



FROM THE PRINCIPAL

Dear members of the Lisieux community,

This weekend we celebrate Fathers' Day, a time to recognise and give thanks for dads, grandfathers, and special male role models in our lives. For many it is a happy family day while for some it can be a trigger for sadness or feelings of loss. Father figures take many different shapes – what a 'father' is, can be different for each of us, and those who may not fit the typical label of a father can be just as important in our lives. My own dad died thirteen years ago, but he still lives very large in my heart, and I talk to him regularly in my thoughts. He was a scientist, a man with a very active and inquisitive mind; he had the character strengths of love of learning (which I think I inherited) and prudence (which I definitely did not). My dad had what I sometimes thought were unreasonably high expectations. Often, I felt I fell short of his expectations, but on reflection now, he was probably just challenging me to be the best person I could be. He died suddenly, not long after I moved to Tasmania in 2009, and I never had the chance to say goodbye, but I definitely still feel his presence and guidance in my life and I will spend some time on Sunday giving thanks for his role in my life. Nowadays, one of the things I get great joy from is seeing my own son as a dad – I am constantly blown away by what an amazing job he is doing, and what a nurturing and patient parent he is. I see that, too, in our Lisieux dads, who regularly drive their children to school, give them a hug or a kiss, support them with their learning, coach their sporting teams, come in to school to chat about their progress, and so much more. Our Fathers' Day breakfast tomorrow is our very small token to say, 'you are amazing' and we think you are doing a brilliant job! Our staff will be on deck early tomorrow to have your egg and bacon roll ready as our way of wishing you a happy Fathers' Day! I hope that all members of our Lisieux community have the chance to celebrate their dads or other significant father figures this weekend, to pause and say thank you, and to enjoy the carefully crafted cards and gifts, hugs and smiles that show how much these positive role models in our lives mean.

God's blessings for the week ahead,

Susan Ryam
Susan.ryan@lisieux.catholic.edu.au
Principal

SEPTEMBER

Fri 2nd Father's Day BBQ
Brekky
8am
Tickets now closed

Father's Day Stall

Thurs 6th Division Athletics

Fri 9th Friday Flow Expo 2pm

Sat 10th Lisieux Trivia Night
7pm

Sun 11th Family Mass
St Therese Church
8.45am

Wed 14th Year 3 Beach Discovery
Day

Fri 16th Footy Colours and Hot
Dog day
LAST DAY OF TERM 3
3.15pm finish

OCTOBER

Mon 3rd Term 4 commences

Congratulations and God bless the Year 4 candidates who celebrated the sacrament of First Eucharist at St Therese and Nazareth Church last Sunday morning.



CONGRATULATIONS

A very special congratulations to Dean and Jules Roberts on the safe arrival of their precious baby girl, Millie Lucia. The Lisieux community sends our warmest wishes for a lifetime of love and happiness together.





PRAYER

We give our thanks for the fathers and father figures in our lives, young and old.

We pray for young fathers, newly embracing their vocation; may they find courage and perseverance to balance work and family life. Fatherhood does not come with a manual, and it is a challenging role. Bless all those who undertake this role.

This Fathers' Day we remember the many sacrifices fathers make for their children and families, and the ways – both big and small – they lift children to achieve dreams thought beyond reach.

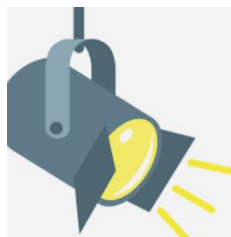
We pray for men who are not fathers but still mentor and guide us with fatherly love and advice. We remember those who have helped fill the void when fathers are absent or have died – grandfathers and uncles, brothers and cousins, teachers, friends and coaches – and the women of our families.

We remember fathers, grandfathers and great grandfathers who are no longer with us who live forever in our memory and hearts and continue to nourish us with their love.

For those who are fathers, we ask for wisdom and humility in the face of the task of parenting. Give them the strength to do well by their children. Amen.



STUDENT LEARNING & ACHIEVEMENTS



Spotlight on... Carmel Rouge



Carmel Rouge and the other prep classes have been busy thinking creatively using natural materials in our environment. During Outdoor Discovery, we had a Nature Bus incursion. We were encouraged to use our imaginations when using shells, logs, plants and pinecones to create cities, homes, food, baby animals, televisions, hoverbikes, trophies, beds for bugs and so much more. We then used this experience in our Literacy learning to write recounts about the incursion. Mrs Duthie is so proud of our creativity and amazing efforts in our recount writing.





