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 32 October 21, 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.



Our school is supporting



WEAR RED educate DONATE

Students may wear an item of

red clothing

on Friday 28th

October.

Should you



wish, we will be taking gold coin donations for the

Daniel

Morecombe

Foundation.



FRIDAY 28TH OCTOBER

DanielMorcombe.com.au



A friendly reminder that school fees are now due. Also, families who hold a Health Care Card and receive the concession discount, are required to have their fees paid in full at the end of the year to be considered for this discount next year.

Dear Families and Friends,

It has been a delight to have the sun shining this week with more time playing outside on offer. However, as the grass is growing and being cut weekly, please remember to consider your child's health needs. If your child requires allergy relief please see the office to provide medication and fill out our permission slips. Sun screen will be available in each classroom and we encourage all students to apply, especially on warmer days.

Parents and guardians, when collecting your child from carline, please keep to the left of Eastern Beach Road and try not to park in front of our neighbours' drive ways. On occasions like last Friday, we will have funerals that we must accommodate and this means more traffic on Eastern Beach Rd. Our staff do everything they can to maintain the flow of students into cars and we ask that everyone please consider these two concerns to ensure a speedy and event-free pick up.

The Resilience Project

Through presentations, student curriculum, teacher resources and digital content, The Resilience Project's Education Programs support mental health in the classroom, staffroom and family home.



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), with **Emotional Literacy** being a foundational skill to practise these strategies.

Gratitude

Paying attention to the things we have right now, and not worrying about what we don't have. We practise gratitude by noticing the positives around us.

Empathy

Putting ourselves in the shoes of others so we feel what they are feeling. We practise empathy by being kind and compassionate towards other people.

Mindfulness

Our ability to be calm and in the present moment. We practise mindfulness by slowing down and concentrating on one thing at a time.

Emotional Literacy

Our ability to label our emotions, which helps us to soften negative emotions and find positive emotions. We practise emotional literacy by labelling our emotions as we experience them.

For more information go to: https://theresilienceproject.com.au

Please remember that from Monday we will begin the full summer uniform period. A reminder that anklet socks are not school uniform. White sport sock that cover the ankles must be worn on Wednesday to Friday.

Please join us on Friday, 21 October for our first assembly for Term Four.

Kind regards,

Matthew Hamer

| | | Dates for the Calendar |
|--------|----------------|---|
| Term 4 | OCTOBER 2022 | |
| Week 3 | Friday 21st | 2.30pm Assembly : School Captains |
| Week 4 | Monday 24th | All students in Full Summer Uniform |
| | Friday 28th | Day for Daniel—Wear something red |
| Week 5 | Monday 31st | No school—Staff Planning Day RECOGNISE - REACT - REPORT |
| | NOVEMBER 2022 | terpy tabat |
| | Tuesday 1st | No school—Melbourne Cup Day |
| | Wednesday 2nd | State Athletics |
| | Friday 4th | 9.10am Year Five Class Mass 3.30pm - 5.30pm Indigenous Garden Working Bee |
| Week 6 | Wednesday 9th | 9.00am—1.30pm Foundation Orientation |
| | Friday 11th | Walk to School Day Remembrance Day Ceremony Health Afternoon (Year 2-6) |
| Week 7 | Wednesday 16th | 9.00am—2.00pm Foundation Orientation |
| Week 8 | Wednesday 23rd | 9.00am—2.00pm Foundation Orientation |

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

School uniform available \$3.00 per item unless otherwise marked

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



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.



There will be a **church** working bee on Saturday 22nd October at 1pm. If anyone is interested in helping out that would be great!

| | | | | | ass Times |
|--------------|----------------|---|--|-----------------------------|---|
| Sat: Sun: | 22/10 23/10 | St Brendan's St Brendan's St Colman's | Lakes Entrance Lakes Entrance Orbost | 9.30am 9.00am 11.00am | |
| Tue: Wed: | 25/10 26/10 | St Brendan's St Colman's | Lakes Entrance Orbost | 9.30am 9.30am | Louis M |
| Fri: | 28/10 | St Brendan's | Lakes Entrance | | A. St. Brendans |
| Sat: | 29/10 | St Brendan' | Lakes Entrance | | Catholia Church |
| Sun: | 30/10 | St Joseph's St Brendan's St Colman's | Swan Reach Lakes Entrance Orbost | 5.00pm 9.00am 11.00am | 4 Gel Linis Rust. Liber Entrance: 3155 1292 |

Year 2 Blue Happenings

Writing –we have been writing poetry, persuasive and small moments. We have also been concentrating on using Google Docs to publish our work, experimenting with colour, fonts and layouts.

I am 8 I love my family I need a hug every day I want a bunny I dream of a puppy I fear the dark I feel happy I am Bella

By Shilah

I am 8 I love pets and teddies I need food I want a phone I dream of lollies I fear clowns I feel happy and tired I am pretty.

I was the line. There were almost 40 people in the line. We got in the ride and pulled the bars down. Woosh, I went up sideways, I went straight down. I got wet. It was done. By Remy

I was excited to have pizza for dinner.

We ate lollies and chips while we watched a movie called Pinocchio.

We laid on my fold out couch and I fell asleep. By Chloe

Surely you know that children should not have to wear school uniforms.

The reason I believe this is that children will be happier if they get to choose their clothes.

For example they might like to wear clothes that suit the games they like to play.

This is why you should not have to wear school uniforms.

By Lincoln

Surely you know it is better to wear a school uniform.

In fact, school uniforms make mornings easier.

For example, it can take a long time to choose your clothes and you might be late for school.

That's why I think school uniforms are better.

