

# St Brendan's Primary School 1581

40 Golf Links Road, Lakes Entrance 3909

Ph: 03-51552712 Fax 03-51554565

Website : [www.lakesent.catholic.edu.au](http://www.lakesent.catholic.edu.au)

Email : [principal@lakesent.catholic.edu.au](mailto:principal@lakesent.catholic.edu.au)

Internet Banking : BSB 083 879 A/C 695096861

Account Name : St Brendan's School

## Newsletter No 11

April 28, 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.*



*Please join us for a Mother's Day Breakfast*

*Friday, 6<sup>th</sup> May, at 8.00am*

*in the Mary MacKillop Hall.*

*We would really love*

*to see you there!*

For catering purposes please return the reply slips to school by **Monday, 2nd May**. If you are in the position and have offered to donate bacon or eggs, they can be sent into school from now on. Thank you.

## Mother's Day Stall

**Tuesday 3rd & Wednesday 4th**

**May 2022**

**\$1 - \$5 gifts**

**Raffle Tickets 50c each**



Parent helpers would be much appreciated daily from 8.30am — 10.30am.

If you are able to help please call the office and join the list. Many hands make light work!

**Good Luck, to our Division Cross Country team running in Bairnsdale on Monday.**



Dear Families and Friends,

Another term begins with a bang. It was a joy to be a part of the 11:00am ANZAC Day service on Monday with a strong representation of students and their families. On Tuesday the year three students left for Camp Coolamatong for two adventure-filled days in glorious weather. Students and staff had a wonderful time and all returned safe and tired, but happy all the same.

### **School TV – Raising Girls**

It is no surprise that girls today are transitioning to puberty a lot earlier than they did a century ago. The physical, psychological and emotional changes that occur during this time can be challenging for girls, but also their parents. Some parents and carers may feel uncertain about how best to support their daughter through the ups and downs of adolescence. With the rise of social media and technology, mental health difficulties in girls are increasing as often they are faced with online images that make it difficult to see themselves as acceptable. Many are being exposed to innuendo from a very young age. Girls need positive role models in their lives to step up and help them shine with self-respect and confidence.

**For more information, including videos and quizzes go to: <https://lakesent.catholic.schooltv.me/newsletter/raising-girls>**



On Friday, 29th May, Mitchell Hanckel swam at the Victorian State Swimming Titles. Mitchell's event : Yr 10 Boys 50m Freestyle. Our school was watching and cheering him on. Mitch finished in 7th position. A fantastic effort. Well done, Mitch!



We are very much enjoying the return of our families and friends to the grounds of St Brendan's. Next week we have our Mother's Day Breakfast and Athletics day. Please call the school office if you can assist in any way with the following events. We would really appreciate some help, in particular from dad's during our Mother's day activities.

### **Mother's Stalls**

**Monday, 2nd May (2pm - 3pm): Set up gifts**

**Tuesday, 3rd and Wednesday, 4th May (9:00am - 10:30am): Run Mother's Day stalls**

### **Mother's Day Breakfast**

**Friday, 6th May (7:00am - 9:00am): Assistance with preparing breakfast**

### **Athletics Carnival**

**Friday, 6th May (9:30 - 3:00pm): Assistance with running athletics events**

Parents, please refer to the latest COVID safety circular we provided this week for information regarding attendance.

Kind regards,

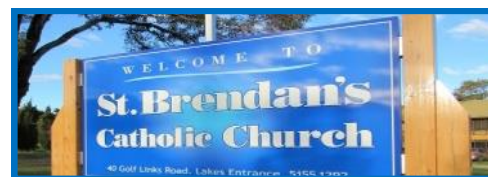
Matthew Hamer

		<b>Dates for the Calendar</b>
<b>Term 2</b>	<b>MAY 2022</b>	
<b>Week 2</b>	Monday 2nd	Division Cross Country
	Tuesday 3rd	Mother's Day Stall
	Wednesday 4th	Mother's Day Stall
	Friday 6th	8am Mother's Day Breakfast St Brendan's Athletics Day
<b>Week 3</b>	Monday 9th	Book Fair Begins
	Tuesday 10th	NAPLAN Begins
	Thursday 12th	5pm Confirmation parent meeting
	Friday 13th	9.10am Class Mass Year 4 2.30pm Assembly : School Captains
<b>Week 4</b>	Tuesday 17th	Book Fair Ends 5.30pm Year 6 Camp Meeting



