## **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 29 September 16, 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.

## **GOLDEN HONOUR AWARDS**







Term 4 commences - Monday, 3rd October at 9.00am

Dear Families and Friends,

We had a wonderful week of entertainment last week with our year six students presenting their play titled 'Jill and Fred's Most Hysterical, Historical Adventure'. The student performed so well as a team, playing their role on the stage, impressing all who attended. They projected their voices, sang with gusto, hammed-up their parts and kept the humour flowing. We were so proud of them! I would like to take the opportunity to praise the work of the year six teaching team in Danielle Mills, Melissa Terry, Kylie Curnow, Jenny Vogrig and Fiona Yates, they truly get the best out of this group of students.

#### **School TV – Positive Parenting**

The mental health of today's young people is at an all-time low. Depression, anxiety and self-harm are sadly on the rise. Unfortunately, there are more risk factors than protective factors, facing young people growing up. To parent effectively, it is simply not enough to avoid the obvious dangers like abuse, neglect and overindulgence. Parents therefore, need to arm themselves with practical skills, knowledge and strategies when it comes to raising children. Numerous studies suggest that the best-adjusted



children are reared by parents who find a way to combine warmth and sensitivity with clear behavioural expectations.

"There is no such thing as a perfect parent. However, research shows that one of the most important protective factors in the lives of young people, is a close relationship with a supportive adult."

Dr Michael Carr-Gregg

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

Our school's NAPLAN results were released last week. Although the State and National averages have not yet been released we have observed that the data indicates our school will be above the State average in several assessment areas. This is a target we have been aiming to achieve for many years and we are immensely proud to be able to share this with you. Our collaborative planning and differentiated teaching is taking our students to new levels of achievement. More information will be released as it comes to hand.

Today we enjoyed a lovely spring day at our Big Picnic. All of the students had a fabulous day and a big thank you goes to our year 6 Event Committee for organising the activities. I would like to take the opportunity to thank all our families for turning out in huge numbers to our events this term such as the First Communion Mass, class prayers, Fathers' Day Breakfasts and assemblies. It's so good to be able to get our community back together.

Kind regards,

Matthew Hamer



		Dates for the Calendar
Term 4	OCTOBER 2022	
Week 1	Monday 3rd	Term 4 commences 9.00am
	Friday 7th	Summer Sports—Years 5 & 6
Week 2	Tuesday 11th	Regional Athletics - Newborough
Week 4	Friday 28th	Day for Daniel—Wear something red 2.30pm Assembly: School Captains
Week 5	Monday 31st	No school—Staff Planning Day
	OCTOBER 2022	
	Tuesday 1st	No school—Melbourne Cup Day

### **Foundation Students 2023**

Please return completed enrolment forms to the school office as soon as convenient. We are currently processing enrolments and confirming places for next year. Parents will be notified via email, of orientation dates for this year, once enrolment

forms are received. We look forward to welcoming your child to St Brendan's CPS in 2023.



# SPORTS SHIRTS

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

Thank you to everyone who came along to help us celebrate our whole school Mass for the **Season of Creation**.

It was lovely to see families and parishioners praying with our children. We were also pleased to see Fr Hiep back and we appreciate his enthusiasm and encouragement.





