

The Tide

known and loved



ISSUE 29 | 31st October 2024

SCHOOL CALENDAR

NOVEMBER

- Fri 1st Year 3 Chocolate Story Incursion
- Mon 4th Student Free Day**
- Tues 5th Melbourne Cup Public Holiday**
Student Free Day
- Wed 6th Year 4 Camp
- Thur 7th "Camp Wilkin"
- Wed 6th Year 3 Beach Discovery Day
- Fri 8th Year 4 Rest Day
- Mon 11th Remembrance Day
- Mon 18th Book Fair
- Grandparents Day
Grandparents Liturgy lead by Year 2
9am Multi-Purpose Room
- Tues 19th Year 3/4 Melbourne Immigration Museum
- Year 5/6 Geelong Waterfront excursion
- Mon 25th Year 5 Beach Discovery Day
- Thur 28th Year 6 Beach Discovery Day

DECEMBER

- Mon 2nd Branching Out Week
- Tues 10th Moving Up/Transition Morning
- Fri 12th End of Year School Mass
9.30am Multi-Purpose Room
- Mon 16th Year 6 Graduation
Tickets available soon
Torquay Bowls Club
6pm
- Wed 18th Final Day of 2024
12.30pm finish

FROM THE PRINCIPAL

Dear members of the Lisieux community,

On Monday we had our Prep Assembly. Being Term 4, I couldn't help but start to reflect on the tremendous growth on display as we listened to our little Prep superstars reading and sharing some of their learning, including their character strengths. For Prep teachers, and all of us educators, Term 4 is a wonderful Term as the level of growth in our students becomes abundantly clear. Naturally, this includes their academic, social and spiritual growth. To see their increased confidence as a result of their growth is so inspiring for us all.

As we continue to work in partnership with parents and families, we see such enormous strides in the way they start to 'connect the dots' and we get to experience those much cherished "ah-ha" moments. It is so important that as a community, we regularly take time to recognise and celebrate the growth that is continuously taking place in all of our students. At our school, celebration of success is something that is planned for, and moments of celebration happen regularly. Teachers work very hard to plan for, identify and celebrate all of the little growth moments. We know when people celebrate their achievements, they are more likely to remain motivated and pursue further goals, creating a positive feedback loop of success and satisfaction.



God's blessings for the week ahead,

James Flint

Acting Principal

Lisieux Catholic Primary School, Torquay



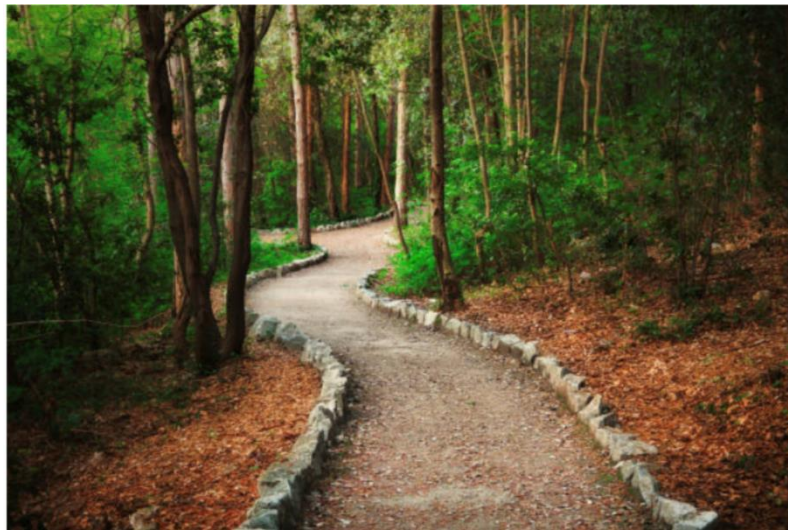
A huge congratulations to the Strachan Family on the safe arrival of baby "Spencer Hayes" on Tuesday 29th October.

We wish Daniel, Madeleine, Fletcher (Prep Carmel Rouge), Heidi and Spencer all of Gods blessings.





PRAYER



Our walk with God
is never a lonely walk.
It is a joyful experience,
as along the path others join us,
attracted by the company
of God's children,
singing the same songs of praise
that angels sing,
following a path
worn down by tears and joy,
and sacrifice.






God of the journey, be among us.
We ask with confidence in your faithful kindness
and in the name of Christ,
who has journeyed before us,
and the Spirit who lights the way.

