

known and loved

The Tide

ISSUE 24 | 4th September 2024

SCHOOL CALENDAR

SEPTEMBER

Fri 6th Friday Flow Expo 2pm

Mon 9th Arts Week

Tues 10th Bellarine Division Athletics

Thur 12th Wakakirri State
Performance

Fri 13th Art Show Gala Opening
Tickets essential

<https://www.trybooking.com/CUOUQ>

**Please note this is an Adults only
event**

Sat 14th Art Show
12pm-4pm

Sun 15th Art Show
12pm-4pm

Mon 16th Year 4 Beach Discovery

Tues 17th Year 3 Beach Discovery

Confirmation Celebration
Mass
St Therese Church

Wed 18th Boys Division Basketball

Thur 19th Year 5/6 Beach Discovery

Prep Prayer Gathering
Multi Purpose Room
2.30pm

Fri 20th Footy Colours Day &
Sausage Sizzle
Term 3 Concludes
3.15pm finish

OCTOBER

Mon 7th Term 4 commences

Fri 11th St Therese Feast Mass
St Therese Church 9.30am

Mon 14th Prep- Year 2 Swimming
-Fri 18th

Wed 16th Year 4 Beach Discovery



Lisieux
CATHOLIC PRIMARY SCHOOL



FROM THE PRINCIPAL

Dear members of the Lisieux community,

The arrival of Spring certainly introduced itself with some wild weather! We had some fence damage and lost a few tree branches at school but fortunately, we were able to keep everyone safe on Monday during the windiest time.

Right to Disconnect legislation

The 'Right to Disconnect' is a new piece of legislation designed to support teachers by establishing boundaries between their professional and personal lives. The intent is to promote a healthier work-life balance and prevent burnout among educators. Under the legislation, teachers will have clearly defined working hours during which they are expected to perform their duties. Outside of these hours, they are not obligated to respond to work-related emails, messages or calls. The law promotes a culture of balance by encouraging both teachers and school administration to respect boundaries and prioritise wellbeing. This is important because the wellbeing of our teachers directly impacts the quality of education our students receive. By allowing teachers to disconnect from work after hours, we are helping to reduce stress and prevent burnout. This not only benefits our educators but also enhances their ability to provide a positive and effective learning environment for our children. Below I have included a link to our Parents/Carers/ Guardians Electronic Communication Guidelines, which will hopefully be a useful guide. We encourage parents to support this initiative by respecting teachers' boundaries. If you have concerns or need to discuss matters related to your child's education, please understand that a reasonable response time, during working hours, for classroom educators is 48 hours. Thank you for your continued support and cooperation. Together, we can contribute to a more balanced and positive environment for both our teachers and students.

[Right to disconnect – Parents/Carers/Guardians Electronic Communications Guide](#)

Arts Week / Art Show

Next week is Arts Week and we are gearing up for a week of creative expression and fun. If you have not yet purchased your tickets for the Friday evening Art Show Launch, please do so as soon as possible via the following <https://www.trybooking.com/CUOUQ>. This is a ticketed event for adults only, with a glass of bubbles / beer included in the entry price, nibbles and entertainment as well as first access to the silent auction items. Thank you to all who have supported our auction with donations. It is not too late to give a donation for this. Over the weekend the Art Show will be open from 12pm-4pm on Saturday and Sunday via gold coin donation. We really hope you can join us for this special biennial event!

God's blessings for the week ahead,

Susan Ryan

Susan.ryan@lisieux.catholic.edu.au

Principal



ART SHOW & AUCTION 2024

Lisieux
CATHOLIC PRIMARY SCHOOL
TORQUAY

Lisieux CPS welcomes the community to share in our 2024 Art Show

 <p><i>Gala Launch</i> Friday 13th September: 7 - 9pm Adults only (ticketed event) Champagne Bar. Live Music.</p>	 <p><i>Art Show</i> Sat 14th - Sun 15th September 12noon - 4pm Entry via gold coin donation.</p>	 <p><i>Silent Auction</i> During the Art Show there will be a Silent Auction of artworks from our students.</p>
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Book tickets online to the Gala Launch
Tickets \$15 each. Includes a glass of bubbles or beer plus nibbles.

www.trybooking.com/CUOUQ

90 South Beach Road, Torquay Ph: 9089 6614 www.lisieux.catholic.edu.au  



PRAYER

Spring is a metaphor for change. Some changes we eagerly await, and some we are challenged by. Some changes we plan and others arrive uninvited. For all these changes, we seek God's wisdom to face change with a sense of expectation, hope and rebirth.