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

Tues: 3/5	St Brendan's	Lakes Entrance	9.30am
Wed: 4/5	St Colman's	Orbost	11.00am
Thur: 5/5	Opal NH	Lakes Entrance	11.00am
Fri: 6/5	St Brendan's	Lakes Entrance	9.30am
	Calvary NH	Lakes Entrance	11.00am
Sat: 7/5	St Brendan's	Lakes Entrance	9.30am
	St Joseph's	Swan Reach	5.00pm
Sun: 8/5	St Brendan's	Lakes Entrance	9.00am
	St Colman's	Orbost	11.00am
	St Peter's	Mallacoota	3.00pm



### Baptism Information Sessions for 2022 for babies & preschoolers

**Saturdays @ 11am in St Brendan's Church**  
 May - nil - June - nil - July 2nd  
 Aug 6th Sept 3rd - Oct 1st - Nov 5th







We are pleased to share that St Brendan's is now offering a valuable resource called SchoolTV to parents/guardians.

Parenting our children is a complex, challenging and rewarding experience. However, the demands on parents to remain current with technology, drug and alcohol advice and safe practices in a virtual and social media world, as well as dealing with anxiety and wellbeing, add to our busy and diverse family lives.

SchoolTV is a new ongoing resource that is now available to all St Brendan's parents/guardians. Each online edition will address a major topic with expert interviews, fact sheets, a parent quiz, recommended apps, books and more. SchoolTV combines Information from a host of reliable resources, including BeyondBlue and ReachOut. It provides a single stream of independent factual information that saves parents time and the confusion of searching across multiple online sites for information.

During the School year we will publish various topics for you to access.

The topics covered may be pertinent to your immediate situation, or the resource may be useful for you at a later date.

We hope that you find SchoolTV to be an informative and useful source of current, well researched information. Should you have any questions please feel free to contact the school.



**schooltv.me™**

CONNECTING • INFORMING • EMPOWERING



Featuring  
Dr Michael  
Carr-Gregg



### Essential information for modern day parenting

*SchoolTV offers parents a fresh approach to the growing issues and pressures faced by Australian youth. SchoolTV is a unique online resource delivering powerful and credible information to empower parents with the skills to address these issues and raise happy, well and resilient kids.*

The purpose of SchoolTV is to provide a single resource for parents, about a specific topic, to streamline reputable information from leading specialists. Content is based around major topics of influence and are delivered via a series of videos presented by leading youth health specialist, Dr Michael Carr-Gregg.

SchoolTV is accessible via mobile, tablet and desktop and is designed especially for Australian schools.

SchoolTV will be presented as a monthly eNewsletter which will be emailed to you from your school and/or accessible via your school's website. Each month a new topic will be presented and introduced by Dr Michael Carr-Gregg.

Some topics will include:

- Youth Anxiety
- Depression
- Digital Reputation
- Screen Addiction
- Drug and Alcohol use
- Cyberbullying
- Social Networking
- Self-harm and Suicide

Credible and independent information presented by leading experts such as Professor Ian Hickie, Professor Pat McGorry and Dr Liz Scott.