Amen



TAKE NOTE

LUNCH TIME CLUBS AT LISIEUX

Monday	Tuesday	Wednesday	Thursday	Friday
Choir	Paper Planes and Origami	Drawing and Comics	Board Games	Lego Club
				



Friday Flow

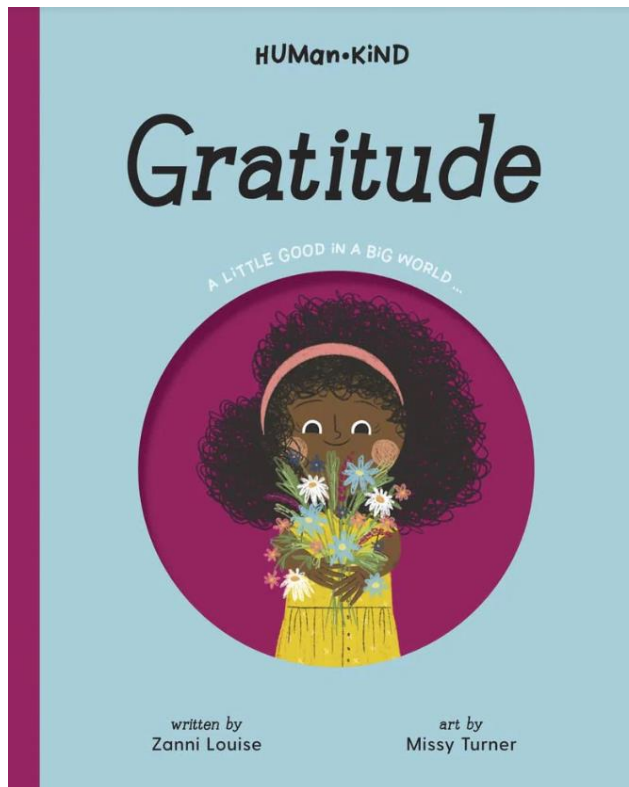
Do you have a special skill or hobby that encourages a state of flow?

Parents and guardians are invited to run a Friday Flow workshop to teach their special skill or hobby to a small group of students from Years 1-6.

Volunteers must have a valid Working With Children Check and can commit to all of the following dates:

- Friday 15th of November 2-3pm
- Friday 22nd November 2-3pm
- Friday 29th November 2-3pm
- Friday 6th December 2-3pm (expo)

If you are interested, please email jennifer.graham@lisieux.catholic.edu.au



Continuing the focus on the Human Kind series: This week we look at Gratitude

Gratitude is noticing what you have, rather than focussing on what you don't have. Gratitude is saying thank you.

Being grateful for who you are and what you can do helps us learn. Gratitude inspires you to do things that make the world a better place. There are many ways to be grateful.

Human Kind books help you and your kids discuss what's important in life. Beautifully illustrated by Missy Turner, the books share anecdotes inspired by real life kids, as well as resources for parents & teachers, written by child psychologist Dr Ameika Johnson.



FOCUS ON WELLBEING: HEALTHY HABITS

Why Healthy Eating Matters:

Healthy eating is fundamental for our children's growth and development. Nutritious foods provide the energy and nutrients necessary for learning, playing, and growing. Encouraging a balanced diet can also lead to improved mood and better behavior throughout the day.

The Power of Sleep:

Sleep is crucial for children, as it impacts their cognitive functions, emotional regulation, and overall health. Establishing a consistent sleep schedule helps ensure they wake up refreshed and ready to learn. A calming bedtime routine can make a big difference in sleep quality.

Benefits of Regular Exercise:

Regular physical activity not only boosts physical health but also enhances mental focus and emotional resilience. Exercise releases endorphins, which can reduce stress and anxiety. Aim for activities that kids enjoy, making exercise a fun and integral part of their daily routine.

Reducing Screen Time:

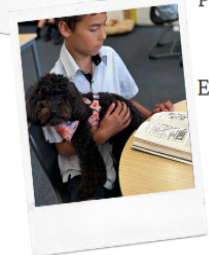
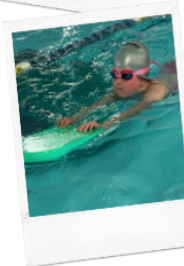
With the rise of technology, it's important to manage screen time to ensure it doesn't interfere with sleep and focus. Excessive screen exposure can lead to difficulties in attention and sleep disturbances. Encouraging breaks and alternative activities can help maintain a healthy balance.