The Hope of Spring

God, thank you for Spring and the hope of warmer, longer, brighter days.

Thank you for the coming of growth and life and birth.

Thank you that things are coming awake in the world.

This is what our calendar says, and we do see some signs that it is real.

But we also still struggle with the residual layover of winter.

Now we ask that you bring into reality all that belongs in this season.

Your word says that we will have provision, and hope, and joy, and health and loving relationships here and now in this life.

We ask that we can positively embrace and welcome what belongs in this season.

We hope in you and in your promises. We hope in your gift of Spring.

Amen.



Farewell Fr Linh

You are invited to attend Fr Linh's Farewell
Mass and Celebration

Sunday 22nd September 2024

10.30am Mass at St Therese Church, Torquay
followed by a light lunch and presentation.



We do require RSVP's by 18th August. A list of what
food is required for catering will be made available
closer to the date.

[Booking online](#)

Nazareth Catholic Parish Rename

The parish has received your submissions and a team has now
shortlisted this to 5 potential names for renaming our parish.
Please take the time to carefully read through each suggestion before
selecting your preference.

Submit your preference here >
<https://forms.gle/UX6DB5cTFiN4asPd6>



STOLE REMINDER- CONFIRMATION CANDIDATES

Last chance for any Year 6 parent
who would like to add a symbol
to their child's Stole. Please order
ASAP as Gracious Glyphs will be
doing their final pick up next
week.

Please note, Gracious
Glyphs will be collecting
their final pick up on
Monday 9th September.

They will be delivered to
school by Monday 16th
September.



PLEASE, JOIN US FOR A



PREP

PRAYER GATHERING



Lisieux Multipurpose Room

SEPTEMBER | 19 | 2:30 PM



STUDENT LEARNING & ACHIEVEMENTS

CONGRATULATIONS TO OUR

Wakakirri State Winners

We want to congratulate our Wakakirri team for winning a state award! They will perform at the state awards ceremony in Melbourne next Thursday evening and will be competing for a national award. Led by the incredible Madame Finn and Madame Hetherington, these students have given so much to their performance.

Chookas



OUTDOOR DISCOVERY SPOTLIGHT

Thanks to the 'Pick a Plant' project run by St Joseph's College Geelong, we now have nine running postman plants. Come and scan the QR code on the beautiful plaque they gave us to learn more about running postman.

Bush
Tucker
Garden



Our running postman is growing next to our already established pig face/sea fig. We are waiting patiently for its purple flowers to appear...



OUTDOOR DISCOVERY LIFE




Our sunflowers are growing!
We are making sure they have just what they need.



THE MILK BOTTLE GREENHOUSES WE PLANTED THEM IN ARE KEEPING THEM WARM AND COSY.



NOW...WHERE SHOULD WE PLANT THEM? 



SPRING!

Sweet peas seeds have been planted to brighten up the outdoor discovery area and we are enjoying the final results of other planting projects.



The chooks are going to love these greens.

INTRODUCING.... BROOKE

Registrar & Office Administrator

About me:

This is my 4th year working at Lisieux but I am lucky to have been part of the school community since it began in 2018 when my eldest son, Louie began in Prep. He is now in Year 6 and my daughter, Peggy is in Year 4. I live with my 2 kids and my husband Dan.

I WAS BORN IN:

TORQUAY

FAVOURITES:

FOOD- MEXICAN
SPORT- TENNIS & BASKETBALL
HOLIDAY- NEW YORK & MEXICO
BOOK- THE BRONZE HORSEMAN
ARTIST- BILLY JOEL & TAYLOR SWIFT
HOBBIES- COOKING & SINGING (LOUD)
DESSERT- CHEESE BOARD
AFL TEAM- RICHMOND

