

known and loved

ISSUE 9 | 6th April 2023
SCHOOL CALENDAR



APRIL

Wed 26th STUDENTS COMMENCE
TERM TWO

MAY

Mon 1st Brainstorm Productions
All Year Levels

Tues 2nd Family Night First
Eucharist Candidates
St Therese Church
6pm-7pm

Fri 5th Athletics Day

Sun 7th First Eucharist Rite of
Enrolment Mass
St Therese Church
8.45am

Mon 8th District Cross Country
Year 3-6

Thur 11th Mothers' Day Stall

Fri 12th Mother's Day Breakfast &
Liturgy

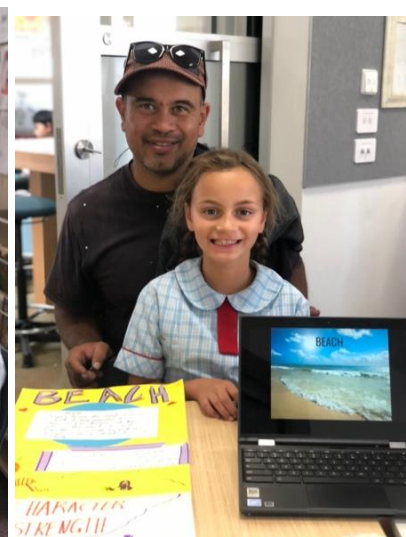
Wed 17th District AFL Round Robin

Dear members of the Lisieux community,

Congratulations to our Year 5/6 students who participated in the Summer Lightning Premiership on Monday and Tuesday. All teams (cricket, basketball, volleyball, girls' football) performed very well, with several teams through to the grand final rounds. Our girls' cricket team won their final and proceeded to the next level yesterday where they played 4 games, winning against Bellaire and Queenscliff Primary and losing against Barwon Heads Primary and Our Lady Star of the Sea. Well done to all for great sportsmanship and teamwork.



I hope you will agree that it has been a very successful first term! There's been plenty of rich, authentic learning opportunities and a fantastic level of student engagement. I'm always proud to take visitors to our school for a wander through our learning community - at any time throughout the day you can hear the excitable chatter of students collaborating and see the joy of learning first hand. They are always keen to proudly share their learning with visitors. We saw this very clearly during Tuesday's Year 3/4 Inquiry Expo during which we had many family members joining us to share in the learning of this group.



Now a term into our 6th year as a learning community, I feel we have really 'hit our straps'. I extend my very grateful thanks to our amazing, committed staff team for their skill, passion and commitment to providing the very best for every student. As a team, from our earliest beginnings, we have consistently strived to challenge the status quo of education and dream big. We have established positive daily rhythms, such as gathering time, mindfulness, Christian meditation and Gratitude Circle, along with rituals such as circle time to foster democratic discussion and decision making. Our focus on outdoor learning has supported students to feel calm, and to engage deeply in learning tasks. Relationships remain at the centre of everything we do at Lisieux and when we face challenges (as all communities do) we work through them respectfully, in partnership. Thank you so much to our Lisieux families who support us in our mission to build a 'great school', a place that feels welcoming and supportive, and where our students love to learn. The term has finished today with a colourful Easter Bonnet Parade, always a highlight for students and staff. Our coin trail raised \$1897.10 for Project Compassion

May Easter be a time of hope, renewal and peace. We look forward to seeing students on Wednesday 26 April for the beginning of Term Two.