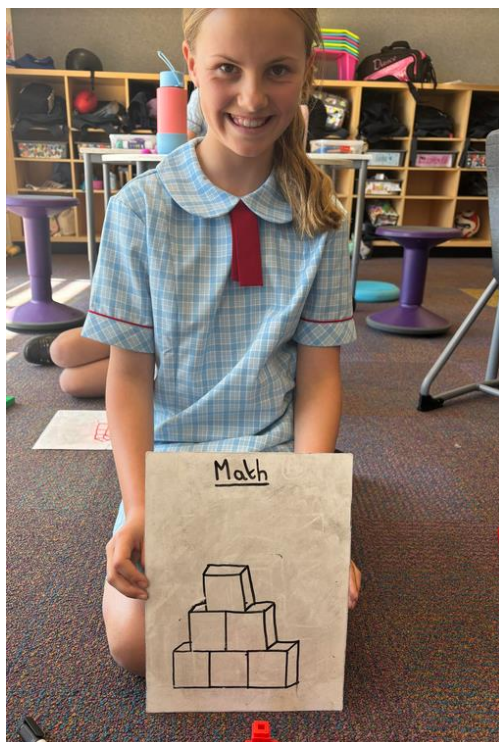
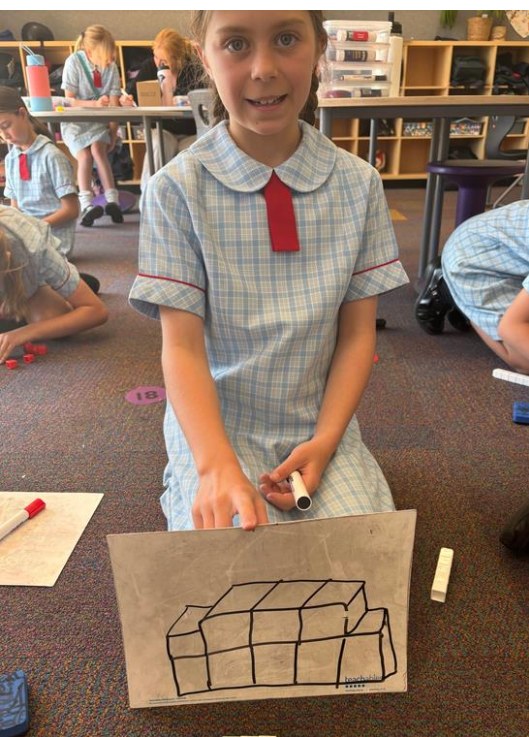
Tips for Parents:

Parents play a crucial role in setting examples for healthy habits. Involve your children in meal preparation to teach them about nutrition. Establishing a family routine for bedtime and physical activity can reinforce these habits and make them part of daily life.

Fun Activities to Try at Home:

Engaging in activities as a family can strengthen bonds while promoting health. Consider starting a weekly family exercise challenge or designating screen-free nights for board games or outdoor play. These activities can foster connection and make healthy choices enjoyable.









Thank you to those who have registered to help out at the canteen. Please see the updated table below, too see where we still need a placed filled. If you are a volunteer at the school, you do need the WWC to comply with the schools Child Safety Policy <https://service.vic.gov.au/services/working-with-children>. Please register your availability through the School24 app – under the volunteer section.

WEEK / DATE	YEAR LEVEL TO VOLUNTEER (at least 2 people)
4 – 1/11	Year 3 -We're good 😊
5 – 8/11	Year 2 -We're good 😊
6 – 15/11	Year 1 – We're good 😊
7 – 22/11 – Fresh Juice Friday	We're good 😊
7 – 22/11 – Canteen	Prep – we need 1 more
8 – 29/11	Year 5 and Year 6 – We're good 😊

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

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.



0477 774 271
chris@naturalre.com.au



CHAT HOME LOANS FROM YOUR COMFORT ZONE

IT'S NEVER BEEN EASIER TO TALK
TO A HOME LOAN SPECIALIST



PHIL HASLAM

📞 0481 006 770

✉️ phil.haslam@anz.com

🔍 ANZ Mobile Lending



This Mobile Lender operates as ANZ Mortgage Solutions Surf Coast 70 511 955 266, an independently operated franchise of Australia and New Zealand Banking Group Limited (ANZ) ABN 11 005 357 522. Australian Credit License Number 234527. Item No. 9/491 06.2020. Not available on ANZ Plus home loans.