"The Book for Happy Hearts" by Maggie Hutchings and illustrated by Jess Racklyeft has just arrived at Lisieux and it is a hope-filled treasure, full of stories, poems and activities to share and be inspired by. It is the type of book you. Can dip into at any time of the day- wake up by opening a page such as "we are the rainbow", encouraging us to appreciate our own diverse gifts, or take a break to play "the noticing game" to help centre and calm. "how I got my sparkle back" or "tree pictures" are further examples of what you can dip into. Described as 'a feast for the eyes and a balm for the soul' this is a beautiful book that would make a stunning keep-sake gift. The author is a counsellor, family dispute mediator, writer and artist and we highly recommend this gem.





TAKE NOTE

RE NEWS

As part of the Year 1/ 2 Religion Mission Unit, we are learning about kindness and following in Jesus footsteps by helping others. We have decided to support the Geelong Mums by collecting items during the last few weeks of Term 3.

Preps can bring in baby toiletries - shampoo, bath wash/soap and moisturisers.

1/2's can bring in additional baby toiletries -Baby wipes, nappy/barrier cream and baby oil

3/4's can bring in adult toiletries - toothpaste, toothbrush, floss and mouthwash

5/6's can bring in additional adult toiletries - body wash and soap, shampoo/conditioner and women's deodorant

Each year level will have a box that students can put their donations in. The Year 1/ 2's will come into classrooms every couple of days to move the items into our collection area.

**** Additional items that can be brought to Reception-** reversible car seats (less than 8 yrs old), prams/double prams, 5 point harness high chairs, safety gates with bolts and parts and cots (less than 10 yrs old with a clean mattress).

We hope everyone can get on board and support the families in need in our local community.

We have been thrilled to receive donations of pre-loved wooden chairs for our Art Show. Please keep them coming- all shapes and sizes welcome!

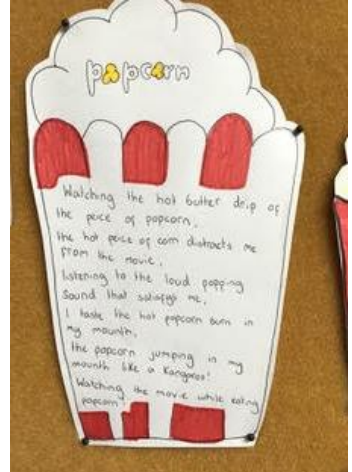
We also need volunteers to accept the challenge of 'renovating/painting' a chair- we would love you to come and choose a chair and have a go. Chairs will be part of a silent auction at the Art Show, where our goal is to raise funds to purchase a pottery kiln. We need your help to do this so please consider the challenge, and if you are an artist who would consider donating an art piece or helping as an artist in residence during Arts Week please let us know.