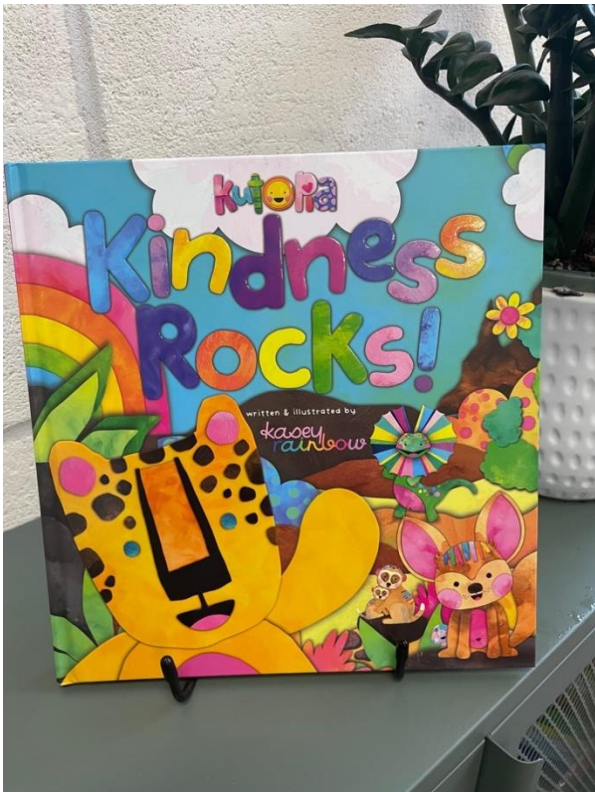


BEST PART ABOUT LISIEUX:

THE STUDENTS! I love every morning when I walk in and get to chat to all the kids. They are the BEST part about our amazing school. The staff and parents are pretty special too!!



NEW TO THE LISIEUX BOOK SHELF



One of our Lisieux parents kindly donated this book to our school library this week, epitomising the title of the book, "Kindness Rocks". It is a book about a magical land inside the world of Kutopia where Leo the Leopard longs to try new things and make new friends, but is afraid of the voice inside his head which tells him he may not know how to be kind. Written and illustrated by Australian author, Kasey Rainbow, the story is a beautiful tale of the values of companionship, understanding and kindness. Now available for borrowing at Lisieux.



TAKE NOTE

As we finalise enrolments for 2025, we kindly ask families who are planning alternative arrangements for the upcoming year to notify us directly via an email to Susan. This will help us adjust staffing ratios and manage changes effectively. Thanks for your support.

MAGPIES

Please note it is currently swooping season and we have had many reports of swooping near the field at Wurdi Baierr Stadium, Skate park on Merrijig Drive and Rosser Blvd.

Please take care when riding and walking.



The importance of parental ‘swagger’

www.maggiedent.com

To begin with I need to acknowledge that the term parental swagger comes from my wise and dear friend, author and psychologist [Dr Vanessa Lapointe](#). Put simply, swagger means having the confidence and in-charge energy to be the parent that your child needs, regardless of their age.

Author and family therapist [Susan Stiffelman](#) uses the metaphor of being ‘captain of the ship’ in her book, *Parenting Without Power Struggles*. Both of these terms make perfect sense when we are raising children. However, given the changing paradigms of parenting, from the punitive, shame-based styles of the last century, to the more respectful, connected parenting of today, many parents are feeling confused.

The science of child development shows very clearly that having a strong attachment to a significant key caregiver is the fundamental building block to raising healthy children to become healthy adults.

The dream vs the reality of parenting

Before a parent becomes a parent, we can dream of holding a sleeping baby in our arms, or opening special birthday gifts on the child’s birthday, sharing memories and rituals that fill the heart with joy. For many of us, including me, having my first baby was a pretty rude awakening! My firstborn was – like so many firstborns – my guinea pig for learning about everything from breastfeeding, cloth nappies and especially how to settle them and get them to sleep! By about five months of broken poor sleep, I was a pretty crabby mother and felt I was failing desperately. Despite truckloads of advice from well-meaning women, I finally worked out what worked for my little son, and things improved.

Then toddlerhood arrived! No one really prepares you for that. Whether it’s explosive poos, the random climbing, the sensory exploration of everything from tomato sauce to face cream to kangaroo poo, it really is a time of unpredictability, mess and often noisy experiences.

I clearly remember the day I asked my 20-month-old son to take a towel to the laundry for me so that he could be more helpful. At the time I had no concept of the depth of understanding that a child of that age could have because he wasn’t using many words verbally. To my surprise a couple of hours later I noticed the towel was in the laundry! From that moment I realised that little ones are often a lot smarter than we give them credit for and that they deserved to be heard, respected and given opportunities to have agency and autonomy. From then on, I spoke to all my lads as I would speak to my best girlfriends – warmly and as though they could understand.