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal





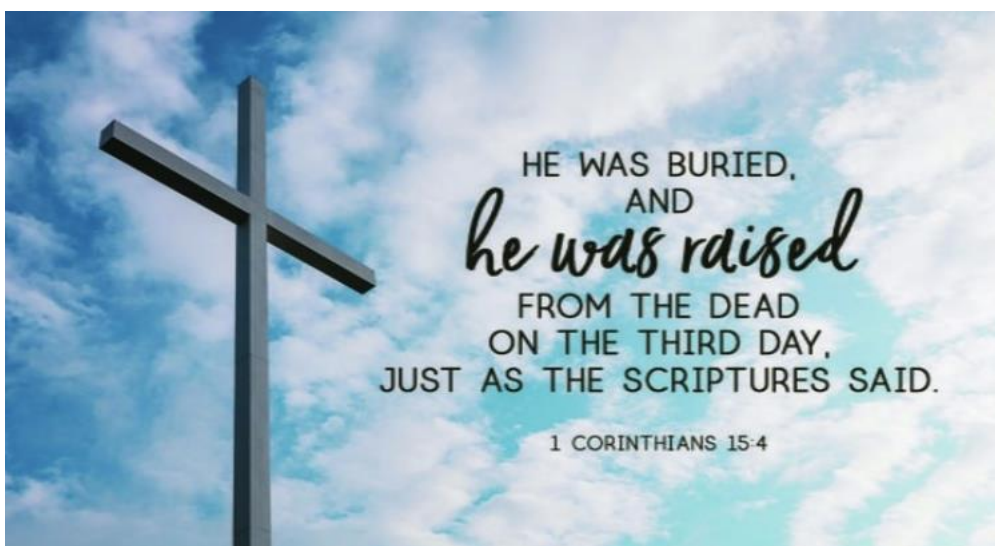
PRAYER

This week we have focused on the season of Easter, a sacred time for Christians. Each day this week we have joined together as a school community and shared in a short liturgy about Holy Week. We recalled the many highs and lows, the different emotions of the Easter story: a time of pain and suffering through the death of Jesus and his subsequent entombment and ultimately, his resurrection, a time of wonder and joy. The resurrection of Jesus is the foundation of all Christianity. This is why we rejoice- Easter is everything. The Easter egg has become a symbol of 'resurrection' – of new beginnings and hope. This is the key message we have talked about in classes this week: hope, faith in the future, and new beginnings.

Matthew 28: 5-6: *"The angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said.'"*

A prayer for Easter Sunday

Heavenly Father, our hearts are full of joy today. Christ the Lord is risen today! You feel so near to us on this most special day of Easter. Bless us as we gather with family and friends this Easter season. Amen.





Sacrament of Eucharist 2023

Nazareth Parish will celebrate the Sacrament of First Holy Eucharist in term 2, 2023.

First Holy Eucharist is for parish children who are in grade 4, baptised Catholic and previously celebrated the Sacrament of Reconciliation.

Registration is required by 28th April. Please click the below link for full details and to register your child for the Sacrament.

[tagparish.com.au/Sacraments/
Sacramental-Registration](http://tagparish.com.au/Sacraments/Sacramental-Registration)



STUDENT LEARNING & ACHIEVEMENTS

Grevillea 1 Spotlight

What an exciting Term 1 we have had! We have had so many successes to celebrate from all the hard work that we have done.

Literacy

This Term we have spent a lot of time writing stories and developing our punctuation knowledge. We have had a focus on retelling the important events in a story and making inferences about why certain events happen.



Numeracy

This Term has had a massive focus on engagement and development of skills through games. Our classroom is regularly abuzz with laughter and fun competition. One of the class favourites has been Hot Dice!

Religion

This Term has been a big one for celebrating the Sacrament of Reconciliation. We have also spent time learning about the events of Holy Week and its importance in the Catholic calendar.



Enjoy your holidays and see you back at school soon!

Introducing..... Madame Cowling

Meet Miss Cowling

Hello Everyone!

I have loved my first term at Lisieux and am excited to share a bit about myself.

About Me

I have one sister and two dogs. I like to spend time with my friends, family and my dogs in my spare time. I love going for walks and hanging out at the beach. My birthday is March 15.



Sophie & Rosie

My first Day of School



My sister and I all grown up!

Things I love...

Music

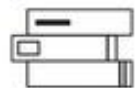


Travelling



Dogs

Art



Reading



My favourite things

Food: Tacos

Drink: Water

Colour: Purple

Sport: Dancing!

