# **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 Email : principal@lakesent.catholic.edu.au Internet Banking : BSB 083 879 A/C 695096861 Account Name : St Brendan's School

## Newsletter No 18 June 17, 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.



# S P O R T S S H I R T S

All St Brendan's sports shirts that have been given out to children for school sports, need to be returned to school as soon as possible.





End of Term 2 Friday 24th, June School finishes at 2.15pm School Closure T**erm 3** Monday 11th July Curriculum Day Golden Honour Assembly Friday 24th June 9.10am All Welcome

**Term3** commences 9:00am Tuesday 12thJuly Dear Families and Friends,

Last week St Brendan's Catholic Primary School had a panel of reviewers visit our school for three days. During these three days the panel interviewed staff, students and parents asking about the practice of our school. The panel also looked into our planning documents and assessments tools. At the conclusion of the three days the panel provided their report which measured our school's processes against the National School Improvement Tool and the Catholic Identity and Religious Education Tool. We were thrilled to receive an overwhelmingly positive report. We rated High to Outstanding in almost all categories, the standouts being in the areas of:

- A Culture that Promotes Learning
- Targeted Use of School Resources
- Differentiated Teaching
- Effective Pedagogical Practices

It was wonderful acknowledgement that we are on the right track to improving outcomes for students. I am very proud of our staff and the commitment to education that they show each day. Walking through our school at any time the learning taking place is clearly evident and I was thrilled that their work has been validated by a group of visiting experts.

### Youth Anxiety - https://lakesent.catholic.schooltv.me

Anxiety disorders can start early in childhood or adolescence. It may only have a moderate impact on a child's ability to function in daily life and can therefore often remain undetected. If a child finds it extremely difficult to control their anxiety, then you should seek help or medical assistance.

"Untreated anxiety disorders in children can lead to more serious issues in adulthood. Parents need to educate themselves so they can identify the symptoms early."

Dr Michael Carr-Gregg

### What is anxiety?



Many parents are confused about the nature of anxiety and especially, when to really worry about it. Anxiety refers to feelings of worry, nervousness, or a sense of apprehension, typically about an upcoming event where the outcome is uncertain, or where a young person feels he or she might not be up to the task.

The Australian Psychological Society (APS) defines anxiety as 'commonly experienced in high pressure situations, for example, prior to a making a speech or sitting an exam. Feelings of anxiety can also arise following a stressful event, like an accident where the person is left feeling shaken. Anxious feelings are usually accompanied by physical sensations such as a churning stomach, light headedness, and a racing heart.'

Well done to our boys' soccer and our AFL team who competed in the Division Winter Carnival last week. They came up against some tough opposition but they played well and came away with some good experiences. Our girls' soccer team plays in Sale at the Regional Carnival on Wednesday, 20th July. Go girls!

We finish the term with a big week next week. Year six are off to their Melbourne camp on Tuesday and year five will conduct the Golden Honour Card assembly on Friday at 9.10am in the Mary MacKillop Hall. Parents, please remember school finishes at 2.15pm on Friday, 24 June.

Kind regards,

Matthew Hamer

Dates		Dates for the Calendar	
Term 2	JUNE 2022		
Week 9	Tuesday 21st	Class Prayer Foundation Year 6 Melbourne Camp	
	Wednesday 22nd	Year 6 Melbourne Camp	
	Thursday 23rd	Year 6 Melbourne Camp	
	Friday 24th	Year 6 Melbourne Camp 9.10am GHC Assembly : Year 2 <b>2.15pm Term 2 ends</b>	
Term 3	JULY 2022		
Week 1	Monday 11th	School Closure—R.E Curriculum Day	
	Tuesday 12th	9.00am Term 3 commences	
	AUGUST 2022		
Week 5	Friday 12th	School Closure – Curriculum Day	

## End of Term 2 - Friday, 24th June - School Finishes at 2.15pm

Baby Congratulations to the **Behan** family, Isla (Year 3) on the arrival of their son and brother, **"Tanner".** 



HELPERS ARE URGENTLY NEEDED AT THE ST BRENDAN'S OP SHOP TO COVER THE NEXT COUPLE OF MONTHS WHILE SOME OF OUR OTHER HELPERS ARE TAKING A WELL EARNED BREAK Please contact the Parish Office on 5155 5232 Current WWC required Keeping Warm

During the winter months we allow students to <u>arrive at school</u> with a beanie, scarf, gloves or wind proof jacket on to fight the cold. We require these items to be navy blue or black.