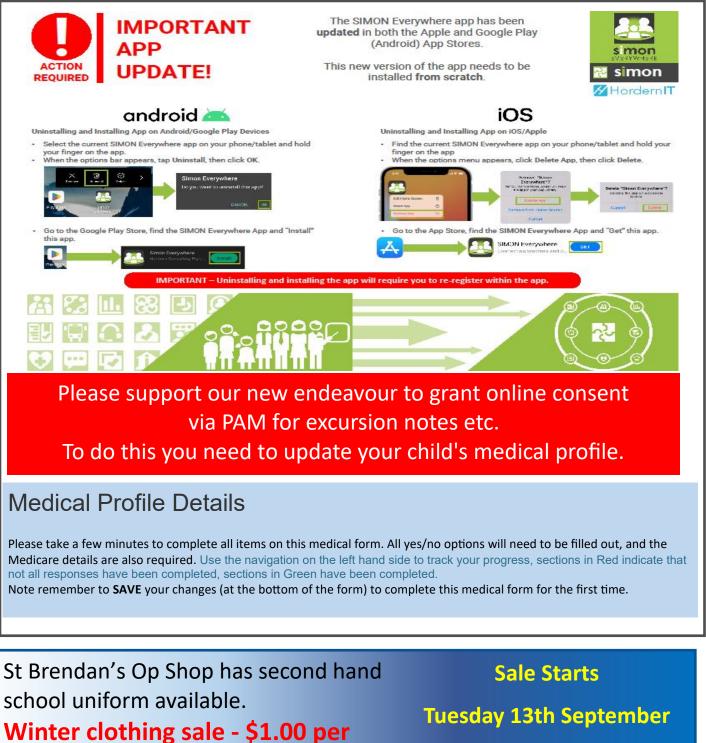
We are blessed where we are with the amazing variety of

beautiful landscapes on offer. **Please help your children experience and value what we have.** We hope that over the holidays, you can all get out into **creation** and appreciate what our region has to offer. It might be in the form of a walk to the entrance, a trip to Jemmy's Point lookout, Nyerimelang Homestead, Metung boardwalk, Raymond Island Koala sanctuary, Nowa Nowa Gorge lookout or the Buchan Caves. Walk or ride the many bike tracks, or even a day trip to the snow they are expecting a final big dump over the next couple of days. Whatever you do—get out and have fun!

Sat:	17/9 St Dymphna's
Sun:	St Joseph's 19/9 St Brendan's
_	St Colman's
Tue:	20/9 St Brendan's
Wed:	21/9 St Colman's
Fri:	23/9 St Brendan's
Sat:	24/9 St Brendan's
Sun:	25/9 St Brendan's
	St Colman's

Buchan9.00amSwan Reach5.00pmLakes Entrance9.00amOrbost11.00amLakes Entrance9.30amOrbost9.30amLakes Entrance9.30amLakes Entrance9.30amLakes Entrance9.00amOrbost11.00am





item School uniform available \$3.00 per item unless otherwise marked

Open 10am-3pm

Tuesday, Wednesday & Thursday.