Author: Oliver Jeffers

Number: 3

Holiday: New York

Animal: Safari Animals

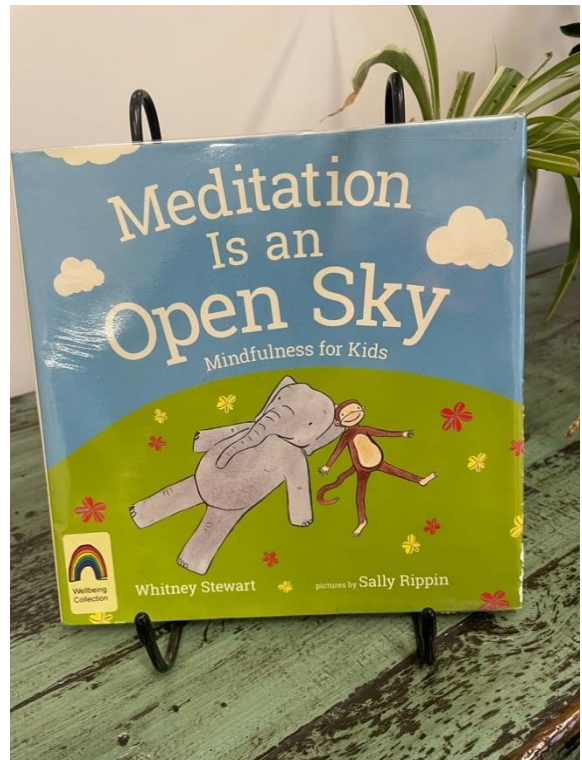
I am looking forward to the rest of 2023!





NEW TO THE LISIEUX BOOK SHELF

For any young person who has ever had a bad day and experienced strong emotions they are not sure how to cope with, this book is a great resource. "Meditation is an open sky" is a mindfulness book for kids by Whitney Stewart and Sally Rippin. It is a lovely book to introduce the concept of meditation to young children. As it explains, meditation doesn't solve problems but it does help us deal with problems. This book will support young people to learn simple exercises to help manage stress and emotions, find focus and face challenges. Most importantly, readers will come away with an appreciation of the fact that we all face challenges in different ways – and that is okay.





TAKE NOTE

This week we farewell the Gyles family (Ollie, Golden Wattle One; Philippa, Spotted Eucalypt One) who are returning to Tasmania to be closer to family. We wish them every future success.

ENROLMENT 2024

Applications for Prep 2024 enrolments will close at the end of April. Offers for Prep 2024 will be posted early in Term Two. At this stage, we anticipate having more applications than we can offer places for, so it is essential that all current Lisieux families have applications submitted.



Learning is a journey of discovery



**ENROLMENTS CURRENTLY
BEING ACCEPTED FOR 2024**

Come and see our learning community in action...

Visit our classrooms and hear from our Principal about what we offer.

We believe you'll be excited by our vision.

**Group tours currently being offered
weekly throughout March.**

To Register Phone: 9089 6614

www.lisieux.catholic.edu.au



How to find the joy in school holidays

Via www.happyfamilies.com.au

School holidays are fast approaching. For the kids, there have been 10 or so weeks of sport, music, schoolwork, sitting still and navigating friendships. For the parents, it's been 10 weeks of school lunches, finding missing shoes, packing swim gear and signing excursion forms. Our kids are tired from a long term of school, and we're tired from balancing it all.

School holidays are a chance for families to shake off the end of term blahs and find a bit of joy in their lives.

[Here are](#) some ways to do that *and* make the most of the holidays.

Limit Screen Time

When kids are tired letting them veg out in front of the TV seems like it would be a great mental break. It *is* true that sometimes the human brain needs a break. When we've been focused on a specific task for a long stretch of time, mental rest is crucial to allow the brain to process information it's taken in.