Please make sure your child brings their school jumper to school everyday during winter.

ST BRENDAN'S BEANIES AVAILABLE FROM NICK'S BAIRNSDALE

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

Sat:	18/6	St Dymphna's
0	40/0	St Joseph's
Sun:	19/6	St Brendan's
		St Colman's
Tues:	21/6	St Brendan's
Wed:	22/6	St Colman's
Fri:	24/6	St Brendan's
Sat:	25/6	St Brendan's
Sun:	26/6	St Brendan's
		St Colman's

Buchan Swan Reach Lakes Entrance Orbost Lakes Entrance Lakes Entrance Lakes Entrance Lakes Entrance Orbost 9.00am 5.00pm 9.00am 11.00am 9.30am No Mass 9.30am 9.30am 9.00am 11.00am



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

## Division Soccer By Daniyal & Caleb

On Friday 10th of June, two winter sports teams made it through to Division Winter sports. We were playing soccer.

We first went on a bus to Bairnsdale. When we got there we just did some practising because we weren't playing until later. When it finally was our turn to play a game, we were against Eagle Point Primary School. When the game started nobody was getting any goals. However, after half time, Eagle Point scored two goals and we unfortunately didn't get any but we did get close. Next we were against Gippsland Grammar. We scored a point after half time. However, in the last two minutes, Gippsland Grammar scored a point against us! When the timer went off, it was a tie.

Even though we didn't win or make it through to District level, we tried our best and it was a great game.

# **Football Division Winter Sports**

### By Tulli & Sadie

On Friday the 10th of June 2022, we had Division Winter Sports. Football was played at the Bairnsdale Football Oval. We played 2 games, the footy people tried their very best. Unfortunately we did not get through to the District level as we lost both games. A big thank you to Mr B,our assistant coach Sadie and all the footy players – You all did fantastic!



### SPECIAL REPORT: Building Resilience Post Pandemic

Unfortunately, the mental health of young people has been significantly impacted by the pandemic. As many families settle back into pre-COVID routines, there seems to be a pervasive sense of optimism about what lies ahead.



Unfortunately children and teens are not immune to what is now being termed the "psychological pandemic". Young people are at risk of not achieving the primary demands of developmental tasks such as procuring independence, identity formation, as well as obtaining and maintaining peer relationships. What kids need most in the current environment is support, understanding, empathy and encouragement from caring adults. They live up or down to the expectations we set for them.

If there is a panacea to the adversity caused by the pandemic, then it is the building of resilience. Resilience is the capacity to face, overcome, be strengthened and transformed by adversity. Never before, have parents needed the skills, the knowledge and the strategies to build resilience in their children as much as they do now. There are 7 integral and interrelated components that make up being resilient that can help young people thrive and develop healthy coping strategies.

This Special Report explores the "7 C's of Resilience" and includes suggested strategies on how adult carers can best facilitate them. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special report

https://lakesent.catholic.schooltv.me/wellbeing\_news/special-report-building-resilience-post-pandemic



## SPECIAL REPORT

# Building Resilience Post Pandemic



# **ST BRENDAN'S SCHOOL UNIFORM**

Students are now in full winter uniform. Please see list below. On Wednesday to Friday students must present wearing tracksuit pants with shorts underneath, should they choose to do so.



**<u>UNIFORM ITEMS - Available from Nick's in Bairnsdale</u>** Most items are regulation, meaning that the school has determined the style or manufacture.

