



SEPTEMBER

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

OCTOBER

Mon 3rd Term 4 commences
SUMMER UNIFORM

Fri 7th St Therese of Lisieux Mass
Multi-Purpose room
9.30am

Wed 12th Year 5/6 Beach Discovery

Fri 14th Fresh Fruit Friday

Mon 17th Arts Week

Fri 21st Arts Show Opening Night (details to follow)

Dear members of the Lisieux community,

A quick glance back through the Term 3 calendar gives a snapshot of some of the incredible learning opportunities we have shared, together with special opportunities to strengthen our community:

Naidoc Week Celebrations; Cultural Incursion for P-6 students with Norm from Wurriki Culture; Year 3/4 & 5/6 Beach Discovery days; Year 3/4 Wellbeing Expo; Year 5/6 Diversity excursion to Melbourne; Science Week; Year P-6 students Dance performance visit to Kithbrooke Park; Interschool Athletics Carnival; Keep Australia Beautiful Week; Buddy sessions; Year 3/4 Immigration Museum excursion; 2 x Friday Flow Expos; 100 Days of Prep celebration; Book Week celebrations; Sacrament of First Eucharist; Sacrament of Reconciliation; Outdoor Classroom Day; Fathers' Day Breakfast; Trivia Night...and more. What a term! No wonder some of us are a bit weary!



Tomorrow we will end the term with Footy Colours Day and enjoy hot dogs for lunch, a range of activities on the oval and some fun connection activities.

I wish our students and their families, along with our greatly valued and hard-working staff, a refreshing and restful break. May you all take the time to recharge and re-energise, returning for **Term 4 on Monday 3 October**. Next term we will welcome back Tess Righetti from Long Service Leave, Dean Roberts from parental leave and Georgia Martin from maternity leave.

Stay safe and well. God’s blessings for the holiday break,
Susan Ryan
Susan.ryan@lisieux.catholic.edu.au
Principal





END OF TERM PRAYER

We thank you Lord, for this term.

For the challenges, the successes,

and the mistakes from which we have learnt.

Be with us as we spend our time with family and friends. Give us strength and courage to do what is right; to be witnesses of our faith.

Help us to walk in your footsteps these holidays, to appreciate what others do for us, to give time and effort to help others, to be peacemakers in our family. Keep us safe in our activities; give us good rest and good fun.

Bring us back refreshed and ready for a new term. We thank you for our classmates, teachers, parents and a community that cares for us.

May we always be conscious of you in our lives. Amen

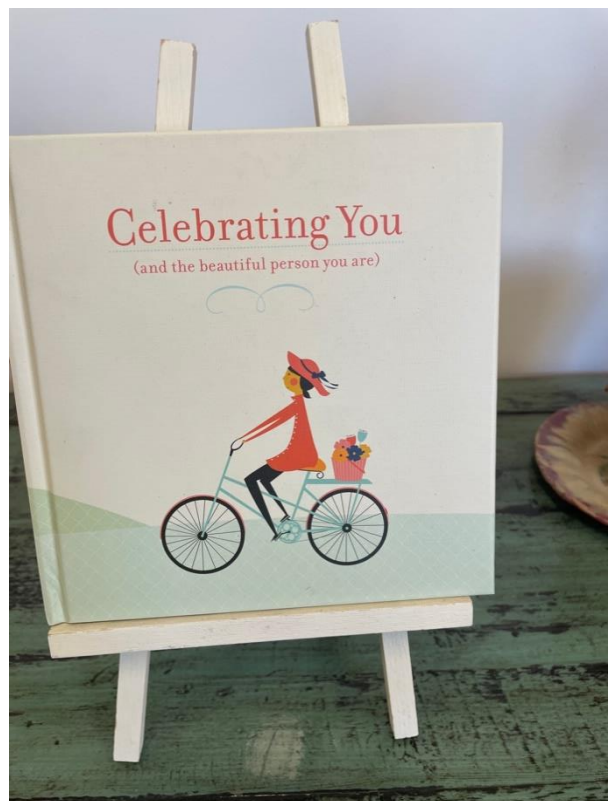


Congratulations to the Pirates, a team of Lisieux boys, who won their U9 grand final in basketball last night 45-10. A great effort, boys, and wonderful teamwork!