But [neuroscientists](#) know that watching television does not allow the brain to properly rest. While some parts are turned off (analysis and reasoning) other parts are highly stimulated (visual cortex). This prevents the brain from really resting. And other devices cause [similar problems](#) in our kids' brains.

In reality, the [trick to mental relaxation](#) isn't turning off the brain, but changing its focus. And school holidays are a perfect time to do that! Creative activities that don't cost the earth, and some time to just be bored, are both great ways for our kids' brains (and ours!) to have a break. Sure, let the kids enjoy some downtime staring at a screen – guilt free. But make sure it's balanced with other activities.



Get creative with activities

Holidays are a perfect time to do all those things you haven't had a chance to do during the school term, like checking out that new playground or skate park going out for a game of soccer or a bike ride along the river, or hiking to that hard-to-get-to beach or mountaintop or waterfall.

It is easy to be sucked into spending a ton of money on activities during the holidays. Being proactive, getting creative with activities and doing a bit of planning can help prevent this. Libraries, museums, art galleries, local councils and even local shopping centres, often offer kid-friendly activities, which are usually free. Community gardens are another great option – especially if you don't have a garden at home. Explore your local area for other ideas.

The holidays are also a chance to let the kids do all those things around the house there usually isn't time for. They can stay in their PJs all day (so can you!), make cookies, do crafts or have a picnic out on the lawn. And yes, there will be a mess, but we can deal with that! Kids aren't meant to be tidy all the time.

Our family holiday rule is that we aim for one family activity each day. More than that feels like overkill. Less often produces whining and complaining. And besides, having fun together is a great way to decompress and find some joy.

Boredom isn't bad

Being bored is ok! [It gives our kids a chance to be creative, to explore, and to learn to deal with what life serves up.](#) It's not our job as parents to be monitoring every minute of their school holidays and making sure they've always got something to do.

Younger kids need more time and attention of course, but as they get older give them space. When they complain that they are bored, give them a chance to find something they want to do on their own. You might have to put up with a little bit of whining, but what a joy it will be (theirs and yours!) when they find something that sparks their interest on their own volition.

Anxiety and stress

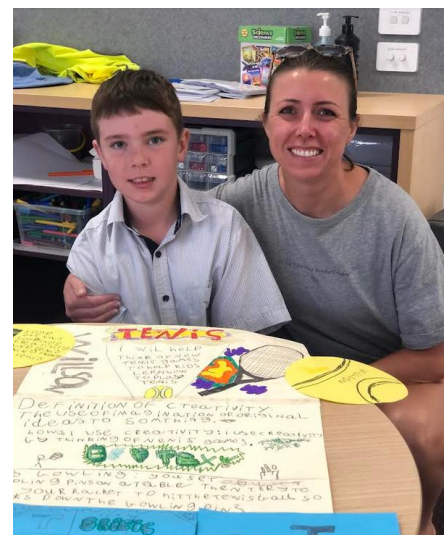
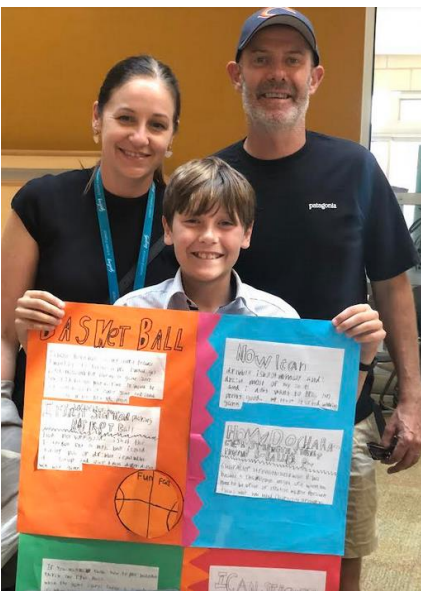
Now and then I sometimes find parents and children who find school holidays stressful rather than relaxing. Kids can have anxiety from the change in routine, from being away from their friends or from worrying about next term. This can be especially significant if they are going to be making a change (year level or schools, for example).