### **Regulation Winter Uniform:**

### <u>Girls</u>

- Winter Tunic (Year F/1/2/3)
- Winter Skirt (Year 4/5/6)
- Blue long sleeve blouse
- Bomber Jacket (with emblem)
- Polar Fleece Jacket (with emblem)
- Navy tights/white school ankle socks (foldover style) or long white (no logos)
- Black Leather School Shoes buckle/ lace-up/T-bar
- Navy 'Midford' Pants

# Please remember to name your child's uniform. We have lots and lots of jumpers in the Lost Property without names.

### <u>Boys</u>

- Sky blue long/short sleeve shirt
- Grey trousers
- Bomber Jacket (with emblem)
- Polar Fleece /Jacket (with emblem)
- Short grey socks/long grey socks
- Black leather school shoes/boots





### **Boys and Girls**

**Regulation Sports Uniform:** 

- Blue polo shirt with emblem (Short Sleeve)
- Navy trackpants without logos
- Black Basketball shorts ( sport )
- Bomber jacket Polar Fleece Jacket (with emblem)
- Predominately white sports socks below ankle footlet style not acceptable.

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• Running shoes (not skate or fashion shoes)

### Uniform Days Winter Dress Uniform Monday & Tuesday Sports Uniform Wednesday, Thursday & Friday

**HAIR** is to be kept neat and tidy at all times. Hair longer than collar length is to be tied back from the face. Headband, hair ties, ribbons, scrunchies and clips must be blue, black and brown.

It is not appropriate for children to come to school with dyed or inappropriate hair styles as deemed by the Principal.





### **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: <u>https://www.vic.gov.au/premiers-reading-challenge</u> 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: <u>kwykes@lakesent.catholic.edu.au</u> They will then be sent their username, password and details to access the online computer system.



Go to the below website for more information.

https://zartstudentartcomp.com.au/

## Important dates

- Monday 18th July 2022 Competition Closes at 6pm
- Monday 25th July 2022 Shortlist Announced (20 in each category) at 12noon
- Monday 1st August 2022 Winners in each prize category announced at 12noon

People's Choice Winners Announced at 12noon



## **HOP East!**

### Martial Arts, Park Play and Tie Dying

Have fun in a martial arts class in the morning, then head to the all abilities playground to have lunch and a play. In the afternoon we will create some fun t-shirt tie dying and crafts.

### DATE

Tuesday 5th of July 2022 - 9:30am - 3:30pm

### LOCATION

😏 ICG Bairnsdale and all abilities playground.

### OUT OF POCKET COST

- \$20 each for martial arts class and t-shirt tie dying/crafts
- NDIS plan charges will be discussed with you to ensure your specific support needs are met

#### WHAT TO PACK

- Medication and Medication Forms
- Orink bottle
- Weather appropriate clothes
- Packed lunch and snacks

RSVP by 30th June 2022 to secure a spot



### **Time Table**

ICG Office	Drop - off	Pick - up
ICG Bairnsdale	9:30am	3:30pm

### **NDIS Benefits and Outcomes**

- Social participation in the community
- Meet new people and develop friendships
- Increase your capacity to access your local community
- Development of your life and independent living skills
- Improve and develop your communication skills
- Opportunity to access new activities and try new things
  - Selfcare for carers and participants





All HOP groups from Morwell, Bairnsdale and Wonthaggi will join together for a fun day at Wyncity Morwell. Come along and make some new friends, have fun playing bowling, laser tag and mini golf.

### DATE

Tuesday 28th of June 2022

#### LOCATION

 Wyncity Morwell, ICG Morwell, ICG Bairnsdale, ICG Wonthaggi.

OUT OF POCKET COST

- \$25 each (includes bowling, mini golf, laser tag and crafts)
- NDIS plan charges will be discussed with you to ensure
- your specific support needs are met
- WHAT TO PACK
- Medication and Medication Forms
- 💿 Drink bottle
- Weather appropriate clothes
  Packed lunch

RSVP by 24th June 2022 to secure a spot



### **Time Table**

ICG Office	Drop - off	Pick - up
ICG Bairnsdale	9:00am	4:00pm
ICG Morwell	10:00am	3:30pm
ICG Wonthaggi	9:00am	3:30pm

### **NDIS Benefits and Outcomes**

- Social participation in the community
- Meet new people and develop friendships
- Increase your capacity to access your local community
- Development of your life and independent living skills
- Improve and develop your communication skills
- Opportunity to access new activities and try new things Selfcare for carers and participants