## **GOLDEN HONOUR AWARDS**

#### Congratulations to the following students for receiving the Golden Honour Awards for Jerm 3, 2022

Foundation Red	Evie McMillan	For showing improved confidence and displaying a consistent effort through your learning! It's wonderful to see your engagement in Little Learners!
	Max Howden	For making good choices and having a positive attitude inside the classroom and out on the yard!
Foundation Blue	Ella Wright	For giving everything a go and always trying your best. It is wonderful to see the progress you are making in your reading!
	Annabella Coventry	For being an engaged and focused learner who is always willing to contribute!
1 Red	Kirby Voigt	For consistently sharing some very insightful thinking with the class and taking pride in her work .
1Blue	Lenni McLeod	For her positive attitude towards her learning and for always considering the thoughts and feelings of others.
2 Red	Jake Richardson	For an excellent attitude to all learning tasks and always sharing his fun personality with us!
	Indie Whelan	For being a kind and respectful member of our class, and always trying her best with a big smile!
2 Blue	Isabella Hayllar	For always trying her best in whatever she does and working to improve her reading.
	Eli Hooper-Byrne	For having a go at all tasks in the classroom with determination and enthusiasm.
3 Red	Kenya Connally	For your positive, enthusiastic and mature approach to all set tasks. Your outstanding progress in maths reflects the effort you put into your work.
	Brock Voigt	For being a quiet achiever who consistently and eagerly produces high quality work. You are a caring, friendly and positive class member!
3 Blue	Shaaurya Sahauy	For his positive attitude towards, and great participation in, all aspects of his learning. Well done on being a cooperative and helpful student.
	Shaylee Edwards	For being kind, thoughtful and respectful in and out of the classroom. For wonderful progress in all areas of her school work.
4 Red	Indie Lina	For working hard to progress academically in reading and writing.
	Rocco Bonacci	For his enthusiasm towards learning and enjoyment of working hard to succeed.
4 Blue	Keelie Silver	For the growth you have achieved in place value this term due to your diligent effort. Amazing results. Well done!
	Lucas Rodgers	For your amazing effort and growth in reading this term. Fantastic job Lucas. Well done!
5 Red	Joanie O'Brien	For continued excellence in all subject areas and always achieving amazing results in assessments.
	Caiden Hinchliffe	Term 3 has been an amazing term of improvement in all subject areas and completing tasks.
5 Blue	Nathan Nguyen	For outstanding effort in all topic areas, a growth mindset and showing the 3Rs.
	Sierra Lazzarotto	For excellence in all topic areas and always showing the 3Rs.
6 Red	Archer Connally	For applying his maths understanding in tasks and taking all opportunities to extend himself. Well done!
	Tiffany McEntee	For being consistent and conscientious and always completing all learning task to a high standard. Well done!
6 Blue	Tayte Gibbs	For always having a positive mindset and attitude in and out of the classroom that helps others to smile and laugh.
	Aivah Bulmer	For developing an outstanding work ethic in the classroom to achieve her learning goals.
Art	Aivah Bulmer	For demonstrating a passion for Art and creative thinking in all projects.
Creat	Kenya Connally	For listening carefully to instructions and doing amazing work in Art.
Sport	Matilda Waite Jordan Lay	For your increased confidence when participating in sport lessons. For always being a positive and respectful team member in sport.
STEM	Lyra Nowell	For outstanding behaviour and positive contributions to STEM lessons.
JILIVI	Lucas Rodgers	For your willingness to have a go, answer questions and participate in STEM activities.
Mandarin	Tayte Gibbs	For your willingness to answer questions, hold conversations and retain new vocabulary during Mandarin class.
	Sisilia Tuisue	For your positive attitude and confidence to have a go when creating new Mandarin sentences. Keep up your focus Sisilia!
Deputy Principal	Kobe Bandura	For always displaying the 'Three Rs', greeting people with impeccable manners and always having a positive attitude.
School	Sienna Maturano	For being polite to others within the school and for having engaging conversations with staff.
Captains		

Spirit of Mary MacKillop Hward

Saint Mary of the Cross MacKillop said, "Never see a need without trying to do something about it."



The Spirit of Mary MacKillop awards go to :

## Charli Richardson

has demonstrated this by;

Frequently opening her heart to others who need a helping hand. Like Mary she has a very generous spirit!

&

## Margaret East

has demonstrated this by;

Her selfless attitude in helping out our school and parish communities in so many ways and for so many years.



Dear God,

We thank you for the life of our Queen, Elizabeth the second. She was a wonderful example of dedication and life-long service. May she rest in peace.

## Reflections from Year 1

Queen Elizabet



3















10.5×10.5×10.5×10

## **Jill and Fred's Most Hysterical Historical Adventure**

On Tuesday the 6th September, Year 6 performed their first run of Jill and Fred's Most Hysterical Historical Adventure. It was our first performance and it

was very nerve racking. The audience was amazing and at the end showed their appreciation for how much effort we had put into our performances. We started learning lines and songs at the beginning of term 2. Thank you to Miss Terry, Mrs Mills, Kylie, Fi and Jenny, they helped us so much with learning our lines, songs, all the actions and spacing. Thank you to Emma for helping our teachers with the costumes and backgrounds. We would like to thank anyone who came along to support us. All of the year sixes did amazing.