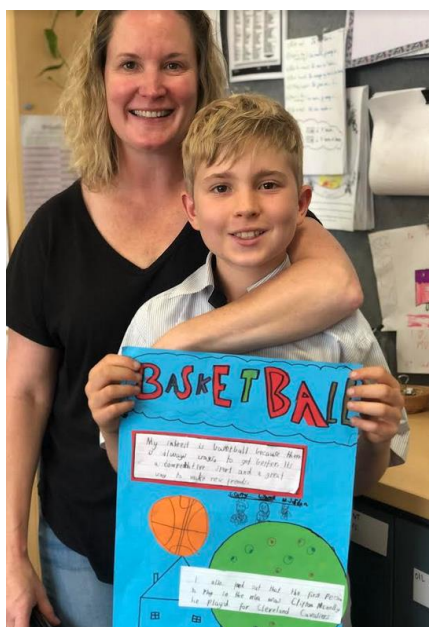
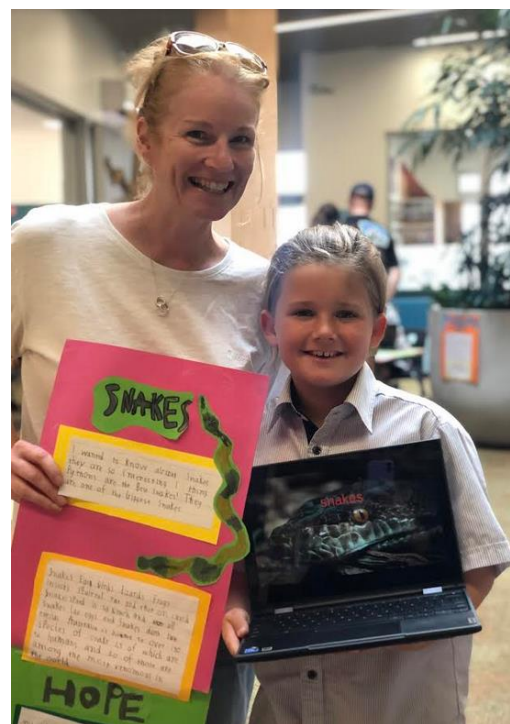
Parents often find having to juggle work commitments and additional childcare requirements stressful. There are sometimes additional costs, and of course, more time entertaining regardless of how creative you are.

But there are [ways to combat these](#) stresses and worries.

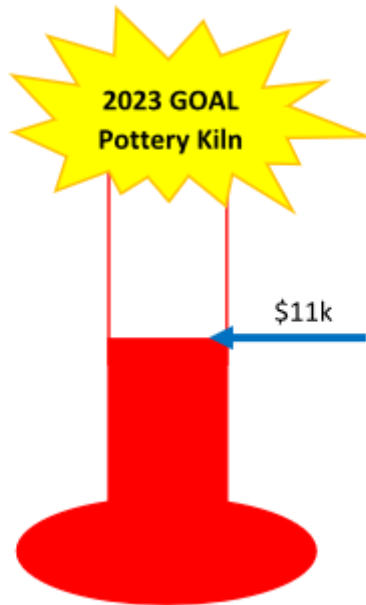
For kids, make sure you maintain healthy routines. Keep them on a reasonable bedtime schedule and eating healthy foods. If they are having worries, talk about those and come up with an action plan. For example, if they're starting a new school, go for a walk-through of the school grounds. If they're missing their friends, arrange a play date.

For us parents, try not to overload yourself with pressures at home (and at work). Get out the family calendar and make a plan together. Schedule in some quiet times, and some time for yourself as well. Life is busy, and we only have so many holidays with our kids. We can really maximise them when we look for the joy life has to offer! In a few years they may not want to stay in their PJs all day with you.





We'd like to thank all of those who came along to the AGM last week, we had a great turn out and have some exciting events and fundraisers coming up this year to help achieve the goal of purchasing the school a pottery kiln.