For further information please contact us

😉 1300 736 765 🛛 🔲 www.icg.asn.au

January Holidays	DATE	ATTENDING
WEEK1	5	
Monday	27/06/2022	
Tuesday	28/06/2022	
Wednesday	29/06/2022	ŝ.
Thursday	30/06/2022	
Friday	01/07/2022	
WEEK 2		
Monday	04/07/2022	
Tuesday	05/07/2022	
Wednesday	06/07/2022	
Thursday	07/07/2022	
<b>Friday</b>	08/07/2022	
<i></i>		01 01
	to the OSHC be I on Lambert St	-

### FEES

### Vacation Care: \$85.00

Please note: Families may be eligible for Child Care Subsidy. This subsidy will determine your actual fees. Please contact the Family Assistance Office (FAO) on 13 61 50 to find out more about your entitlements.

Additional payment is required for excursions and some incursions. Please note: These costs will be added to your child's fee,

no cash on any premises

The above price is without CCS

### HOURS OF OPERATION

#### 7am to 6pm

"Offering superior care and education for your child"

### WHAT TO BRING





(Lambert street access).

PH: 5144 6952 FAX: 5143 0285 gumnutselc@netspace.net.au

### WEEK ONE

#### Monday 27-: Movie day at school.

Come dressed in your PJ's. We will determine the movie closer to the day, once we have a vote. During the movie we will enjoy popcorn. Once the movie is finished children will engage in play and leisure activities of their choice.

Tuesday 28\*: Eastern Beach Playground with sandcastle competition and Picnic lunch We will walk down to Eastern Beach playground and enjoy some fun at the park. While there we will head over to the beach to have a sand castle building competition. Please pack a healthy snack and lunch for this day.

#### Wednesday 29-: Let's get creative! Art and craft day at the school.

Today the children will engage in a range of art and craf activities. They will be encouraged to dive into their creativity and imagination skills to create their very own masterpieces. These masterpieces will be on show.

#### Thursday 30\*: Mini Golf and Picnic lunch We will venture down to Footbridge Mini golf where the

We will venture down to Footbridge Mini golf where the children will play 18 holes of golf and then be rewarded with an ice cream at the end. After mini golf we will walk to the rotunda and enjoy a warm lunch of hot fish and chips. Cost: \$15pp

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Friday 1 -: Master Chief

Let's get our taste buds soaring and make some yummy food in the kitchen. Children will cook lunch for the day and snacks for afternoon tea. The menu will be decided by the children. Cost \$5PP

### WEEK TWO

### Monday 4<sup>th</sup>: Cinema Visit

We will go by bus to Sun Cinema in Bairnsdale and then have a picnic lunch at the All Abilities playground. Children will need to bring a packed lunch and drink bottle for this day. Fruit will be provided. Cost \$30 Movie TBC

### Tuesday 5<sup>th:</sup> Sea Shell Museum visit and picnic at the park

We will walk to the Sea Shell Museum on the esplanade and view the museum, railway and aquarium. Once finished there we will venture down to Apex park for a play and bbq lunch. Cost: \$5

### Wednesday 6th: Sports day

Let's get physical with lots of games and sporting activities. Children will engage in team sports, individual sports and games during the day. They will be encouraged to try different sports and have a go!

#### Thursday 7th: Buchan Caves

Come and experience the natural beauty of the Buchan Caves which is situated in Buchan. We will go through one of the caves on a tour with a tour guide so he will be able to answer all of your questions. After the tour we will have a BBQ lunch before heading back to school. Cost: \$25

#### Friday 8th: Science Day! Today we will turn into scientists and explore the weird

Today we will turn into scientists and explore the weird and wonderful things in science. Why do chemicals react differently when combined? How does science work? If you need to contact the Vacation Care directly, we can be contacted on

> 0493 364 179 PLEASE NOTE:

During the program children participate in spontaneous and planned cooking experiences which may include light lunch servings or afternoon tea items. <u>On these days your</u> <u>child will still need to bring their own lunch and enough</u> <u>food</u> to last the whole day. PLEASE NOTE: If your child does not attend on a day they have been booked in, you will still be charged for the day unless **48hours notice** is given for a cancellation.