When I needed to step forward with swagger, when one of my lads was hurting one of his brothers, or pushing a boundary that was important in our family, *my voice changed very noticeably!*

They knew that whatever they were choosing to do in that moment was not okay.

Being firm did not need me to hurt or harm my boys to teach them what was right or wrong.

This was the absolute opposite to how I had been parented and it did take me some therapy and personal growth work to be able to make a different choice in those ‘hot’ moments. I also learned to not sweat the small stuff so I did not use that strong voice very often!

Gentle parenting doesn’t mean cushioning kids

Many parents have expressed to me how modern parenting messages about being more gentle and very attached have put more pressure on them to ensure their children are always happy. This is why some parents can be seen as ‘bubble wrap’ parents, where they ensure their children never experience a grazed knee, or a moment of sadness or disappointment. They give them anything they want, and will often put their children’s needs ahead of their own.

Sadly, this does not end well as our children need moments of challenge, failure and disappointment, as well as moments of exquisite joy and delight in order to learn authentic emotional intelligence.

Over-rewarding children with stickers, trophies and certificates does not help them develop an inner locus of control through which they do things simply because it is the right thing to do or it really is something that matters to them. There is so much judgement on the parents whose child is having a meltdown in the supermarket, or is screaming as they leave the playground and that certainly doesn’t help parents own their own swagger.

If we imagine toddlers fighting over a toy, it is a natural instinct to want to fix it or stop it from happening. However, when exploring the work of [Teacher Tom](#) and [Janet Lansbury](#), often the best approach is to make statements to the children so they can understand what is happening and why they are behaving that way.

For example, you might say: “You would like to play with the toy that Johnny is playing with. It can be hard to wait.”

Often toddlers can sort it out themselves however if they are physically causing pain, then we definitely need to use our swagger to step in so that we can stop them gently. Impulsive behaviour is completely developmentally normal for toddlers because they have an underdeveloped brain architecture. They are not choosing to be naughty or to deliberately cause other kids harm – it just happens.

In *Teacher Tom’s First Book*, early childhood educator Tom Hobson shares an experience with two toddlers who were having difficulty sharing some Chinese meditation balls. He made a statement to the child who had stolen the balls from the other to acknowledge that he had taken the balls and that the other child’s face looked a bit sad about that. Tom made one further statement, “I think she is telling you she wants them back”. And then he stepped away. After a few moments the child gave the balls back. A visiting grandmother commented to Tom,

“You could just see the little angel on one shoulder and the little devil on the other fighting it out.” Teacher Tom replied “I found that the angel usually wins as long as we don’t try to tell people what to do.

– Tom Hobson, *Teacher Tom’s First Book: Teaching and learning from preschoolers* (2017)

Being firm doesn’t mean being a punisher

Often biting can become habitual behaviour for a frustrated child and while it is developmentally normal, this is a situation that still needs us to step forward to protect other children. Maybe we could offer them an apple to bite rather than a child. Punishing a child for biting or snatching doesn’t help the child with their impulses and it can cause them inner turmoil, as they can feel unsafe in their world. *Being firm does not need a parent to be mean or to inflict punishment or pain.*

It’s absolutely okay to say no, and to hold that no, even if your child melts down and feels distressed.

There will be times that your child may say they hate you, that you are the worst parent on earth because you have held a boundary and that just means you are doing your job as a parent. Rather than see yourself as a failure, see yourself as a good-enough parent being the parent your child needs.

In every family there needs to be clarity around values and expectations. Conversations around the dining table, in the car and in one-on-one moments are what build these expectations. Having swagger means that you will make your child accountable for not upholding those values, e.g. when they steal something from a shop or from the book fair at school. You will have them return the item and you will make sure that your son or daughter accepts the consequences that the shop or the school choose. If your child breaks a school rule, then they need to accept the discipline that is appropriate within that school. Parental swagger means we stand by the school so that our child can learn the importance of rules and expectations within organisations.

Having boundaries that differ from other families’ boundaries can feel tricky at times. Many families have told me that they have stopped allowing their young children to play at friend’s houses because there are no boundaries around screens and their friends were able to watch content that was inappropriate, and frightening. Yep, this can be one of those tough moments as a parent when you may appear to be an outlier. However, your children are observing you as their in-charge person and you are making choices to keep them safe and secure.