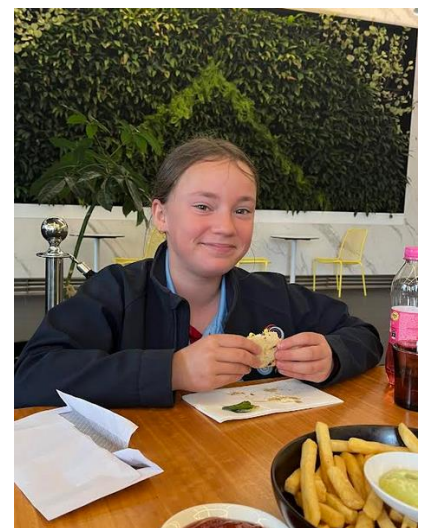
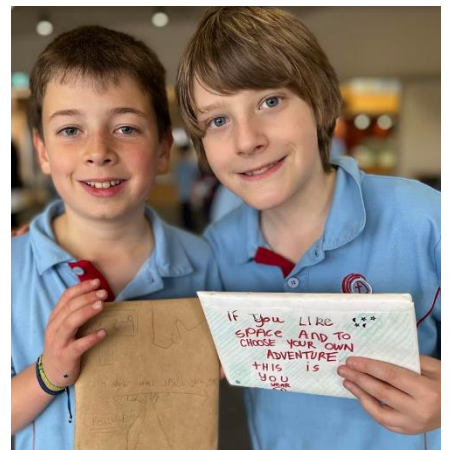
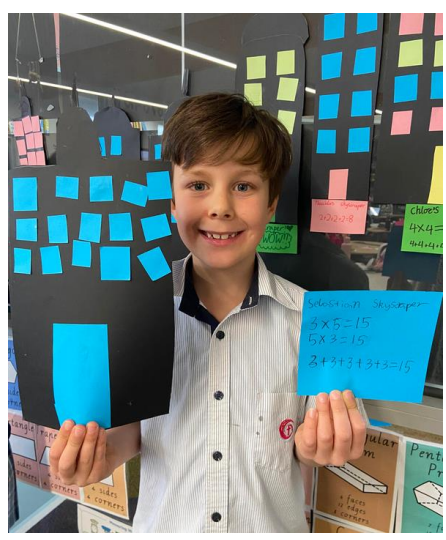
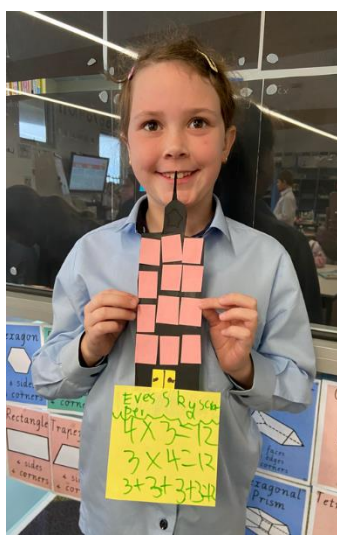
Just a safety reminder to families parking in the 'staff carpark' area in the afternoons or mornings- please note that there is a designated walkway for parents and students alongside the car parking area. We ask that all students and parents use this pathway rather than walking through the parked car area. This is to ensure optimal safety at all times as there will be cars reversing at these times. If possible, we would prefer that parents park in the designated asphalt areas to maintain safety.

We are also asking for volunteers to assist with pulling down our Scarecrow display at The Royal Geelong Show on **Monday 17th October**, any time between 9-4:30pm. We will have two scarecrows on display and these need to be returned to school. They will be set up in the Education Pavillion at the Showgrounds.

Please contact Ms Lehpamer Christine.lehpamer@lisieux.catholic.edu.au to volunteer.

Many Thanks







COMMUNITY NEWS

WANT TO PLAY NETBALL?

LOOKING FOR GRADE 3/4 GIRLS TO JOIN OUR NETBALL TEAM!

THURSDAY NIGHTS - Wurdi Baierr Stadium
Contact Alison - 0407906799



WELLBEING

Help your Child Navigate Father's Day Without a Father

Via www.superpowerkids.net

Whether your child's father has passed away, your family is going through a bitter breakup; you are a single mum by choice or an LGBTQ family. It can be challenging for a child to go through a father's day without a father. In this article we will share some tips on how to help your child navigate Father's Day without a father.

While school activities to celebrate Father's Day are usually fun and exciting and a time to express our gratitude for all the work fathers put in. But unfortunately, father's Day can bring confronting, confusing and negative emotions for the kids growing up in an unconventional family.

My father passed away when I was a child, and I remember having a hard time coping when my whole class was crafting father's day gifts and taking excitedly about the father's day celebrations. I didn't feel like participating because it reminded me that I wasn't going to have my dad at school celebrating with me. But unfortunately, I also didn't have a grandfather, a stepdad or an uncle to fill the role. All I had was my mum. While she was great and doing her best to play both roles, she would never be able to replace the relationship I had with my father.

Together, my mum and I decided that she should no longer try to fill his place. Instead, on father's day, we would celebrate my dad and our memories. I would still make a father's day card at school and put it with his photos in an album. She would let me stay home with my aunty on school father's day, and we would go out together on the weekend and do something fun.



WWW.SUPERPOWERKIDS.NET



Here are some tips on how to help your child navigate Father's Day without a father

Be Prepared for Questions

Father's day may spark your child's curiosity. Be prepared to answer complex questions: "Where is dad?", "Why has dad left us?", "Why did dad die?", "How was I born without a dad?", "Why do I have two mums or two dads?".

Depending on your family situation, a feeling of guilt could also cloud your child's mind and questions like "Was it my fault he left?", "Did he not love me?" or "Who is my biological dad?" may catch you off guard.

These types of questions are not only difficult for us as parents but also for our children. So think about what questions your child might ask you and prepare great answers for them.

When preparing your answers, keep in mind your goal. Your goal is to support your child and help them feel safe and loved regardless of your family situation.

- Answer the questions honestly
- Share age-appropriate information
- Reassure your child that regardless of your family situation, they are loved
- Pain the absence of the father in a positive light. (Even if your child's father left because of the pregnancy sharing this information with your child is likely to cause damage.)

