

known and loved

ISSUE 26 | 7th September 2023
SCHOOL CALENDAR



FROM THE PRINCIPAL

Dear members of the Lisieux community,

This week in our after-school staff meeting we focused on the power of strength spotting. We all know that focusing on 'what is wrong' sucks the energy out of everyone; conversely, focusing on strengths can have a significant impact in creating harmony in our environment. Character strengths are core parts of each individual, which help shape our personalities and influence our behaviour. They motivate us and determine our uniqueness. There are 24 character strengths but each person typically has 5 signature strengths, which can support us in managing and overcoming challenges, improving relationships and enhancing our wellbeing. In order for individuals to truly flourish, we need to be aware of and to utilise our signature strengths. In a classroom setting, when we are aware of our strengths, they become an inner resource to motivate us and guide our self-talk, for example, "I can be persistent", "I am creative" or "I can try new things." This boosts individuals' sense of pride, fosters emotional intelligence and boosts classroom climate. We have had a range of Lisieux Character Strength stickers developed and printed and your child may come home with a sticker acknowledging a particular strength in the coming weeks. When they do, please ask them about their signature character strength – they are sure to be able to tell you how they have used it to good effect.



SEPTEMBER

- Fri 8th Friday Flow Expo
ALL WELCOME
2-3pm
- Tues 12th Sacrament of Confirmation
St Therese Church 5pm
- Fri 15th Footy Colours Day
Last Day of Term 3
3.15pm conclusion

OCTOBER

- Mon 2nd Term 4 Commences
- Mon 9th
- Fri 13th Prep- Year 2 Swimming
- Wed 11th
- Thur 12th Year ¾ Camp
Sovereign Hill
- Fri 13th Year ¾ Rest Day
- Wed 18th Year ¾ Beach Discovery
- Thur 19th Year ½ Excursion

It was wonderful to welcome many Dads, grandfathers and special male role models on Monday morning for a coffee and egg and bacon roll. A special thanks to the staff who came in early to prepare this for our Dads.

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal

It's finally here the Cocktail Party!!

Have a fun night out and enjoy music, cocktails, drinks, canapes and dancing. There's also a raffle with fantastic prizes.

For more details and to purchase tickets click [here](#)



YOU'RE INVITED TO A



Lisieux Catholic Primary School
COCKTAIL PARTY

 SAT OCT 28 7PM - 11.30PM	<p>\$65 INCL.</p> <p>ARRIVAL DRINK GRAZING TABLE CANAPÉS LIVE MUSIC DJ</p>	 GRANT PAVILLIAN 11 KUWARRK LN TORQUAY
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TRYBOOKING.COM/CKMZB

PRAYER



As we continue our focus on character strengths, it can be helpful to look at special role models in our lives and to consider what their signature character strengths may be. Jesus was the ultimate role model: what strengths did he display?

Jesus,

You faced all sorts of challenges in your time on earth.

We wonder what character strengths you relied upon to guide you.

In you, we recognise the following signature strengths:

Spirituality: you took time to reflect, pray, seek guidance from God.

Love: you blessed and served the poor, the sick, the distressed. You gave us the commandment to love one another.

Forgiveness: You taught your disciples to forgive. You forgave those who crucified you.

Leadership: You used stories to share your vision; sought feedback from your team; you always saw a possibility to include others.

Humility: You washed the disciples' feet.

May your strengths be an example for us to live by. Amen.



Sacrament of Confirmation

Tuesday 12th of September at 5:00pm

Important Reminders

Prior to Ceremony:

Candidates and Sponsors gather **20** minutes before Mass in Common Area

Clothing:

On the night of the Confirmation students are asked to wear neat casual attire with their Stole

Sponsors:

The Bishop will talk briefly to candidates before Mass. Candidates and sponsors process into the church and stand in front rows when the commentator invites them into the Church. Sponsors to sit with Candidates.

Certificates:

Certificates will be distributed on the night at the end of the celebration.



