## **St Brendan's Primary School 1581**

Website : www.lakesent.catholic.edu.au Email : principal@lakesent.catholic.edu.au

Internet Banking : BSB 083 879 A/C 695096861 Account Name : St Brendan's School

## Newsletter No 8 March 25, 2022

We would like to acknowledge the Traditional Custodians of the land on which we gather today, the Gunaikurnai people. We pay our respects to their elders past, present and emerging. We extend that respect to all people. We would especially like to acknowledge the land on which our school stands and ask everyone to show respect to the environment and all that it includes

THE OFFICIAL SCHOOL HAT IS COMPULSORY and is to be worn by every child during all outdoor activities in Term One and Four. Please name your child's hat. Hats available for purchase at Nick's Clothing, Bairnsdale.



Rapid Antigen Tests (RATS) are available for pick up from the school office. To support current COVIDSafe Measures, the Victorian Government has ordered 24 million Rapid Antigen Test (RAT) kits to continue surveillance testing of staff and students. Testing settings for all primary and secondary students and staff will remain in place until the end of Term 1 2022. It is recommended that students and staff undertake twice-weekly at-home testing.

## School Photos - Monday, 4th April

Please make sure these envelopes are sent back prior to the day. If you did not receive an envelope please contact the office asap. If you wish to have a family photo taken you will need to collect an envelope from the school office prior to the day.



Each family is asked to contribute an Easter Egg or Easter related goods towards our raffle. The raffle will be drawn on the last day of Term 1 - Friday, 8th April.

There will be many prizes per grade as well as 2 large prizes with all tickets put together for a major draw.

Proceeds will go to Caritas.

Tickets will be 50c per ticket and are available in the classrooms.

Help will be required with the wrapping of the Easter prizes.

Please contact the office if you can help.

## **MOVIE AFTERNOON FUNDRAISER - FRIDAY 8th ADRIL**

The day is as follows:

Students attend out of uniform – Theme: Midnight Feast (Pyjamas)

9.15 am Golden Honour Assembly

12.00pm Hotdog Lunch (Please note there will be no lunch orders)

12.35pm Movie 'Encanto' (Rated PG)

**1.20pm Intermission** – Choice of chocolate coated ice-cream or popcorn

2.15pm Early pick up

If you can help in the kitchen and you are double vaccinated and have a current Working With Children Card, this would be much appreciated.





The School Photographer

No Hat - No Play

Dear Families and Friends,

Our **Regional Swim Team** did remarkably well last week as they competed against the region's best swimmers at the Sale Outdoor Pool. We are immensely proud of them for reaching that level of competition and would like to further congratulate **Mitchell Hanckel** for finishing first in freestyle and qualifying for the State titles. Well done also to our Age 12/13 boys freestyle relay team who achieved a podium finish with their third performance.

**NAPLAN pre-tests** took place today for years three and five. As expected they performed very well and we look forward to the real thing May 10th -20th. The teachers are working with the students to help them with the language of NAPLAN and to develop that sense of stamina for tests.

#### Screen time and screen use: part of a healthy lifestyle- https://raisingchildren.net.au/

Screen time and screen use are normal parts of life for most children and teenagers. The time your child spends watching TV and using computers, gaming consoles, tablets and smartphones can be part of a healthy lifestyle. It's all about making sure of two things:

- Children enjoy plenty of healthy, fun activities, both with and without screens, including physical activity, reading, creative play and social time with family and friends.
- When children do use screens, they watch or use quality content.

These questions can help you check whether your child is using screens in a balanced and healthy way. Is your child:

- sleeping enough? physically healthy? engaged with school?
- connecting socially with family and friends, online and offline?
- enjoying a variety of hobbies and interests? doing physical activity every day?
- having fun and learning while using screens? using quality content?

If you answer yes to most or all of these questions, your child is probably using screens in a balanced way as part of a healthy lifestyle.







Parents, where changes to routine take place for your family or your child please **inform your class teacher with a note**. This may include reasons for being out of uniform, a change in pick up arrangements or for an early pick up. This goes a long way to improve our processes. Also, for best communication from the school please make sure you have the PAM app downloaded to your phone and you are receiving notifications.

Next week on Thursday, our staff will attend **Narby's funeral at the Lake Tyers Trust**. Parents who have indicated they will collect their child from school early are asked to collect them from car line at 12.00pm. For students on-site, there will be adequate supervision with a modified curriculum. Students on camp will not be affected. We thank you all for your consideration of this circumstance.