#### Want to know more?

To discuss any issues relating to topics covered by SchoolTV, please contact your school counsellor. To contact SchoolTV, email us at [SchoolTV@ondigital.com.au](mailto:SchoolTV@ondigital.com.au)

### Snapshot of Young People in Australia

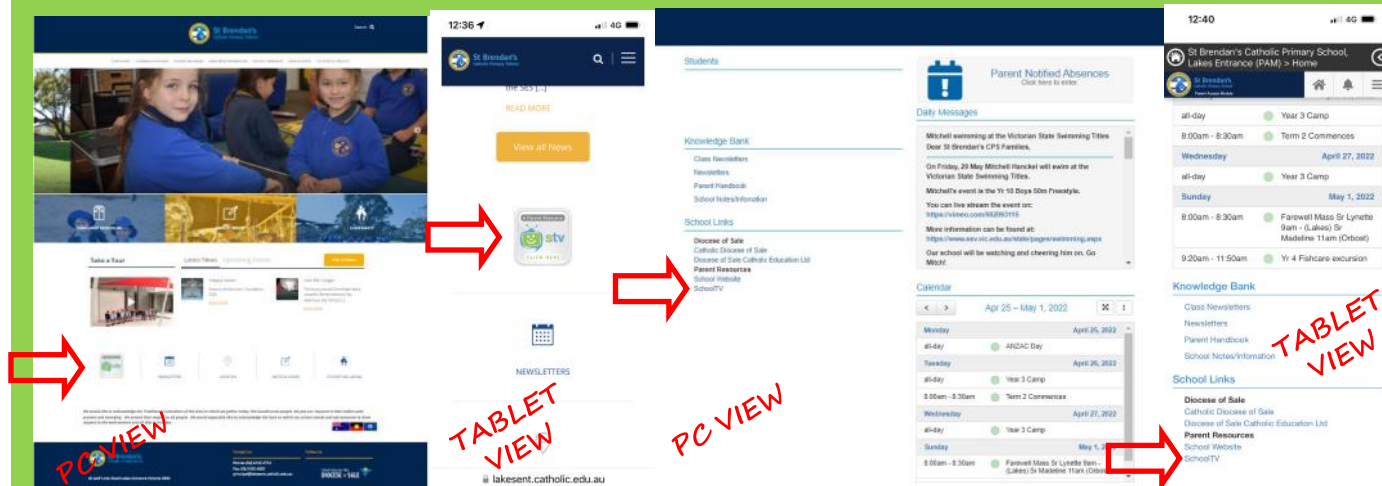
- 99% of young Australians are online
- 75% of parents feel digitally disconnected and concerned about their kids online\*
- 1 in 7 children experienced a mental disorder\*\*
- 1 in 3 girls and 25% of boys report being depressed\*\*\*
- 10% of youth are self-harming\*
- 15% of 16-17 year old girls have suicidal ideation, 1 in 13 actually attempted it.

\* Young and Well CRC, 2015.

\*\* The two-year survey of 6300 families - Mental Health of Children & Adolescence Report, 2015.

\*\*\* Resilient Youth Report, 2014.

SchoolTV has two easy access points for parents or click on the link in the special report article.



St Brendan's Website

Simon Everywhere/PAM



## SPECIAL REPORT

# Managing Overwhelm



### A SPECIAL REPORT: Managing Overwhelm

Due to the pandemic, the world we now live in is a very different place. The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed. As a result, many children and their parents are reporting higher levels of stress and anxiety.

Our brains have not evolved fast enough to adapt to this digital landscape. The combination of constant access to information and having little control over the situations presented, can be stressful and overwhelming. It is therefore important for adult carers to check in with their children and be aware of what information they may have been exposed to. It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it. Providing children with the skills and strategies to cope will enable them to flourish and thrive, socially, emotionally and academically.

The blueprint for parenting, based on our own experiences, is no longer fit for purpose in raising kids as citizens of tomorrow. This can be inherently stressful and overwhelming, not only for parents and carers, but children alike. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.

This Special Report suggests a number of strategies to help manage any feelings of overwhelm that you or your child may be experiencing.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

**If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.**

Here is the link to your special report:

[https://lakesent.catholic.schooltv.me/wellbeing\\_news/special-report-managing-overwhelm](https://lakesent.catholic.schooltv.me/wellbeing_news/special-report-managing-overwhelm)



## Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and St Brendan's is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 2nd September 2022.