Children tend to feel responsible for things they shouldn't, especially regarding their parent's happiness.

Having realistic, age-appropriate conversations about why dad isn't there can be an opportunity for teaching and sharing intimacy. It also gives you a chance to validate their emotions.

Let your child know their feelings are normal and they are not responsible for their father's decision not to be part of the family. This process of validation and reassurance can help alleviate confusion and leave them feeling better understood.

Celebrate with other male role models

If your child has a good relationship with another male role model, ask them to step in. It could be a grandfather, stepfather, godparent, uncle or family friend. But only if this person is already involved in your child's life. Inviting uncle John whom you haven't seen for the past six months, will make the celebration awkward.

Make a plan for father's day

Find ways to spend time as a family and make new memories. Quality family time is essential regardless of your family structure. Starting a new family tradition is an excellent way to take the attention away from the things we don't have and be grateful for the things we do have.

Explain that all families are different

Explain to your child that families come in different shapes and sizes. And there is nothing wrong with it! Just like individuals, all families are different, and that is the beauty of diversity.

Watch out for the bullies

Unfortunately, your child's vulnerability will be a magnet for bullies. Be on the lookout.

Unless your child tells you about bullying or has visible bruises or injuries, it can be hard to know if it's happening.

But there are some warning signs. Parents might notice kids:

- Acting differently or seeming anxious
- Not eating or sleeping well, or not doing the things they usually enjoy
- Seem moodier or more easily upset than usual
- Avoiding certain situations (like taking the bus to school)

If you suspect bullying, but your child is reluctant to open up, find alternate ways to bring up the issue. For example, you might see a situation on a TV show and say, "Oh, that was mean; what would you do if that happened to you?" or "What do you think that person should have done?".

It is helpful to help your child prepare and practice some responses. Help your child create a list of verbal responses to stop bullying. This could be using direct assertive language such as "Leave me alone." "Go away." "Back off." "That wasn't nice." Or "Whatever." and walk away. It is important that the response is neutral and not an attack on the bully, as this can aggravate the bully's behaviour.

Father's day without a father can make children often feel a sense of emptiness, loss or discomfort. This can be compounded by the fact that they may feel like they are the only ones who don't have a dad around. To help your child feel loved and supported, we've put together a [list of activities](#) to help your child navigate Father's Day without a father by filling your day with good family memories.

Tip: You can use the activities with or without a father's presence.

Father's Day Stall

Today the P&F Committee ran the first day of our Father's Day Stall, so I am sure there will be some excited kids happily bringing home some gifts to wrap. Don't worry, if you forgot to take money or would like to buy more gifts. The stall will run again from 2.30pm tomorrow until pickup. Once again, thank you to our volunteers who helped out at the stall.



Trivia Night

There is only one more week left to buy tickets for the Trivia Night. Our amazing committee has sourced some amazing prizes from our wonderful local community! In order to win these prizes, you need to be in attendance on the night! So get your team together or come and meet new people and buy an individual ticket! We have very limited tickets, so don't forget to purchase yours before they sell out!

Book your ticket through TryBooking. <https://www.trybooking.com/CBXIV>

Grazing platters available through The Cracker Collective or BYO nibbles. Drinks available at bar prices. (Strictly no BYO drinks.)



LIMITED TICKETS!

SATURDAY 10TH SEPTEMBER

7PM TO 10PM

\$20 PER PERSON OR \$160 FOR TEAMS OF 8

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or 0414 613 419

www.thecrackercollective.com.au



Don't forget to book your nibbles with Brooke from The Cracker Collective, she will be taking orders for grazing platters to have on your tables. This will be one less thing to worry about organising on the night!

To organise your platter contact Brooke at feedme@thecrackercollective.com.au or 0414613419.

COMING UP!

Footy Colours Day - Hot Dog Day (Information will be sent home soon)

EMAIL:

Please email Nat at lisieuxpandf@gmail.com

If you are available to volunteer for Fresh Fruit Friday or can make a donation to our Trivia night.



Proudly a part of
and supporting the
Lisieux community
-Jess and Chris Henson

If you have any questions about real estate,
we're always happy to have a chat.

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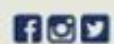


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13-16 years
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8-12 YEARS
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BEGINNING 5TH OCTOBER

13-16 years
WEDNESDAYS 5:30PM
BEGINNING 5TH OCTOBER

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