Each one of us is unique and “Celebrating You (and the beautiful person you are)” by M.H. Clark reminds us that our individual gifts – a kind heart, a dazzling spirit, a laugh – make us beautiful inside and out. The key message is that ‘your presence is a gift to the world’ which is definitely a message our students need to hear and believe. A very special little book.





TAKE NOTE

We will have some chairs available for pick up after school today and tomorrow if you would like a holiday break challenge. The chairs can be painted and decorated for our upcoming Art Show, where they will be part of the Silent Auction, helping to raise funds for a pottery kiln for Lisieux.





LEARNING COMMUNITY IN PICTURES







COMMUNITY NEWS



ACTORS STUDIO TORQUAY

Now taking enrolments

- 8 Week Term
- Ages 8 - 12 (1.5HR CLASS)
 - Ages 13-17 (2HR CLASS)
 - Adult class (2HR CLASS)
- *12 Actors max per session

Dates: W/C 3 October 2022
Venue: TBC

For booking details PM or email
egan_gabriel@yahoo.com.au



Follow us on Facebook & Instagram @actorsstudiotorquay

**NON-COMPETITIVE SOCCER PROGRAMS
FOR GIRLS AND BOYS AGED 3 TO 12 YEARS**



2022 TERM 4 KICK OFF

TORQUAY - Saturday 8th October
Banyul Warri Fields (soccer fields)

ANGLESEA - Wednesday 12th October
Anglesea Primary School

CHECK WEBSITE FOR MORE DETAILS

REGISTER YOUR CHILD ONLINE
www.grasshoppersoccer.com.au



dominic@grasshoppersoccer.com.au
0410 161 538



10 tips for surviving school holidays

Via www.paretnline.org.au

While school holidays are a welcome break from the busyness of school routines, there is never a break from parenting. The following tips will help you have fun and connect with your kids so you make the most of the school holidays:

1. Plan

- Get your kids involved in making a list of activities that they would like to do
- Plan for good and bad weather
- Schedule downtime and time-out as well as time for one-on-one and family group activities

2. The best things in life are free

- Make sure the list includes plenty of free activities such as picnics, bike rides, trips to the beach, the local library and the great outdoors

3. Boredom is good

- Unstructured time and time away from electronic devices is good for young minds

4. Use opportunities to teach new skills and self-reliance

- Not having the pressure to rush out the door in the morning can allow for kids to develop new skills such as getting their own breakfast and lunch, taking the dog for a walk or going to the shops by themselves.



5. Ask for help

- Don't be afraid to ask for help to share the load. For example, asking friends or family to help care for children or to provide assistance in other ways.

6. Accept that things may not always go to plan

- Even the best made plans may need to be discarded at the last minute due to unforeseen events such as weather, illness or accidents. Whilst stressful, these unforeseen events often teach us and our kids valuable life lessons and may even become the source of family bonding or stories down the track.

7. Don't forget self-care

- Look after yourself and take time out to relax, even if it's half an hour whilst you have a cuppa and read a book. Remember, happy and relaxed parents make for happy children.

8. Support and company

- Having a support system can be crucial to any parent. It also gives parents the opportunity to interact with other parents whilst giving the kids a bit of play time.