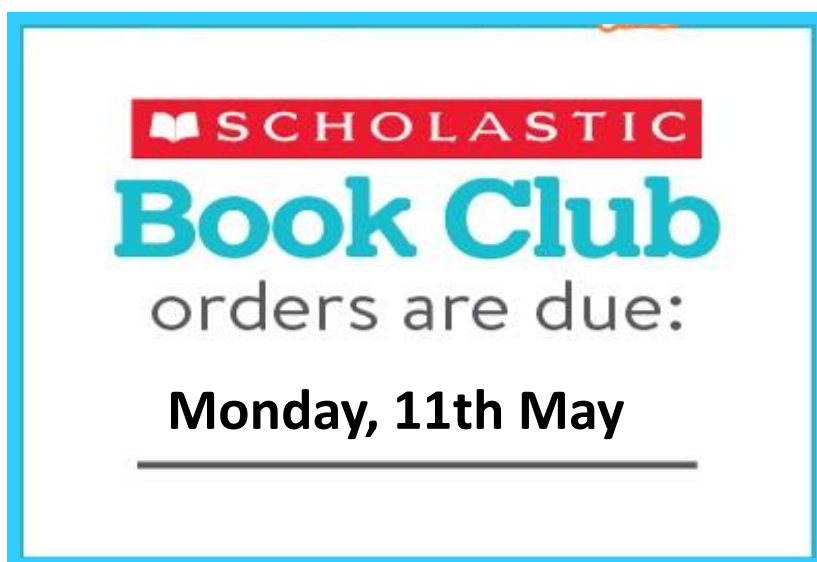
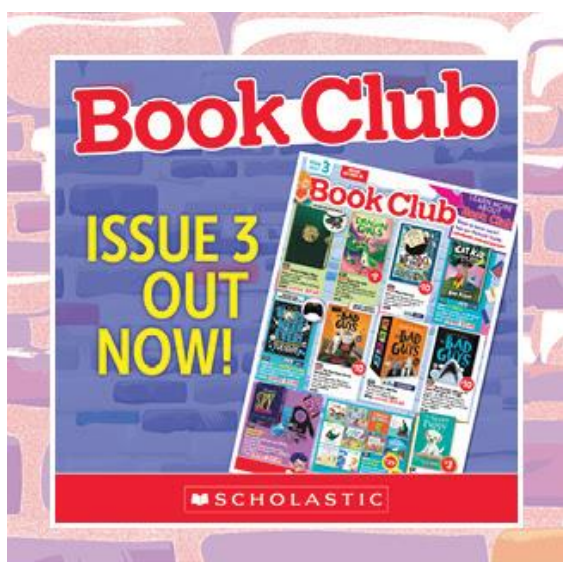
Children from Foundation to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit: <https://www.vic.gov.au/premiers-reading-challenge>

The Premiers Reading Challenge has an online recording system which is intended for students to enter their books at home.

**Student wishing to participate, need to send Katrina an email at: [kwykes@lakesent.catholic.edu.au](mailto:kwykes@lakesent.catholic.edu.au)**  
**They will then be sent their username, password and details to access the online computer system.**





### Outside School Hours Care (OSHC)

*'Where every child is an active participant in their individual learning'*

#### What is Gumnuts OSHC?

Gumnuts OSHC is a service that provides professional, fun and safe care for children outside normal school hours. We provide before school care and after school care at Lakes Entrance Primary.

Our educators will drop off your child to school and we pick them up after school. Before school care starts at 7am, After school care finishes at 6pm. We provide a healthy breakfast and afternoon snack for the children.

If you would like more information please contact Gumnuts Early Learning Centre on (03) 5144 6952 or by email [gumnutselc@netspace.net.au](mailto:gumnutselc@netspace.net.au)



## FAMILY FUN NIGHT

Carers of children with a disability 0-6 years of age are invited to our upcoming carer event!