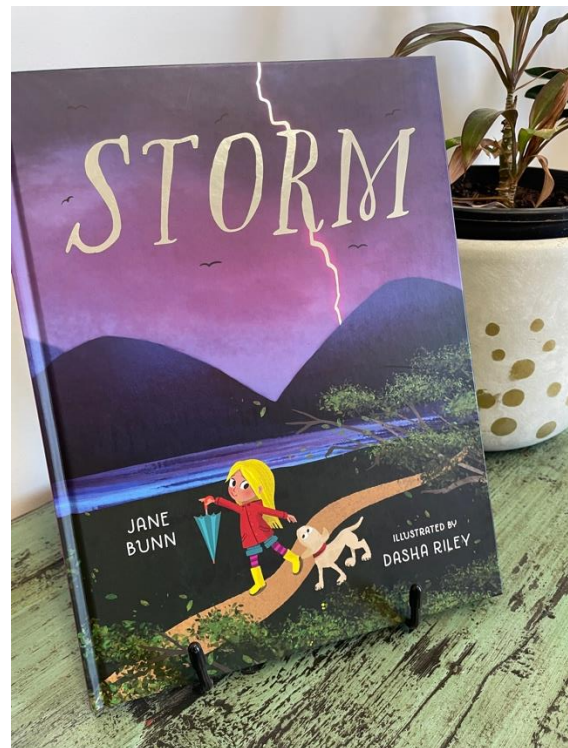
STUDENT LEARNING & ACHIEVEMENTS





NEW TO THE LISIEUX BOOK SHELF

We were delighted to receive a donation to our Lisieux library this week- a book written by weather presenter and meteorologist, Jane Bunn. This picture book, titled "Storm" is Jane's first children's book and of course, it's all about weather. This book provides the answers to all our weather questions: where do storms come from? What causes lightning? How does hail form? And most importantly, how do we stay safe? The book is packed with clear, accessible illustrations and diagrams explaining the science behind storms, and is illustrated by award-winning artist Dasha Riley.





TAKE NOTE

It is our constant challenge to improve the flow of pick up in the afternoons. Despite repeated requests, we have parents continuing to park in the Kiss and Drop Zone before 3:15pm which clogs up the access and flow. We will be erecting some sandwich board signage which will prevent anyone parking in that zone until after 3:15pm. Once again, we ask if you arrive prior to 3:15pm, please park in a designated parking spot, alight from your car and collect your child OR arrive after 3:15pm when children should be assembled and ready for you to simply drive through and collect. Please don't stop in this zone unless your child is visible and waiting.

Many thanks. Here's hoping the new signage helps!



Cultivating Character Strengths in Kids

Via www.langleygroup.com.au

Our strengths of character make us who we are.

For children, just like adults, using their top (or signature) strengths feels energising, motivating and like we are using the best of ourselves. This builds a sense of self-esteem, competence and wellbeing that can grow over time.

By character strengths, I am referring to inner strengths that are morally valued, like courage and kindness, which help us address life challenges and live a better life.

As a parent, focusing on our children's strengths, positive qualities and future potential—rather than what they don't do well—enables them to see the best in themselves and work toward becoming better.

Research has shown that a strengths-based approach to parenting builds resilience in children. Professor Lea Waters of the Melbourne Graduate School of Education showed that when parents deliberately identify and nurture their child's positive attributes and qualities, it helps them create a 'positive filter' that makes them more able to cope with and adapt to stress. Prof Waters says this promising new area of research offers parents proactive ways to build children's resources in addition to providing a [balance of warmth and control](#). By connecting kids with their innate strengths and developing them (strengths of character, abilities or talents), we help them feel more satisfied with their life and themselves.

This provides a buffer against developing mental health issues later on.

Home environment plays a huge part in developing children's strengths. The more you nurture and expand their strengths potential the more confident, resilient and well-rounded they will become. While character strengths are akin to natural traits, they are considered malleable, so we can develop, teach and stretch them to grow stronger.

In young children some of the most common character strengths are love, kindness, creativity, curiosity, and humor. Love, zest and hope are associated with wellbeing in young children, and can be developed through a positive parent-child relationship. Adolescents with higher levels of zest, hope and leadership have shown lower levels of anxiety and depression than their peers. Other strengths such as appreciation of beauty and excellence, forgiveness, modesty and judgment tend to arise as children mature.



How do you know and grow strengths in your children (and yourself)?