Swagger in the tween/teen years

In my bestselling book *From Boys to Men* I write about the importance of the rails on the bridge to manhood, and this is another example of parental swagger.

Our tweens and our teens are stretching and growing at different rates and adolescence is full of change, stress, risky behaviour and the important search for identity.

When they have parents who have got their backs, who love them ferociously even when they fail, their chances of navigating this journey to adulthood are drastically improved.

My sons were not allowed to go to parties until they reached Year 11, even though of course they secretly went to a couple! Once they got to that age, with very clear expectations, they could go to parties. From all the research, I knew that the brain at 16 is more capable of making better decisions, especially risky decisions, than it is under 16 (but not as capable of course as if they were say 25!). They did complain a lot that I was too tough and that some of their friends were allowed to go to parties at 14 and their parents were buying them alcohol – something I also refused to do! I was happy to be a ‘mean’ – I preferred to say firm – loving parent who had enough swagger to make the decisions I felt were best for my sons.

Interestingly, there were times when my teenage lads did not really want to go to a party, and they blamed me for being mean and not letting them go. I was very happy to be their fall guy if it made it easier for them to refuse an invitation!

Being a good-enough parent does not mean you won’t have moments when you shout or yell, or slam a door because we are human. Let’s be honest it’s really hard being the in-charge person in a family every single minute of every single day.

Being in charge does not mean being in control of our children or expecting we can control their lives, and it isn’t about being tough or hard.

This is one of the most important things to realise that we are raising unique individuals who have their own way of seeing the world and experiencing it. It is helpful to keep in mind that absolutely no one likes being told what to do, being nagged or lectured. The research is strong that the more loved and connected a child feels, the more likely they are going to follow our directions and guidance especially when asked with respect.

Stress and swagger

Stress can make it difficult for parents to hold their swagger in a healthy place while being lovingly attached to their child. Given we are coming out of three awful years of global uncertainty, a pandemic, increasing natural disasters and higher costs of living, our ability to be the calm, reliable, predictable in-charge parent we want to be has become more difficult. Remember little habits like the parental pause can really make a difference in how we steady the ship.

An unhelpful habit that many parents get into with their children is focusing on what their child is doing wrong rather than focusing on the moments they get things right. This is especially a challenge for little boys whose behaviour is often far more impulsive and unpredictable.

Shift the lens as a parent to one of 'positive noticing' because it can really help create a different mindset in your child who might be pushing the boundaries a lot due to their temperament or unique character. For example, "Sam I noticed you being patient with your little sister this morning when you were building your Lego well done." Very specific and simple and yet deceptively powerful for our children.

Next time that you have a moment of conflict or challenge with your child see this as a possible teachable moment. Reflect back on how you managed that situation after a couple of hours and ask yourself:

What has that taught my child?

If you recognise that you were not the parent you wanted to be in that moment, then consider the repair moment where you come back to the child when everyone is calm, and express your regret about using your words harshly, or too loudly because these are things that are not a part of the family values. Reassure the child you love them unconditionally, and that you are working on being the parent you want to be.

"The best way to inspire your children to develop into the kind of adults you dream of them becoming is to become the kind of adult you want them to be."

– Robin Sharma, *The Greatness Guide* (2006)

Remember, there is no perfect in parenting however our children need good-enough parents who can hold their swagger to ensure their children feel like they always have them watching their back and staying connected with love. They don't need their parents to be their best friends or their buddies. They need them to be their parents who some days do a great job, and other days not so great. They need at least one parent who gets out of bed each day with swagger and a heart full of love, aiming to be the parent the child needs and wants.





The P and F Committee proudly presents Lisieux's first ever Golf Day!

Register a team of four or as an individual and we'll put you in a team of four. On arrival there will be a briefing on how the day will operate. Shotgun start and lots of great prizes to be won!

Register here <https://www.trybooking.com/CQPYH>

Registration of your team includes:

18 holes

Arrival tea and coffee with freshly baked muffins

Green fees

Scorecards and course map

Beverage cart

Electric golf cart

Post golf afternoon tea of sandwiches, frittatas and wraps

We're looking for prize and raffle sponsors for the Golf Day. If you or anyone you know has a business or a product they'd like to promote and donate, please get in touch, we'd love to hear from you.