The committee would like to ask for each class to have a nominated person to represent each class and be the contact person between the committee and the classes. Being the contact person between the P and F would include, coming to the P and F president with any concerns or ideas. Coordinating P and F school activities, e.g: coordinating the contributions for the '5 days of Christmas' for the staff Christmas gift. Arranging any year level social activities outside of school. And organising additional volunteers if needed for school events and fundraisers. Being on the P n F committee and attending meetings, isn't a compulsory part of this role – but you are obviously welcome. If you would like to be the Parent Rep please email your name, class that you'll represent and contact details to lisieuxpandf@gmail.com

The first fundraising event on the calendar is the Easter Raffle, which was a hug success last year. Next week we'll be asking for easter egg and gift donations to contribute to the prizes. Also don't forget Friday Canteen orders by 5pm on Wednesday via School24 app and Thursday lunch orders by 8.30am Wednesday via the Flexischools app.

NEWSLETTER ADVERTISING!

Do you have or know of a local business that would like to advertise to our school community?
Our newsletter gets over 1,000 views each week!

SMALL AD	MEDIUM AD	LARGE AD
One Off: \$20	One Off: \$40	One Off: \$80
One Month: \$50	One Month: \$100	One Month: \$200
One Term: \$100	One Term: \$200	One Term: \$400

OR you might like to have a Special Offer e.g. "Quote 'Lisieux' when booking a job and we'll give \$50 back to the school." Or "For every Lisieux Family Meal Deal ordered we will give \$10 back to the school."

OR you might be interested in sponsoring one of our bigger projects and have your business name and logo on it! Bigger projects get FREE Newsletter Advertising.

For Advertising Enquiries please contact Lisieux Parents and Friends Committee at: lisieuxpandf@gmail.com



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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TORQUAY COMMUNITY HOUSE



Term 2 2023 Timetable

MONDAY

Baby Sensory Torquay
9:00am-3:00pm

Little Da Vincis (3-5yrs)
9:30am-10am

'Have A Chat' Community Table
10:30am-12pm

Italian for Beginners
(commencing 8 May)
12:30pm-1:30pm

Life Drawing
7:00pm-9:00pm



TUESDAY

Story Time (1-5-yrs)
9:30am-10:00am

Low cost Counselling
11am-1:30pm

FREE IT Help with Chris
1pm-3pm (fortnightly)

Tutoring Worx
4pm-6pm

French for children
4pm-5pm

Torquay Actor's Studio
Kids 4-6pm
Adults 7-9pm

FREE Community Lunch
12:00pm-2pm
(1st Tuesday of month)

Book Club
7:30pm-9pm
(3rd Tuesday of month)

WEDNESDAY

Active Playgroup (1-5-yrs)
9:15am-10:15am

Hatha Yoga for 60+
9:30am-10:30am

Guitar for Kids
3:45pm-4:45pm

French Intermediate Adults
6pm-8pm
(Fortnightly)

Watercolour & Drawing
6:30pm-8:30pm

THURSDAY

Bells and Beats (0-5 yrs)
9:30am-10am

Low cost Counselling
11am-1:30pm

Watercolours with Pat McKenzie
1pm-3:30pm

Guitar for Kids
3:45pm-4:45pm

Tutoring Worx
4pm-6pm

FRIDAY

Yoga for Wholeness
9:15am-10:30am

My Mates Program
9:15am-10:15am

Friday Art Group
1pm-3:30pm

Women's Sharing Shed
1pm-4pm

SATURDAY

Meditation
8:30am-9:30am



Term 2 House Programs



Little Da Vincis (3-5 yrs)

Art and craft group suitable for preschoolers. Enjoy lots of fun craft activities including painting, drawing, cutting, and pasting!
Cost: \$15 per term per family
When: Monday 9:30am -10am

Story Time (1-5 yrs)

Join Surf Coast SC students for story time and craft each week. Spark your little one's imagination and curiosity through the wonderful world of books!
Cost: \$15 per term per family
When: Tuesday 9:30am -10am