Next week we celebrate the **Sacrament of Reconciliation** with four of our students, Amity Thompson, Sadie Williams, Ivy Lay and Josie Neal. Please join us in the St Brendan's church at 6.00pm on Thursday, 31st March.

Kind regards,

Matthew Hamer

		Dates for the Calendar		
Term 1	MARCH 2022			
Week 10	Wednesday 30th	Year 4 Camp—Karoonda		
	Thursday 31st	Year 4 Camp—Karoonda Narby's Funeral—Lake Tyers Trust 6.00pm Sacrament of Reconciliation	If collecting your child from school, please collect your child from car line at 12.00pm. Thank you.	
	APRIL 2022			
	Friday 1st	Year 4 Camp—Karoonda	<i></i>	
Week 11	Monday 4th	School Photos 1.30pm Narby's School Memorial		
	Tuesday 5th	<ul> <li>Division Cross Country - Nagle, Bairnsdale</li> <li>9.30am Helpers required! Easter Raffle wrapping</li> <li>11.30am Whole School—Catholic Social Teaching Easter reflection stations</li> </ul>		
	Wednesday 6th			
	Thursday 7th			
	Friday 8th	NO LUNCH ORDERS TODAY - HOT DOG 9.10am GHC Assembly: Year 5 Term 1 ends @ 2.15pm	LUNCH	
Term 2				
Week 1	Monday 25th	ANZAC DAY—No School		
	Tuesday 26th	Term Two Commences Year 3 Camp Coolamatong		
	Wednesday 27th	Year 3 Camp Coolamatong		
	MAY 2022			
Week 2	Friday 6th	St Brendan's Athletics Day		

Have you moved? Have you changed your mobile number? Do you have a new email address?

If so, please contact the school and update your details.



## **CHECK YOUR SIMON**

EVERYWHERE/ PAM ACCOUNT



#### **DAILY**!

Keep updated with everything happening at St Brendan's

# St Brendan's & St Colman's Catholic Church - Mass Times

Sat:	26/3	St Brendan's
Sun:	27/3	St Brendan's
		St Colman's
Tues:	29/3	St Brendan's
Wed:	30/3	St Colman's
Fri:	1/4	St Brendan's
		Calvary Aged Care
Sat:	2/4	St Brendan's
		St Joseph's
Sun:	3/4	St Brendan's
		St Colman's

Lakes Entrance Orbost Lakes Entrance Orbost Lakes Entrance Lakes Entrance Lakes Entrance Swan Reach Lakes Entrance Orbost 9.30am 9.00am 11.00am 9.30am 9.30am 11.00am 9.30am 5.00pm 9.00am 11.00am



Baptism Information Sessions for 2022 for babies & preschoolers Saturdays @ 11am in St Brendan's Church April 2nd - May - nil - June - nil - July 2nd Aug 6th Sept 3rd - Oct 1st - Nov 5th



# WATER INCURSION

**Sophie** - Kris came from East Gippsland Water and taught us about the Water Drinking Cycle.



**Harry** - We experimented by making our own water filter and testing them with dirty water.



**Grace N** - We learnt about the water cycle that we drink water from.



Jasper - We used cotton balls, charcoal, paper, cloth and sand to help us filter the water.



Jane - I felt excited with the news that we were going to learn and Kris would teach us. We were excited to be scientists.

**Lucas** - It was harder than I thought to make a water filter.



**Ashanti** - We learnt how East Gippsland cleaned our water.



Mitchell - Our water was re-filtered four times.



**Archer** - At the start we brainstormed all the different things in the home that use water like a TV is made using water.



**Bella** - Sometimes it doesn't work out as you planned.



**Indi-Rose** - At the end we all got a squeaky duck from East Gippsland Water.







## **Year One History Excursion**

Year Ones have been inquiring about history. They have been researching the statement; *Everything Changes!* But does it? The children wanted to find out how things change and why. They have also been learning different inquiry skills, such as how to find information in different ways. The children learned that an viewing artefacts first hand is really important (and fun!) So we went on an excursion to Nyerimilang Heritage Homestead. As well as observing, the children asked an expert, named Wendy, for information. We had a great day! Here is what some of the children said ......





Mia - We got to take pictures in the olden day clothes.

dancing and dressing up.

Kobe - I liked

Madi - My favourite thing was writing on the chalkboard.