**Date:** Friday 6th and Friday 20th May 2022

**Time:** 5pm - 8pm

**Location:** Interchange Bairnsdale, Eastwood Village Shopping Centre

**Cost:** FREE (book now - places are limited)

Family Fun Nights with entertainment by the Wacky Wombat! There will be pizza for dinner followed by carer only dessert next door at Aroma Café. Meanwhile the kids will be supervised for ice-cream dessert and fun activities by our support workers at Interchange.

RSVP to secure your spot by emailing [Rachael.Morrison@icg.asn.au](mailto:Rachael.Morrison@icg.asn.au) or 1300 736 765

#### CONTACT US!

13b and 14a Eastwood Village Shopping Centre, 30 Howitt Ave, Bairnsdale VIC 3875

1300 736 765

@InterchangeGippsland

admin@icg.asn.au

www.icg.asn.au



GIRL GUIDES  
AUSTRALIA  
VICTORIA

#### 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.

## KIDS ART @ SALTWATER

head to  
[www.thesaltwaterstudio.com](http://www.thesaltwaterstudio.com)  
to book tickets

EVERYONE LOVES ART! RELAX, UNWIND - MAYBE PUT YOUR FEET UP WITH AN 11AM WINE AND NETFLIX WHILE YOU LOCK YOUR KID IN FOR SOME SERIOUS ART TIME. LET THEIR INNER CREATIVE FLOW WITH OUR KIDS FLUID ART, POTTERY, SKATEBOARD DESIGN OR PAINTING SESSIONS AT OUR STUDIO SPACE IN LAKES ENTRANCE, AND A ON THE ROAD VISIT TO OUR SISTER STUDIO AT MIND AND BODY IN MARLO. ART OPENS UP SO MANY CREATIVE POSSIBILITIES AND IS A FUN FILLED DAY, WITH THE TOOLS AND KNOW HOW TO REPLICATE AT HOME. ADULTS ARE MORE THAN WELCOME TO JOIN IN ON THE CREATIVITY, AND WE PROMISE YOU WILL HAVE JUST AS MUCH FUN AS THE KIDS!

#### DATES

WEDNESDAY 13TH OF APRIL @ 11AM - PAINTED EASTER BASKET MAKING

THURSDAY 14TH OF APRIL @ 11AM - PAINT PEN SKATEBOARD DECKS

THURSDAY 14TH OF APRIL @ 2PM - KIDS FLUID ACRYLIC POURING

FRIDAY 15TH OF APRIL @ 11AM - KIDS POTTERY

TUESDAY 19TH OF APRIL @ 11AM - PAINT PEN SKATEBOARD DECKS @ MIND & BODY MARLO

WEDNESDAY 20TH OF APRIL @ 11AM - KIDS FLUID ACRYLIC POURING

THURSDAY 21ST OF APRIL @ 11AM - KOI FISH KITE MAKING

THURSDAY 21ST OF APRIL @ 2PM - KIDS POTTERY

FRIDAY 22ND OF APRIL @ 11AM - PAINT PEN SKATEBOARD DECKS

WEDNESDAY 4TH OF MAY @ 4PM - DRIFTWOOD MOBILES

WEDNESDAY 18TH OF MAY @ 4PM - JELLY FISH LANTERN MAKING

WEDNESDAY 1ST OF JUNE @ 4PM - KIDS POTTERY

WEDNESDAY 15TH OF JUNE @ 4PM - KIDS CLOCK PAINTING

FOR MORE DETAILS AND TO BOOK TICKETS VISIT OUR WEBSITE  
[WWW.THESALTWATERSTUDIO.COM](http://WWW.THESALTWATERSTUDIO.COM)

THE SALTWATER STUDIO / GALLERY  
66 MARINE PARADE, LAKES ENTRANCE  
0448 669 063

[WWW.THESALTWATERSTUDIO.COM](http://WWW.THESALTWATERSTUDIO.COM)