Bells and Beats (1-5 yrs)

This half hour is packed full of fun songs and activities to get your little ones singing and moving.
Cost: per family \$35 per term or \$5 on the day
When: Thursday 9:30am -10am

Active Playgroup (1-5 yrs)

Facilitated by Surf Coast SC students, get your kids moving and playing, working on fine and gross motor skills!
Cost: \$15 per term per family
When: Wednesday 9:15am -10:15am

My Mates Program

Get social with SCSC Yr 11 & 12 students, help build social skills for transition to workforce. Enjoy a cuppa, cards and chat!
Cost: FREE
When: Friday 9:15am -10:15am

'Have A Chat' Community Table

Come and join us to have a cuppa and a chat for as little or as long as you choose. Everyone welcome!
Cost: Free
When: Monday 10:30am -12pm

Women's Sharing Shed

Newcomers welcome! A place for women to learn new DIY or gardening skills or take time out for a cuppa and a chat.
Cost: \$10 per term or \$35 per year
When: Friday 1pm-4pm

Italian for Beginners (starts 8 May)

Join Italian Native and Torquay local Edward Aquilina to learn the basics of Italian language.
Cost: \$50 per term or \$35 concession
When: Monday 12:30pm-1:30pm

Tutoring Worx

A low-cost tutoring program for local year 1 to 7 students who can benefit from assistance with the core concepts of Maths and English. 40 minute sessions (incl parent handover).
Cost: \$10 per term
When: Tues and Thurs 4pm - 6pm
Booking essential

IT Help with Chris

Chris can help you with some tips with your PC, laptop and android phones (including Samsung) and some basic issues with ipads and iphones
Cost: Free
When: Tuesday 1pm -3pm, fortnightly
Booking essential

Friday Art Group

Bring along what you're working on and paint in your preferred medium. Socialise with other artists, and exchange ideas in a supportive and friendly environment. Easels supplied.
Cost: \$10 per term or \$35 per year
When: Friday 1pm-3:30pm

Watercolour & Drawing

Come and join Colin Peel to develop both watercolour and drawing skills. This class will be suitable for beginners or people expanding their experience in painting in watercolour
Cost Full Fee: \$120
Concession: \$80
When: Wednesday 6.30pm-8.30pm
Material list for participants to be provided

Book Club

Fully booked for 2023.
Cost: \$10 per term or \$35 per year
When: 7:30pm-9pm
3rd Tuesday of each month

Bookings: Call 5261 2583, visit torquaycommunityhouse.org.au, email administration@torquaycommunityhouse.org.au or come and see us!

***All activities held at Torquay Community House unless otherwise specified**



Torquay Community House
Wadawurrung Country
14 Price St, Torquay, 3228
Ph: 5261 2583

Term 2 Programs



Torquay Actor's Studio

Dynamic drama classes for kids and adults.
Cost: From \$200 per term
When: Tuesday 4-6pm (Kids) & Tuesday 7-9pm (adults)
Book with Gabe on 0410 478 559 or egan_gabrielle@yahoo.com.au

Little French Wave

French for children
For children prep to year 4 who are orally fluent in French. This is a learn to read class.
Cost: \$22 per class
When: Tuesday 4-5pm
Book with Florie on 0481 233 714 or littlefrenchwave@gmail.com

French Intermediate Adults

Put your learning into practice through games, facilitated conversation and listening activities.
Cost: \$22 per class
When: Wednesday 6-8pm (fortnightly)
Book with Florie on 0481 233 714 or littlefrenchwave@gmail.com

Hatha Yoga for Over 60s (8 weeks)

This over 60's hatha yoga class has been tailored for all abilities (yogi's and beginners) who are looking for ways to improve balance and flexibility. BYO mat and blanket.
Cost: \$10 per session
When: Wednesday 9:30am-10:30am
Book with Emily on 0400 121 903

Meditation

Learn how to heal your body and still your mind for health and wellbeing. Beginners welcome.
Cost: Gold coin donation
When: Saturday 8:30-9:30am
Book with Nikki call/text on 0400 497 024