Anelia - We had to write on the chalkboard.





Lenni - I liked dressing up in the olden day dresses.

Harriet - The dancing was old fashioned.

Matilda - My favourite thing was to dress up in olden day clothes.



## An invitation from Friends of Nyerimilang

**Bill the Blacksmith** will be working iron at his forge on Saturday 26th March. Fascinating - and free - demonstrations of this old craft.

**Devonshire Tea** in the Homestead, Sunday 27th March, 11.30am to 3.00pm. Enjoy home-made scones, local jams, locally roasted coffee, whipped cream. Lively music with "Moore Fiddling Around'.

Cost: \$10.00 each. All proceeds used by Friends of Nyerimilang for maintenance of the property.



On Thursday 17th of March a group of talented swimmers made the journey to regional swimming and competed in several events and all did very well. Mitchell Hanckel has progressed into the state championships and got 1st in his freestyle event. We all wish you the best of luck Mitchell. All of the relay groups that competed did very well, the year six boys in a tight swim got a bronze medal. Also the year 5 girls in relay got 5th but swam a competitive race. With a very impressive first ever individual swim at the regional level Keelie placed 6th. All St Breandan's swimmers did very well and it was a great day for all of us. Big thanks to Mr Bates for having us all organised and all the parents that cheered us on.

By Tayte Gibbs



## Catholic Social Teaching Principles — What are they??

## 3 Care for our Common Home

We are responsible for looking after the world we live in. Christians believe the earth is a gift from God, but we have not looked after it very well and it is the poorest who are first to be affected by climate change. Pope Francis has called all people's to





#### What do other faiths believe?

There is no hierarchy in the Sikh community. It is left to each local community to make its own decisions by choosing any five respectable persons to resolve any given issue or to set a direction. However, issues of major importance are referred to five Sikh spiritual heads based in India.

Father, Help us as wee make decisions in pour daily lives. Give us wisdom and compassion and let everyone have a fair say.

#### What do other faiths believe?

Buddhists see themselves as part of nature, not apart from it. They do not kill animals or use insecticides or pesticides. https://buddhismforkids.net/facts.html

#### Creator God,

Help us to respect and care for the precious gift of our planet, and all that lives on it. Help us to be protectors of nature and the environment.

## **4** Subsidiarity and Participation

All people have the right to participate in decisions that affect their lives. Subsidiarity requires that decisions are made by the people closest and most affected by the issues and concerns of the community.

IT IS IMPORTANT THAT LEADERS USTEN TO WHAT EVERYBODY HAS TO SAY.



IT IS IMPORTANT THAT WE JOIN IN.



terrer and encoded

	Fromale		
	Example		
St Brendan's Lunch Order Menu 2022			
Nicks Thai and Japanese Restaurant	Name John Smith		
Dear Parents / Guardians,	Class 3 Blue		
This year our Friday lunch orders will be provided by Nicks.	l Tuna Avocado hand roll & raspberry drink	z \$6.00	
The orders will need to be placed by <b>12pm on Thursday for lunch on</b> Friday.			
Please refer to the below price list for items.	T otal	\$6.00	
Orders must be written on a brown paper lunch order bag with the <u>correct money</u> enclosed in an envelope.	Thank you	and the second se	
<ul> <li>Fresh Sushi Hand rolls: \$3.50 each</li> <li>Cooked Tuna avocado</li> <li>Fresh Salmon avocado</li> <li>Teriyaki chicken</li> <li>Katsu chicken</li> <li>Panko prawn</li> <li>Cucumber roll</li> </ul>	h Lightly Sparkling Water	\$6.00	
Avocado roll <u>Option2:</u> Any <u>2</u> sushi hand roll with Mt Frank	lin Lightly Sparkling Water	\$9.00	
Deep fired Gyoza Dumpling - 6 pc		<b>\$7.50</b>	
Potato croquettes - 2 pcs with dipping sauce			
Chicken Karaage (Fried Japanese chicken) - <b>5 pcs</b> with dipping sauce			
Veggie Spring Rolls - 4pc		\$7.50 \$7.50	
Golden fried chicken wings - 4pc		\$7.50	
Fish bites—4 pcs		\$7.50	
Fruit Salad		\$6.00	

Mt Franklin Lightly Sparkling Water (Lime, Mango, Raspberry & Passionfruit) \$3.00

# Social and Emotional Wellbeing

As part of my Wellbeing role, I am available to meet with children on a regular basis to talk about any issues or concerns they might have and to discuss some strategies that could help.