Sausage Sizzle alongside Footy Colours Day

On Friday 20th September (last day of term 3) the P&F Committee will be organising a Sausage Sizzle alongside Footy Colours Day.

At lunchtime each student will get:

- A sausage in bread
- An ICY POP
- A mandarin

Please ensure that you **PLACE YOUR ORDER** via the School24 app under the EVENTS tab

<https://www.school24.net.au/>

HELP NEEDED - We please need a few volunteers to help out at the sausage sizzle from 11:30am to 1:30pm.

A huge thank you to Woolworths Torquay North who once again are so generously sponsoring the fruit and the sausages/bread and to KUIT Landscapes for sponsoring the Icy Pops.



If you're able to help with any of our events please keep your eye on the volunteer section in School24. Also a reminder that if you are volunteering for anything at the school you will need a Working With Children, that the school will need a copy of. You can apply for a free volunteer check here <https://service.vic.gov.au/services/working-with-children>

Newsletter advertising

If you or anyone you know would like to place an ad in our newsletter please see the below information.

Small: A6 148 x105mm

Medium: A5 148 x 210mm

Large: A4 297 x 210mm

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

School Canteen and Lunch Orders:

- Thursday Lunch orders: Are to be placed through the Flexischools app by 8.30am on Wednesdays.
- Friday School canteen orders: Are placed through the School24 app by 6pm on Wednesdays.
 - Steps on how to order through School24 are below
 - **Please also note these dates, as there will be no Friday Canteen**
 - Friday 20 September

The last day for the canteen will be on Friday 29 Nov 2024



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

Always happy to talk through any
real estate questions you might have.



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chris@naturalre.com.au



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Revive Aesthetics

By Chloe

- **Cosmetic Consultations** (To address wrinkles and volume loss)
- **Medik8 Chemical Peels**
- **Melano Peel**
- **BioRePeelCl3**
- **SkinPen Microneedling**
- **HIFU (Tightening and fat reduction)**
- **Laser Hair Removal**
- **RF Skin Tightening**
- **IPL: Vascular, Pigmentation, Rejuvenation**
- **Carbon Laser Facial (China Doll Facial)**

3/42 Bell Street, Torquay
(Inside SassMe)

- **Monday: 10:00-14:00**
- **Tuesday: 10:00-1400**
- **Thursday: 10:00-20:00.**
- **Saturday: 09:00-13:00**

🌐 www.reviveaesthetics.com.au

📷 [@cosmeticnurse_chloe](https://www.instagram.com/cosmeticnurse_chloe)

☎ **0493 254 327**

SCHOOL HOLIDAY PROGRAM

GEELONG REGIONAL LIBRARIES



Sensational SPRING



For youth

JOIN THE HOLIDAY FUN AT TORQUAY LIBRARY

We've got you covered these school holidays!

Celebrate our 'Sensational Spring' theme with sessions perfect for ages 12+. Sessions range from literacy, STEM, social connections and creative exploration.

Scan the QR code for details of these events on our website.



www.grlc.vic.gov.au

Springtime Origami, Ages 12+

Tuesday 24th September, 2:30pm-3:30pm

Sensational Blossom Tree Art, Ages 12+

Wednesday 2nd October, 2:30pm-3:30pm

book now

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

SCHOOL HOLIDAY PROGRAM

GEELONG REGIONAL LIBRARIES



Sensational SPRING



For children

JOIN THE HOLIDAY FUN AT TORQUAY LIBRARY

Celebrate our 'Sensational Spring' theme these school holidays!

Check out the exciting range of spring-inspired events to keep children of all ages entertained.

Scan the QR code for the full details of these events.



www.grlc.vic.gov.au

Sensational Spring Gardens, Ages 5+

Monday 23rd Sept 10:30am-11:30am

Story Dogs, Ages 8+

Tue 24th Sept & Thur 3rd Oct 10:00am-11:30am

Sensational Seeds, Preschoolers

Wednesday 25th Sept 10:30am-11:30am

Amazing Spring Creatures, Ages 8+

Thursday 26th Sept 10:30am-11:30am

Spring Drawings That Grow! Ages 5+

Monday 30th Sept 10:30am-11:30am

Spring Science Spectacular, Ages 8+

Thursday 3rd October 2:30pm-3:30pm

book now

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