years of high school, I never knew how to address both racism and peoples ignorance towards myself and my culture. Since then I have grown significantly and have been influenced by positive Indigenous role models, and I now continue to thrive as a young educated Indigenous person. This is a big part of my life and something I am really passionate about, I would love to be able to help educate those who don't know the truthful and confronting history Australia has."*

**Courses and Activities**  
Torquay Community House  
14 Price Street, Torquay



**Bookings/enquiries: 5261 2583**

**IREST YOGA NIDRA**

Whether you want to relax, unwind and contemplate or start your new week fresh the six week iRest® Yoga Nidra course on Sundays may be just what you need. Primarily the practice is done lying on the floor (or you can sit or stand) so this is a very accessible practice for everyone.

**When: Sundays for 6 weeks, starting September 22nd, 3pm - 4.30pm**

**Cost:** \$10 per class however commitment is required for the 6 weeks. The full payment of \$60 can be made via bank transfer or in cash.

**RSVP Essential: Call Ebony on 0401017310**

**HAPPY KIDS SCIENCE SHOW!**

Come join an interactive science experience. See the magic of science, changing colour liquids, Fizzy volcano. Vortex Smoke rings Dry Ice magic and much more exciting experiments.

**When: September 25th, 10.30-12.00**

**Cost: \$20**

**Bookings: info@happykidz.com.au or Contact: Rory on 0457 005 514**

**SCHOOL HOLIDAYS DRAMA CLUB**

Drama fun, dance and games. Ages -12

**When: 9am-12pm, Tuesday Sept. 26th and Oct. 1st**

**Cost: \$40 per child or \$75 for two, BYO drinks and snacks**

**Bookings: Contact Lulu on 0419 802 527**

**BUYING RESIDENTIAL PROPERTY**

This workshop is geared to people buying a home for owner occupation and particularly first home owners. The Workshop will guide you through a section 32 Vendors Statement, give tips on what to look out for and warning bells, First Home Owners Grant, Stamp Duty concessions and benefits available, adjusting outgoings for settlement, final inspections through to settlement. Advice about getting a loan approval and timing to allow in the Contract Special Conditions. This is a must workshop if you are new to real estate and buying a home.

**When: 13th October, 2-3pm**

**Cost: FREE**

**Contact Details:** <https://www.eventbrite.com.au/e/buying-residential-property-tickets-71608189021?utm-medium=discovery&utm-campaign=social&utm-content=attend-ee&utm-source=strongmail&utm-term=listing>

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