The sessions will be delivered to individuals or in small groups of 2-4 children, depending upon need. The sessions aim to build self-esteem and an awareness of feelings and emotions. We do this through discussion, art, mindfulness and meditation. If you think your child would benefit from these sessions or you have any questions please contact me at school.

Debby Milburn

## Parent & Commmunity Presentation

J. Seattle

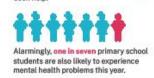
#### At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.





Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; Gratitude, Empathy and Mindfulness (GEM).

#### Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves. Our Parent & Carer Presentation will help you...

- · Equip yourself with simple, practical tools to look after your own wellbeing.
  - Be informed of the confronting mental health statistics in our country, and understand why prevention is the key to changing this narrative (especially for our children).
- Learn about GEM (Gratitude, Empathy & Mindfulness) the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- Feel confident in holding positive wellbeing discussions with your family.

hello@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au



#### GUITAR / UKULELE TUITION, St Brendan's Primary School, Teacher: Jim Allen

Guitar lessons are continuing on Tuesdays at St Brendan's Primary School.

.

Jim aims to create fun and engaging music sessions for students through singing, rhyming and playing songs. Students will learn a small amount of music notation and theory through activities and instruction. Students will learn to play the guitar and ukulele in a solo setting and within groups.

Lessons are \$10 for 30 minutes, costs being added to school fees. Students will learn the guitar in small ability levelled groups.

Learning the guitar involves regular practice of 30 minutes several times a week. It is preferable that students have a guitar. If not, you can purchase a guitar through school at cost price. Please see Jim for information.

Please contact the office if you are interested in your child taking part in guitar lessons.

### REMINDER: ART SMOCKS

Can students please bring in their art smock if they haven't already this year. It's much more hygienic for students to have their own smocks rather than use the spare ones we have.

Thanks



All bike and scooter riders are required to wear a bike helmet in Victoria. Students must wear bike helmets when riding to and from school.

St Brendan's Op Shop has second hand school uniform available.

# Winter uniforms are now

available Open 10am-3pm Tuesday, Wednesday & Thursday.





EFTPOS available to pay school fees

## Auskick Starts Thursday 28th April 2022

5-6pm @ Lakes Entrance Recreation Reserve (Footy & Cricket Grounds) 1 Rowe St Lakes Entrance. Please enter Via gate at the Caravan Park End which is closest to the Social Rooms (not Bowls Club End)



This is due to Football & Netball Training being held on the same night and is safety requirement for Auskick Participants. Registrations are now open. Please go to https://www.playhg.com/afl/register/afdaf7

The cost for the program is \$91.

The program will run for 9 weeks ending 23rd June 2022

There is no set uniform for Auskick sessions, just ensure your child is comfortable to be able to participate in all activities. We recommend sports clothing and either runners or footy boots. Many participants choose to wear their AFL team's colours and jumpers.

To be able to run an Auskick Centre we have to adhere to Covid safe rules so:

Please bring a drink bottle with your Childs name on it

We will have sanitizer available for kids to use

Parents/Carers are reminded if you are feeling unwell or show any Covid symptoms, please stay at home.

Please note that this year we have had to cap participation numbers due to lack of parent helpers. Auskick is a volunteer run program.

If you are interested in helping to run this program, please contact Coordinator Kelly Richardson on 0448 809 067 ASAP

Eligible families may be able to cover the cost of their Auskick registration. For further information go to https://www.getactive.vic.gov.au/vouchers/

#### FINANCIAL ASSISTANCE

#### **INFORMATION FOR PARENTS**

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

#### CAMPS, SPORTS & EXCURSIONS

DUCATION

FUND (CSEF) School camps provide children with inspiring experiences in the great outdoors. Excarsions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curviculum.

CSEF is provided by the Victorian Government to assist eligible famili to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for anylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is

\$125 for primary school students

\$225 for secondary school students

MORE INFORMATION For more information about CSEF visit: https://www.education.vic.eov.au/about/proerams

#### HOW TO APPLY New applicants should contact the school office to obtain a CSEF application form or download from t website below:

vou applied for CSEF at your child's school last ar- vou do not need to complete an application

orm this year unless there has been a change in our family circumstances. ou only need to complete an application form if any fithe followine changes have occurred:

- new student enrolments; your child has started or changed schools this year.
   changed family circumstances; such as a
- change of custody, change of nam concession card number, or new sibling commencing this year.
- neck with the school office if you are unsure.