You can spot strengths in your children and yourself quite easily if you pay attention to the things they enjoy and do well. For example, what activities do they do simply for the love of doing them? Chances are they are using a strength. Where do they excel? What do they learn most readily and can do even better with persistence and effort?

One really fun way to get children (and your whole family) thinking about strengths is spotting them in books and movies. Through the lens of character strengths, watching the movie *Frozen* can be a lesson in Love, while *Inside Out* shows the value of developing Wisdom and Decision-Making. For older kids, *The Blindside*, is a wonderful lesson in the value of expressing Gratitude.

The [Character Challenge](#) has a curriculum for teaching strengths and virtues to teens experiencing challenges. By exploring positive role models and discussing how protagonists demonstrate good character, they develop a foundation of self-worth and learn the value of working hard, building healthy relationships and regulating their behaviour.

Another great book on this topic is [Positive Psychology at the Movies](#), by Ryan Niemiec, Education Director of VIA Institute on Character. Dr Niemiec regularly reviews movies that promote positive behaviours and explore positive psychology themes. Check out his [list of top films in 2015!](#)





REMINDER TO PLACE YOUR ORDER !

Sausage Sizzle alongside Footy Colours Day

On Friday 15th September (last day of term 3) the P&F Committee will be organising a Sausage Sizzle alongside Footy Colours Day.

For \$5 per student at lunchtime each student will get:

- A sausage in bread
- A Zooper Dooper
- A piece of fruit

Please ensure that you place your order via the School24 app under the EVENTS tab - <https://www.school24.net.au/>



Updated Mango Fundraiser Information

Lisieux is holding the Mango Fundraiser once again this year. As you wind up Winter sports and catch up with family members and friends over the holidays ask if anyone is interested in receiving a tray of 4.5 kg of delicious fresh mangoes for \$24 at the start of Summer. Orders can be placed on School24 in October, delivery will be the end of November/early December, depending upon the weather.



KIDS HOLIDAY PLAY! CLAY WORKSHOP



- HAND BUILDING
- UNLIMITED CLAY
- COLOURED GLAZE
- 2 HOURS OF PLAY
- 8-14 YEAR OLDS



SCHOOL HOLIDAYS ARE
NEARLY HERE AND IT'S
TIME FOR YOUR LITTLE
CREATIVES TO HAVE SOME
FUN IN THE STUDIO!

SEPTEMBER HOLIDAYS 10AM - 12PM
TUESDAY 19TH
WEDNESDAY 20TH
MONDAY 25TH
TUESDAY 26TH

Book at
Bellbraeclay.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.

ONEAGENCY
SURF COAST

chris.h@oneagency.com.au
0477 774 271

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General Information: We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. We provide quality childcare in safe and fun surroundings for children out of school. Our holiday program is focused around sports, games, and outings to local attractions. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid, child protection and activity planning/delivery.

Who can attend: Children aged 5-13 yrs.

What do you need to bring: Shoes and appropriate clothing, jacket or sweatshirt, hat, drink bottle and food.

Food: Please bring plenty of packed food and drink for morning tea/lunch/dinner on tea. Lunch will be from approximately 12:30pm to 1:00pm each day.

Program activities: Program activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Program activities may vary without notice dependent on weather conditions and program numbers.

Payment details: Payment is required 7 days from receiving an invoice. An invoice will be issued once attendance has been completed and will be adjusted based on CCS subsidies.

CCS (Child Care Subsidies): Kelly Club is a CCS approved with Services Australia, which means you can enjoy a subsidy of up to 90% of your fees, depending on your circumstances. This is then paid directly to Kelly Club on your behalf. For more information visit www.my.gov.au

Cancellations: Kelly Club requires 24 hours written notice for a booking cancellation. Fees will be charged if notice is not received. Kelly Club will require 5 days written notice for booking or excursions. For return days and 3 days written notice for a booking cancellation for excursions/excursion days. Event Day Free! Excursion fees - up to \$40 per child. Insurance fees - up to \$30 per child.

Please note: Every care will be taken to ensure the safety of your child/ren and their property. However, organizers of Kelly Club accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the program. If your child/ren are collected late after the conclusion of the program you will be charged \$1 per minute.