\*\*Please ensure that your child has a sufficient amount of food packed to keep them sustained for the day. We also encourage children to bring a drink bottle filled with water only. (Please refer to our Healthy Eating policy.)\*\*

This program is <u>subject to change</u> depending on the following circumstances: *Covid-19 restrictions*, severe/code red weather, numbers of children and availability of extracurricular activities. Prices for excursions may also change. <u>Staff will notify you of any changes</u>

To book a place for your child in our Vacation Care program, please contact our office on 5144 6952

> Alternatively, please contact us via email at: gumnutselc@netspace.net.au

INFORMATION FOR CUSTOMERS

## Australian Government **Mobile Service Centre**

#### Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

### LAKES ENTRANCE

Foreshore car park, The Esplanade

Tuesday, 21 June 2022 9:30 am to 4:00 pm

### Wednesday, 22 June 2022 9 am to 4 pm

For more information, go to servicesaustralia.gov.au/mobileoffice

Services Australia





Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

INFORMATION FOR CUSTOMERS

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

#### More information

o view the latest itineraries for the Aust overnment Mobile Service Centres, visi arvicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centr are promoted in each town and on social media before each visit

### Information and help you can access on board the **Mobile Service Centres**

We provide information, help and support to rural and regional communities, including:

- families older Australians
- students
- job seeke people with disability
- carers
- fam
- self-employed people.
- We can assist you with:
- registering and using the agency's online services new claims for Centrelink payments updating and confirming Centrelink and Medicare information
- information on how financial matters may impact
- on payments
- assistance with payment and service options rural payment entitlements for eligible farmers non-cash Medicare transactions
- enrolling for and issuing new Medicare cards updating and re-issuing Medicare cards social work support and referrals.

servicesaustralia.gov.au/mobileoffi



Services Australia

**Program will commence** Thursday June 2nd. 4:15-5pm - Ages 5 - 10 Lakes Entrance Recreation Reserve **Netball Courts** Registrations open Friday 27th May. Link for registrations will be on the Lakes Entrance Netball Association Facebook page or email lakesentrancena@gmail.com for more information.

Refugee Week 2022 Sunday 19 to Saturday 25 June 2022 'Healing' Australia and the rest of the world have a once-in-a-lifetime opportunity to hit the reset button on how we behave towards one another Film Night & Special Guest Speaker 7.00pm. Thursday 23rd June 2022 Sun Cinema, Macleod St Bairnsdale Email: egassgroup@gmail.com or limited tickets available at the Cinema on the night Tickets: \$15.00 SCATTERED PEOPLE Scattered People is about the healing power of music and bringing together people. TEATURS OF A SONG CAN TAKE YOU HOME Sister Brigid Arthur ator, Brig Brigid is a tenacious fighter for the rights of peop seeking asylum and a mad cricket fan East Gippsland Asylum Seekers Support group (EGASS)



## COLORADO CHILDREN'S CHORALE 'FILLING THE WORLD WITH SONG'

60 member Children's Choir direct from the United States

**Emily Crile** 

"A bravura performance displaying discipline, enthusiasm, and vigorous singing of the highest order." Adrian Parlington, BBC Music Director, Royal Albert Hall, Londor

FREE COMMUNITY CONCERTS bookings essential

> Forge Theatre and Arts Hub, 80 McKean Street, Bairnsdale Sunday 26 June 2022, 2:00 pm

St Brendan's Primary School Hall, Eastern Beach Road, Lakes Entrance Monday 27 June 2022, 2:00 pm

Forge Theatre and Arts Hub (03) 5152 1482

G www.eastgippsland.vic.gov.au/forgetheatre

Bairnsdale or Lakes Entrance Visitor
 Information Centres or Shire Service Centres



# 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



## 2022 CBCA BOOK WEEK 20-26 AUGUST

To celebrate CBCA Book Week 2022, you are invited to enter our annual

**DRAW A PICTURE/WRITE A STORY COMPETITION** For more information visit your local library or phone 5152 4225.

FREE AGES 5 -12 BOOKINGS NOT REQUIRED





EAST GIPPSLAND

# 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



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.