# Do you have a current health care/ pension card?

- Did you know you
   can get a discount
   on school fees?
- Please contact the school office for more information.

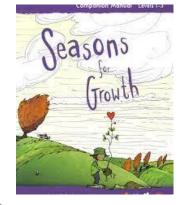
#### **Uniform Reminders:**

**JEWELLERY** is restricted to the following - a wrist watch, no more than one matching pair of studs or sleepers, a religious medallion on a chain to be worn

under clothing. Fashion jewellery, make-up and nail polish are not permitted.



<u>NO below ankle footlet style — No logos</u>



Contact Helen at school if you are interested in your child taking part. This program is not just about grieving for someone who has died. It can be grieving the loss of a pet, a family break up, moving to a new home, etc.





# 

Join Woolworths Cricket Blast A safe way to have fun and stay active for girls of all abilities.

JOIN YOUR NEAREST CLUB

Q Play Cricket



# SKILLS

Easy to join, fun to play

Inclusive program for girls of all abilities Outdoors non-contact

#### JUNIOR BLASTERS AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching. throwing and teamwork, through fun game-based activities.
- Sign up now for your Starter Kit.
- Returning Junior Blasters score a Returner Kit with a ball, a backpack + one free add-on.

#### MASTER BLASTERS AGES 7-10 | 90 MINS | 6+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- · For girls with basic cricket skills.
- Sign up now for your Master Blasters Kit featuring a drink bottle and cap!

#### **HOW TO PLAY FOR FREE!**

Eligible Victorian school students (K-12) are entitled to a \$200 Get Active Kids Voucher each year. Learn more at getactive.vic.gov.au/vouchers

#### JOIN YOUR NEAREST CLUB

MASTER BLASTERS KIT

RETURNER KIT

STARTER KIT



Lakes Entrance Cricket Club Thursdays, February 24 - March 24 Mick Poynton / Ryan Hooper

0438 308 725 / 0417 712 269 lakescc@outlook.com









#### VOLUNTEERS WANTED.

Lakes Entrance Girl Guides is a thriving and welcoming unit with weekly meetings conducted by qualified and experienced leaders, BUT it needs your help.

If you consider encouraging young girls to reach their potential within themselves and their communities as important then here's an excellent opportunity for you.

We are looking for people to work with our experienced Unit Leaders who have a wealth of knowledge and experience and are happy to share their Guiding expertise.

We are keen to hear from young women interested in this extremely rewarding role.

The Lakes Entrance unit meets every Monday of the school term (excluding public holidays) from 5.30 to 7pm at the Lake Tyers Beach Angling Club (opposite Toorloo Arm Primary School). While experience as a Girl Guide would be nice it is not essential, and all training will be provided.

Contact Sue Grima on 0427281445 for further details on how to get involved in helping girls and young women to grow, explore, and believe in themselves.

In accordance with requirements from the Victorian Government, all staff and students in Grades 3 to 6 attending St Brendan's Catholic Primary School are required to wear a face mask when indoors, including when travelling to and from school on public transport, taxis or ride share vehicles and when attending Outside School Hours Care (OSHC) programs, unless a lawful exemption applies.

It is strongly recommended that students in Foundation to Grade 2 wear a face mask indoors at school or when attending OSHC programs.

Parents, guardians and carers are required to supply their child(ren) with an appropriate face mask that covers the nose and mouth. Appropriate face masks include single use face masks (commonly called surgical

masks). Face shields, scarves or bandanas do not meet the requirements of an acceptable face mask

All visitors, including parents, guardians, carers and children in Grade 3 and above must wear a face mask in all indoor locations at the school, unless an exemption applies.





# **COULD YOU FOSTER A** CHILD?

We URGENTLY need Foster Carers in your area. Enquire now on how you can help change a child's life.

Canifoster.com.au | 1800 932 273

# Thanks for buying books from

# MSCHOLASTIC



they help build our classroom resources



# LEGO Club 2022



Junior LEGO enthusiasts are invited to attend our after-school LEGO Club sessions nstruction activit

Donations welcome The library will glodly accept donations of old or new LEGO brand pieces for our LEGO Club collection. Children aged six and under must be accompanied by



Lakes Entrance Service Centre Every Wednesday Except School Holidays

For more information, phone 5152 4225 or ask in person a the library about these FREE