Tayte Gibbs & Jade Frost





















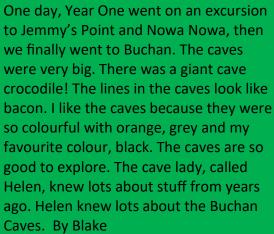
## Year One Geography / Religious Education Excursion

Last week, Year One hit the road to explore and experience different places in our region. We went to Jemmy's Point to look at the beautiful view over our own town, followed by a visit to Nowa Nowa Gorge lookout. Our main part of the day was spent in Buchan where we were led through the Royal Cave by our Ranger, Helen. We all had a fantastic time and learnt lots!

> We went to Jemmy's point and we saw lots of water and birds, then we had to drive to Nowa Nowa Gorge. It had a fantastic view and it was a long fall. There was a waterfall. We went to Buchan Caves, we saw lots of rocks and it was a bit squishy but we managed to fit in. We saw two kangaroos. It was so cool in the Buchan Caves. By Kirby

We went on an excursion to Buchan caves and we saw a kangaroo and it was sleeping. We played on the playground. Our bus driver was Bryce. Mrs Alsop, Mrs Renehan, Rourke, Julie and Katrina were our teachers for the day. It was raining most of the day but we still had fun. We explored the Buchan Caves. By Madi





#### This month on SchoolTV - Online Gaming

Games are an integral part of human behaviour. It is normal and healthy for young people to engage in play as a part of their daily lives, including playing games online. And like most activities, online gaming can have both positive and negative outcomes. It can be intimidating and confusing for carers trying to understand a young person's online experiences with many considering that staring at a screen is an unhealthy habit. However, the World Health Organisation does believe that as well as the risks, there are also many positive benefits associated with online gaming and these could be key in nurturing bonds with others.

During the pandemic, there was an explosive growth of gaming as people sought much needed connection during isolation. In the media, gaming often gets bad publicity because most coverage tends to concentrate on the minority of gamers who play to such an extent that it compromises all other areas of their life. However, online gaming



can teach young people many skills including teamwork, concentration, communication and problem-solving. It requires a level of interaction and skill from the player; unlike watching television, which is more passive.

Online communities provide opportunities for young people to feel socially connected and have a sense of belonging. At healthy levels, gaming can increase their self-esteem and social acceptance. However, any behaviour, when taken to extreme, can also have a negative impact on a young person's everyday life. Understanding what your young person experiences online and knowing the warning signs if they are at risk, will help nurture a more positive relationship with online gaming and help your family find the right balance.

If you are concerned about your young person's online gaming habits, it's important to consider a number of factors. This edition will provide strategies in how to deal with any issues you may be experiencing. We hope you take time to reflect on the information offered in this month's edition, and we always 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 this month's edition <u>https://lakesent.catholic.schooltv.me/newsletter/online-gaming</u>



#### The Resilience Project Family Wellbeing Journal

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Available at no cost to families from St Brendan's Catholic Primary School. If you would like a copy, please let your child's teacher know and they will send a 'Family Wellbeing Journal' home.

The Resilience Project's Family Wellbeing Journal is filled with daily reflections, questions and practical activities designed for the whole family. Catered for adults and childrens of all ages, this journal is a great way to build happiness and resilience in your household. **Features:** 

- 10 weeks of daily reflections, questions and practical activities
- Catered for adults and children of all ages

Discover a new chap

- Focus on gratitude, empathy and mindfulness to improve everyone's mental health
- Daily Healthy Family Habits tracker to monitor our sleep, exercise and eating
- Weekend activity library with over 30 activities suitable for a variety of age groups

# MyTime Bairnsdale

## Why MyTime?

SHESHLEY

premiers

Challenge

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

#### FIND US AT:

Bairnsdale Uniting Church 710 Lanes Road Lucknow

#### CONTACT:

Meet Fridays fortnightly 10am- 12pm and 12.30-2.30pm Ph Rose McKenna 0466107092



Unwind and

share experiences

with others who

understand





### PlayConnect Playgroup

Is a weekly facilitated playgroup for children aged 0-6 with Autism Spectrum disorder characteristics or a Developmental Delay. This group is available to support families, their child and siblings. Your child does not need a diagnosis to attend

Wednesdays, 10.00am - 12.00pm

Uniting Church Bairnsdale 710 Lanes Road Lucknow

Enquiries to Kirralee : 0409096587

Come along to connect with other families for information on services whilst participating with your child/children in activities specifically suited to children with additional needs.



mytime.net.au

Stay connected with *your child's* learning through *Seesaw* .