Website: <https://www.kellyclub.com.au/sttherese>
Contact: Mack Buchanan
Email: sttherese@kellyclub.com.au
Phone: 0411939299
Facebook: KC Facebook...
Address: 50 Grossmans Rd, Torquay VIC 3228

SEPTEMBER 2023 HOLIDAY PROGRAM

ST THERESE PRIMARY SCHOOL

	Mon 18 September	Tues 19 September	Wed 20 September	Thurs 21 September	Fri 22 September
WEEK 1	<p>JUMPING WITH JOY Join us for an exciting trip to Bounce Geelong. There will be a small extra cost for the day. Please remember a big lunch, drink bottle, shoes and a hat.</p>	<p>NERF WARS! Today we battle it out in an all out Nerf War with team challenges and replenish your energy after a team battle till! Who will come out on top?</p>	<p>DARING DETECTIVES We're going undercover for a day of detective work. We'll need our spy gadgets and undercover team to solve the intriguing mysteries.</p>	<p>WILDLIFE INCURSION DAY During our reptile incurison day, students will be treated to an up-close encounter with fascinating wildlife. Students can have a hands-on experience! There will be a small extra cost for the day.</p>	<p>MMM-MONSTERS The monsters are casting a shadow over our Kelly Club land! Let's give them a big hug and show them all the fun that can be had!</p>
WEEK 2	<p>MOVIE MAGIC Join us for an awesome trip day to Readings Cinema to watch the new Teenage Kraken. There will be a small extra cost for the day. Please remember a big lunch, a leak bottle, shoes and a hat.</p>	<p>BOOK DAY Step between the pages of your favourite book and become part of the story. Where will we end up today. Come along and find out!</p>	<p>GINORMOUS GALAXIES Next week is World Space Week, so prepare for blast off! All our systems are go as we embark on an astronomical adventure here at Kelly Club.</p>	<p>GRAND FINAL DAY Join us for a day of footy in the lead up to the Grand Final! Come dressed in your team's colours and take part in good kicking and handball competitions. Who will lift the Premiership Cup?</p>	<p>PUBLIC HOLIDAY No program on today!</p>

FULL DAY: KC HP
\$70



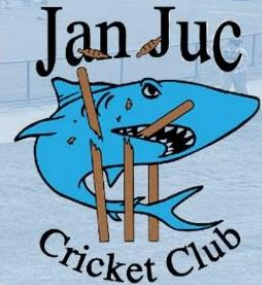
BOOK ONLINE NOW AT www.kellyclub.com.au

**BECOME A
SHARK THIS
SUMMER!**

JUNIOR REGISTRATIONS *NOW OPEN*

**U17s (boys), U15s (girls / boys),
U13s (boys), U12s (girls), U11s (mixed)**

- PLAY CRICKET IN A FUN ENVIRONMENT!
- JOIN WITH A FRIEND!
- \$90 JOIN UP!
- **NEW U12s GIRLS TEAM OFFERED THIS SEASON CATERING TO 8-12YO's!**
 - NO EXPERIENCE NECESSARY
 - CLUB EQUIPMENT AND KIT AVAILABLE
 - GIRLS PLAY SUNDAY MORNINGS
- SIGN UP VIA THE JJCC PLAYHQ REGISTRATION PORTAL
- ENQUIRIES TO juniors@janjucsharks.cricket



SCHOOL HOLIDAY PROGRAM

GEELONG
REGIONAL
LIBRARIES

*YOUR STORY
for kids*



JOIN THE HOLIDAY FUN AT TORQUAY LIBRARY

We've got your kids covered these September school holidays!

There a huge line up of activities for children of all ages. The theme is **Your Story** – create your story through craft, tech, art, writing and more!

Scan the QR code for the full details of these events on our website. Bookings available two weeks before each event.



www.grfc.vic.gov.au

My Favourite Things - Ages 5+
Wednesday 20th September 10.30am - 11.30am

Your Family Story - All Ages
Friday 22nd September 10.30am - 11.30am

Your Story in Paper Pixel Art - Ages 8+
Monday 25th September 10.30am - 11.30am

Your Story with Puppets - Ages 5+
Thursday 28th September 10.30am - 11.30am

book
now

All events are FREE unless otherwise specified.
Bookings essential.
Online www.grfc.vic.gov.au/events
In person at any branch, or phone 03 4201 0667