## Swan Reach Football Netball Club

The Swan Reach Football Netball Club is delighted to be heading into the 2022 season and would like to invite everyone to get involved and join us to play this year! We are affiliated with the Omeo & District Football Netball League, and will be fielding the following junior teams to play alongside our Senior Football & Netball program:

**Under 16s Football**

**Under 18s Netball**

**Under 12s Netball**

If you're interested in playing this year, please contact Jaide Stevens on 0408 157 114, or at [srfnc.secretary@gmail.com](mailto:srfnc.secretary@gmail.com). Or come along to training on Mondays and Wednesdays at 6pm. First round kicks off this Saturday 2nd April.

We are looking forward to seeing you on the field this year!



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.



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

**Winter uniforms are now available**

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



**CHECK YOUR SIMON EVERYWHERE/ PAM ACCOUNT DAILY!**

**Keep updated with everything happening at St Brendan's**



## 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.playhq.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/>



# 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](http://Canifoster.com.au) | 1800 932 273

## Grade 5 and 6 Information Evening



When: Wednesday 4th May 2022  
5.30 pm to 7.30 pm

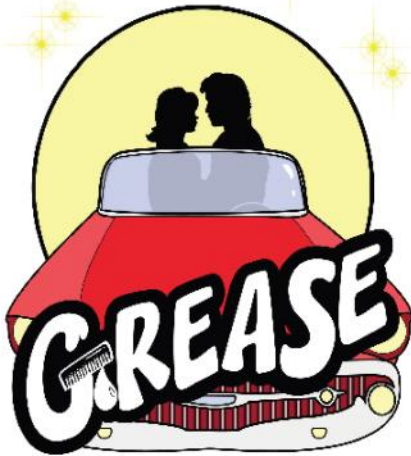
Bairnsdale Secondary College wishes to invite students, parents,  
and carers to an Information Evening.

McKean Street Campus will be open from 5.30 pm to 6.30 pm for  
inspection. Meet with current Year 7 teachers and view student  
work and presentations.

An information session will be held from 6.30 pm to 7.30 pm in the  
Malgobila building with presentations from current Year 7 students,  
College Captains and College Leaders.

Any questions please contact us 5150 4800 or  
[bairnsdale.sc@education.vic.gov.au](mailto:bairnsdale.sc@education.vic.gov.au)

BAIRNSDALE PRODUCTION LINE THEATRE CO. PRESENTS



Book, Music and Lyrics By JIM JACOBS and WARREN CASEY  
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL  
[www.origintheatrical.com.au](http://www.origintheatrical.com.au)  
Logo Created and Designed by Maggie Taft and Harry Bogosian

**MAY 6, 7, 13, 14, 19, 20 & 21 at 7.30PM**  
**and MAY 8, 15 & 22 at 2.00PM**

Tickets: Adults \$40 | Concession \$35  
Children \$25 (14 and under) | Family \$120 (2 adults, 2 children)



Forge Theatre and Arts Hub (03) 5152 1482  
[www.eastgippsland.vic.gov.au/forgetheatre](http://www.eastgippsland.vic.gov.au/forgetheatre)  
Bairnsdale or Lakes Entrance Visitor  
Information Centres or Shire Service Centres

**Forge Theatre and Arts Hub**  
80 McKean Street, Bairnsdale

[www.bairnsdaleproductionline.org](http://www.bairnsdaleproductionline.org)

**EAST GIPPSLAND**  
SHIRE LIBRARIES

**FREE AGES 5 - 12 BOOKINGS NOT REQUIRED**

## LEGO Club 2022



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

The sessions incorporate freestyle creativity and themed  
construction activities.

### Donations welcome

The library will gladly accept donations of old or new  
LEGO brand pieces for our LEGO Club collection.

Children aged six and under must be accompanied by  
an adult.

**Lakes Entrance  
Service Centre**  
3.40 pm – 4.40 pm

Every Wednesday  
Except School Holidays

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

Libraries  
Change Lives