## 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



### 2022/2023 Season Starting soon!!

Season operates Term 4 and Term 1 Monday afternoons - 4:15pm

> All registrations online via www.lavic.com.au

Come & Try Nights New athletes can attend 2 come and try nights before paying for membership but must sign up first

#### Season Commences Monday October 3rd 2022

Ages: Under 6 - Under 17 Where: Howitt Park Oval Cost: \$120 per Athlete for the season Uniform: \$35 for Centre Top (Navy Shorts and appropriate footwear to be worn) Contact: Bec Perry Mobile 0409 338 052

Email: bairnsdale@lavic.com.au

EAST GIPPSLAND



FREE AGES 5 -12 BOOKINGS NOT REQUIRED



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.

unitaren agea six ona under must be accom 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.



September School holidays are just around the corner, so it's time we released our Jam Packed program. Enrolments will open on the 22 August. Below is a brief outline of the activities planned for each day, please note the 23<sup>rd</sup> September is a public holiday so we will not be open. Any questions please email <u>gumnutselc@netspace.net.au</u> or call head office on 51 44 6952. We hope to see you here. (We are located at Lakes Entrance Primary school)

Week One	<u>Week two</u>
Monday 19 <sup>th</sup> September – Bike riding, skate boarding, all things wheels with a BBQ for lunch	Monday 26 <sup>th</sup> September – Thunderbird Cruise then park for lunch
Tuesday 20 <sup>th</sup> September – Wacky Wombat	Tuesday 27 <sup>th</sup> September – MasterChef
Wednesday 21* September – Petting Farm visit	Wednesday 28 <sup>th</sup> September – Cinema and all abilities playground in Bairnsdale
<u>Thursday 22<sup>nd</sup> September</u> – Sports and art and craft day	Thursday 29 <sup>th</sup> September – Eastern Beach playground and beach with Picnic lunch
Friday 23 <sup>rd</sup> September – Public Holiday	Fridav 30 <sup>th</sup> September – End of holidays party



### WEDNESDAY, AUGUST 24 4:30PM

#### **HELD AT LAKESIDE OVAL - ALL WELCOME**

#### FRI-YAY'S REGISTERED 00 interchanse NDIS Do you have a disability and are looking to engage in fun and social activities? Are you interested in what Interchange Gippsland has to offer, but not sure how to get involved? If you have a disability and live in the East Gippsland region, we welcome you to come and join in on one of our open days where you will explore a bunch of exciting activities. Snacks will be provided!

\*Please note: Parent/carer supervision is required\* Time Date Activity Friday 19th August 3pm - 5pm Science Activities Friday 9th September 3pm - 5pm Arty Party! Friday 21st October 3pm - 5pm Master Lego Competition Fun with Food! Friday 18th November 3pm - 5pm

Friday 16th December

Shops 13B &14, 30 Howitt Avenue, Eastwood Shopping Centre 3875

## **COME AND TRY NOW**

3pm - 5pm



### HOP EAST Morwell Police Visit

Tuesday the 27th of September 2022

🔮 ICG Latrobe and Sale Botanic Gardens

\$5 (paid prior for the activity)

ODIS plan charges will be discussed with you to ensure your

WHAT TO PACK

Medication and Medication Forms

Packed lunch

0 Hat



ICG Office	Drop off	Pick-up
Interchange East	8:30am	4:00pm

#### **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

C 1900 736 765 📋 server kaj maran



- Tuesday the 20th of September 2022
- g ICG EAST, Sun Cinema and Bairnsdale All Abilities Playground OUT OF POCKET COST