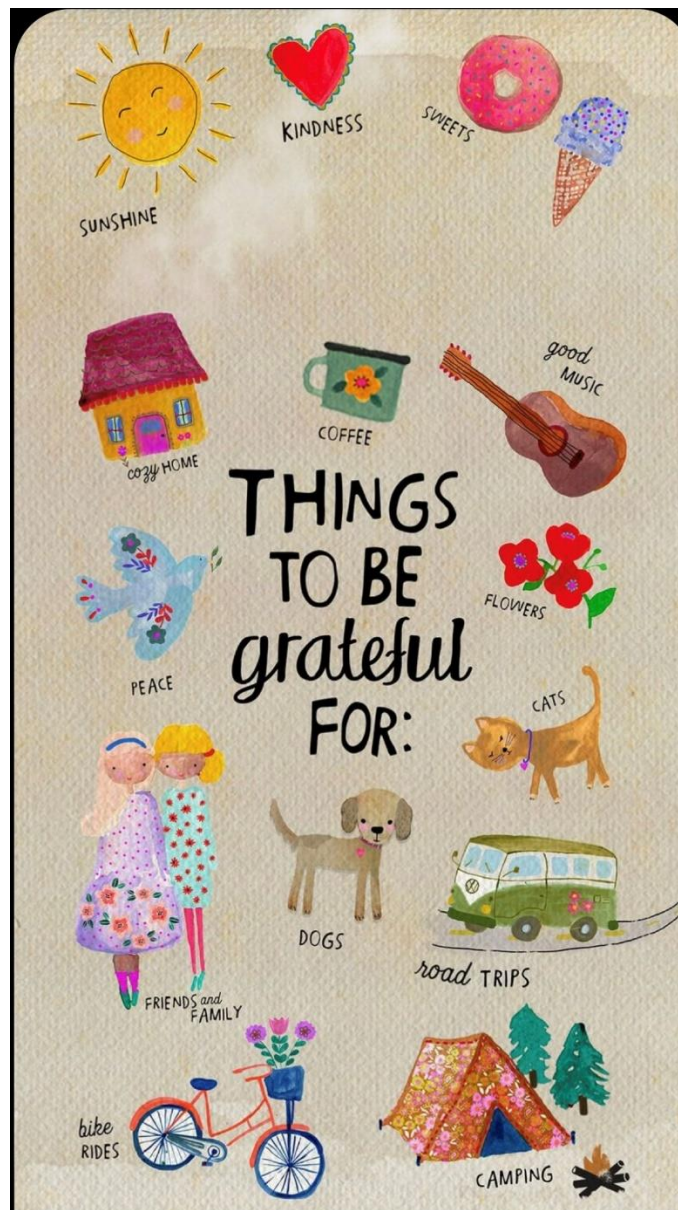
9. Consider your child's mental health and wellbeing

- Whilst it may be a family tradition to go on an annual family holiday or attend a family dinner, maybe your teenager is too depressed or your child with ADHD will be labelled by judgemental relatives. Consider if it's really worth maintaining the tradition when it may be at the cost of mental health and wellbeing.

10. Holiday connections help us the rest of the year

- School holidays provide unique opportunities to connect with, listen to and get to know your kids. Use the time to spend one-on-one time with each family member.

Parent Line can also provide over the phone support throughout the holiday period if you need some extra help. Our counsellors are here for you seven days a week, 9am to 9pm weekdays and 4pm to 9pm weekends (closed public holidays).



Trivia Night

A massive thank you to those who attended Lisieux's first Trivia Night! It was a great success and it was evident to see that everyone enjoyed gathering together for a laugh and to test their general knowledge. We raised an amazing amount of money for the school to use where needed. Once again, thank you to all our sponsors, I'm sure all our winners were extremely happy to receive their prizes!

Also, a special thank you to the small P&F committee who worked tirelessly to ensure the night was a success.



Special Mention to the Following Sponsors:

- The Salty Dog Cafe
- Mr Archer's Wine Bar
- Sass Me
- Surfcoast Smash Cakes
- The Cracker Collective
- Ministry of Skin
- Bells Beach Brewing
- Torquay Larder
- Frontbeach Cafe
- Grasshoppers Soccer Program
- Happy Hippos Creative
- 4Pines Brewery Torquay
- Doc Hughes
- Samesyn
- One Agency Torquay
- Pond Café
- Rip Curl Torquay
- Native Earth Botanicals
- Torquay Toys
- Soap Bar Laundry Torquay

Footy Colours Day & Hot Dog Day

Don't forget tomorrow the P&F Committee is running Hot Dog Day. Thank you for ordering the special lunch tomorrow and we look forward to ending another busy term seeing the kids excited to receive their lunch packs! Again, thank you to all our volunteers who will help out the committee serve the hot dogs tomorrow.

A huge thank you to all those that have offered to assist on the day and a special thank you to **The Property Couch Podcast** (<https://thepropertycouch.com.au/>) for kindly sponsoring the Zooper Doopers and to **Woolworths Torquay North** for their generous sponsorship.

Thank You & Please Join The Committee

Thank you for supporting the P&F Committee and volunteering on the special events we do put on. However, we are still looking for more committee members to join us, as there is only a small number of us who turn up to meetings and work hard behind the scenes to bring Fresh Fruit Friday, Trivia Night, Sausage Sizzles, Hot Dog Day, Mother's Day and Father's Day Stall. It would be wonderful to see new faces to join our team, as we do have lots of fun organising these special events for our kids! We will have a meeting early next term, so keep your eyes out for a date if you are able to join the P&F Committee. We would love to have you join us and expand our committee!



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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