Yoga for Wholeness

Classes combine a balance of Asana (postures), Pranayama (breathing practices), Meditation and Yoga Nidra. BYO mat, cushion and blanket.
Cost: \$15 per session
When: Friday 9:15am-10:30am
Book with Bryan on 0457 911 563

Watercolours with Pat McKenzie

To extend the knowledge of watercolour painting for individual participants.
Cost: \$200 for term (10 weeks)
When: Thursday 1pm-3pm
Book with Pat on 0418 179 554 or email patmckenzie8@gmail.com

Life Drawing

Observational Life Drawing of a model
Cost: \$10 per session
When: Monday 7pm-9pm
Book with Julie on 0412003759 or email julieromail@gmail.com

Low-Cost Counselling

Jan and Fiona are experienced counsellors offering affordable counselling sessions for the community.
Cost: \$25/1-hr session
When: Tuesday & Thursday 11am-1:30pm
Book via TCH on 5261 2583

Guitar for Kids

Lessons introduce kids to music basics and guitar in a fun and easy way. Sarah is a qualified music teacher with over fifteen years experience.
Cost: \$140 per term
When: Wed & Thurs 3:45pm-4:45pm
Book with Sarah on 0466 113 138

Baby Sensory

Baby Sensory is designed for babies from birth to 13 months old to promote learning and development during this precious first year. 45min classes are packed with a variety of sounds, smells, sights, textures, music, dance, signing, therapeutic games, bonding and massage.
Cost: \$216 for the term (8 weeks)
When: Mondays 9am-3pm
For more information and to book, go to <https://www.babysensory.com.au/geelong-vic/>

--- Rooms available for hire ---

More information and booking enquiries
<https://torquaycommunityhouse.org.au/venue/>



Torquay Community House
Wadawurrung Country
14 Price St, Torquay, 3228
Ph: 5261 2583



2023 WINTER SEASON CALENDAR Cross Country - Midday Sundays

Venue location information released via social media on Friday evenings

	Date	Event Type	Course
MAY	Sun 07 May 2023	XC Competition	TBA*
	Sun 14 May 2023	XC Competition	TBA*
	Sun 21 May 2023	XC Competition	TBA*
	Sun 28 May 2023	XC Competition	TBA*
JUN	Sun 04 Jun 2023	XC Competition	TBA*
	Sun 11 Jun 2023	XC Competition	TBA*
	Sun 18 Jun 2023	XC Competition	TBA*
	Sat 24 Jun 2023	STATE RELAY CHAMPIONSHIPS U9+ Athletes	Cruden Farm, Langwarrin
School Holiday Break 25 June - 09 July 2023			
JUL	Sun 16 Jul 2023	XC Competition	TBA*
	Sat 22 Jul 2023	XC Competition	TBA*
	Sun 23 Jul 2023	REGION CROSS COUNTRY CARNIVAL U9+ Athletes	Venue TBA
	Sun 30 Jul 2023	XC Competition	TBA*
AUG	Sun 06 Aug 2023	XC Competition	TBA*
	Sat 12 Aug 2023	STATE CROSS COUNTRY CHAMPIONSHIPS U9+ Athletes	Lake Dewar, Myrning
	Sun 13 Aug 2023	XC Competition & Break Up BBQ	TBA*

Age Group	U6	U7 & U8	U9&U10	U11*U12	U13&U14	U15&U16	U17
Distance	500m	1km	1.5km	2km	3km	4km	4/5km

For any queries, please contact
info@surfcoastlittleathletics.com
or 0488 288 324



CROSS COUNTRY

7th May - 13 August

Sundays @ 12 Midday

Torquay & Jan Juc locations

Sign Up Today!



For any queries, please contact:
info@surfcoastlittleathletics.com
or 0488 288 324

UNDER 6 +
12 COMPETITION WEEKS
+ REGION & STATE
CHAMPS

\$65