- NDIS plan charges will be discussed with you to ensure your

WHAT TO PACK

Packed lunch
 Drink battle

Jocket





1300 736 765 💊 @InterchangeGippsland

admin@icg.asn.au

www.icg.asn.au

**Christmas Party** 

## CG Office Pick-up

#### **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

😢 1300 734 765 📋 www.kgt.com.do





## **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

		Example	
St Brendan's Lu	unch Order Menu 2022		
Nicks Thai and	Japanese Restaurant	Name John Smith	
ear Parents / Guardians,		Class 3 Blue	
his year our Friday lunch orde	ers will be provided by Nicks.	/ Tuna Angala land mli 8 nagiony de	nd 16.00
he orders will need to be plac riday.	ced by 12pm on Thursday for lunch on	1. A.	
lease refer to the below price	e list for items.	Tal	16.00
Orders must be written on a b correct money enclosed in an	rown paper lunch order bag with the envelope.	Thursk you	
Thank you		and a second	MATCON !!
<ul> <li>Katsu chicken</li> </ul>	N. 70		
	Option 1: Any sushi hand roll with Mt Frankl Option2:	in Lightly Sparkling Water	\$6.00
Panko prawn     Cucumber roll	Any sushi hand roll with Mt Frankl		
Panko prawn     Cucumber roll	Any sushi hand roll with Mt Frankl <u>Option2:</u> Any <u>2</u> sushi hand roll with Mt Fran		
Panko prawn     Cucumber roll     Avocado roll Deep fried Gyoza Du	Any sushi hand roll with Mt Frankl <u>Option2:</u> Any <u>2</u> sushi hand roll with Mt Fran		\$9.00
Panko prawn     Cucumber roll     Avocado roll Deep fried Gyoza Du Potato croquettes - 3	Any sushi hand roll with Mt Frankl <u>Option2:</u> Any 2 sushi hand roll with Mt Fran umpling - 6 pc	klin Lightly Sparkling Water	\$9.00 \$7.50
Panko prawn     Cucumber roll     Avocado roll Deep fried Gyoza Du Potato croquettes - 3	Any sushi hand roll with Mt Frankl Option2: Any 2 sushi hand roll with Mt Fran umpling - 6 pc 2 pcs with dipping sauce ied Japanese chicken) - 5 pcs with	klin Lightly Sparkling Water	\$9.00 \$7.50 \$7.50
Panko prawn     Cucumber roll     Avocado roll Deep fried Gyoza Du Potato croquettes - : Chicken Karaage (Fri	Any sushi hand roll with Mt Frankl Option2: Any 2 sushi hand roll with Mt Fran umpling - 6 pc 2 pcs with dipping sauce ied Japanese chicken) - 5 pcs with - 4pc	klin Lightly Sparkling Water	\$9.00 \$7.50 \$7.50 \$7.50
<ul> <li>Panko prawn</li> <li>Cucumber roll</li> <li>Avocado roll</li> <li>Deep fried Gyoza Du Potato croquettes - :</li> <li>Chicken Karaage (Fri Veggie Spring Rolls -</li> </ul>	Any sushi hand roll with Mt Frankl Option2: Any 2 sushi hand roll with Mt Fran umpling - 6 pc 2 pcs with dipping sauce ied Japanese chicken) - 5 pcs with - 4pc	klin Lightly Sparkling Water	\$9.00 \$7.50 \$7.50 \$7.50 \$7.50 \$7.50
Panko prawn     Cucumber roll     Avocado roll  Deep fried Gyoza Du Potato croquettes - : Chicken Karaage (Fri Veggie Spring Rolls - Golden fried chicker	Any sushi hand roll with Mt Frankl Option2: Any 2 sushi hand roll with Mt Fran umpling - 6 pc 2 pcs with dipping sauce ied Japanese chicken) - 5 pcs with - 4pc	klin Lightly Sparkling Water	\$9.00 \$7.50 \$7.50 \$7.50 \$7.50 \$7.50

NICKS