By Willow



By Maddox

I am happy, 8 and smart, I love food and video games I need food and a house I want food, money, and a treehouse I dream of money I fear dying I feel happy I am happy

Respect for self Empathy Stay calm Personal space Earn trust Celebrate together Think about others By Shilah

By Winter

Reach out and help others.

Smile to make others feel happy.

People deserve peace all the time.

Earn trust and give it to others.

Celebrate other people's happiness.

Team work.

I don't think you need to wear a school uniform at school.

The reason I feel this way is because it's uncomfortable.

School uniforms are so uncomfortable. It is itchy and boring too.

When you wear school uniform it's tight when you run.

In summary, that's why you don't need to wear a school uniform.

By Alexander

Book Week Artworks













Year 2 Blue Happenings



Year 2 Happenings - Class Prayer

On Tuesday, some parents, grandparents, sisters, Father Hiep, Mrs East and staff came to our Prayer Service.

We sang My Lighthouse and I Light a Candle and the visitors helped us make boxes for our Advent calendar. It was fun.

By Indie and Harrison





Year 4 Animal Observation





















Year 1 Paper Weaving Crocodiles









Foundation: Percy the Porcupine (who loves balloons)



Summer Sports Cricket

Boom Smash Bang!

By Connor Guillot (Competitive side) and Jaxom Hooper-Byrne (Fun side)

On Monday, 17th October, we represented St Brendan's at the Summer Sports in cricket. We played at the Lucknow cricket and football grounds.

When we got to the cricket ground we unpacked the bus and then the cricket co-ordinator explained to us all the rules.

There were two St Brendan's teams, a fun team and a competitive team. The competitive team played three games and won two of them. Archer, Harrison and myself hit sixes, and almost everyone hit a four. Archer also had a hatrick. Unfortunately we didn't make finals.

The fun team played four games, no wins but we had heaps of fun. We managed to hit a few fours and bowled people out. Oliver took a great catch and Eljay almost had a hatrick. The younger players were really good as well. It was a great day and everyone tried their smashing best!

We would like to thank the bus driver for taking us and the teachers for looking after us.







Indigenous Garden

Come join us in our indigenous garden! We need your help in making our garden beautiful. Bring the family for a working bee and sausage sizzle on

Friday 4th November, 2022

between 3:30pm to 5:30pm We will be weeding and tidying up this special space. If you have gloves and a rake please bring them.

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



Figure Federation

Analety

Log level depression

ruralhealthconnect.com.au

Rural Recovery Program Free sessions with a provisional psychologist

Provisional psychologists are psychology students in their final (fifth and sixth) years of study

No mental health treatment plan or referral needed, just book etraight in.

Up to 20 eccelone via telehealth. No waiting list.

Available to children, addisacents and adults looking to work en:

- -
- Anger
 Relationships
 Biospiesses
- Streep Grief and izes

Please ge to runchealthconnect.com.au and go to the Rural Recovery page and eign up.

We are here to help. Please contact us on 0427 692 377 or info@ruralheeitheenneet.com.su.

This project is supported by the Vistorian Government.

Burol Health Connect is a social enterprise committed to improving occuse to mental health corridors in nard Australia.

By runal people, for rural people

rum healthconnect.com.au

SPECIAL REPORT: A Guide To Safe Partying

Teenage gatherings provide young people with important opportunities to interact and build on their social skills and experiences. Celebrations, partying and socialising are a fundamental rite of passage and one of the most important aspects of a young person's life. However, it is possible for the best young person to get carried away with their peers and the euphoria of the moment.

For parents and caregivers, keeping your young person safe can at times feel daunting and is often a compromise and a challenge. Most teenagers try to do the right thing most of the time, but your leadership as a role model is crucial. Your child may appear to be physically large and mature, but this is not necessarily matched by their emotional maturity and responsibility in behaviour.

Every party has the potential to get out-of-hand as sometimes it's hard for young partygoers to make good decisions. Communication and regular discussions are vital, particularly because young people are often faced with peer pressure to do things they prefer not to engage in. Hosting a celebration at home or at a venue can be a fun and memorable event but it is important to agree on the ground rules well before your event is announced to ensure there are no misunderstandings later on.



If hosting an event, you owe your guests a 'duty-of-care' and should ensure all reasonable steps are taken to keep partygoers safe. This Special Report provides caregivers with list of things to consider when planning a celebration. 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 <u>https://lakesent.catholic.schooltv.me/wellbeing_news/special-report-guide-safe-partying</u>



SPECIAL REPORT

A Guide To Safe Partying



October 22

Children's Week Grand Opening Event:

Lakes Entrance Apex Park (opp Info centre)

10.30am – 1pm Activities include:

- Rice-paper roll making workshop
- Art and crafts
- Jumping castle
- Wacky Wombat
- Badge-making
- Sausage sizzle
- StoryTime
- Barn Buddies

Aus Tennis Founation Rally as one -Genoa

Genoa Wayside Shop 10am-1pm Food truck, entertainment, community groups

October 23

Aus Tennis Foundation - Rally as One - Mallacoota Social Hit Mallacoota Youth Sport Club 9am to 12pm

Morning Activation (coffee & tennis activities) and coaching session

Hello, it's

Play2Learn Playgroup Orbost North Primary School 10:00am - 12:00pm Contact: Gwen 0499 484203

East Gippsland Shire Libraries Collect a Craft

October

Come in to one of the Library services to collect a craft kit to make your own bag tag or crazy foam critter. These will be available during Children's Week.

24 October - 1 November subject to availability.

Aus Tennis Foundation Rally as One - Orbost

Orbost Tennis Club 4:00pm - 7:00pm Australian Open Trophies with photo opportunities! Tennis, food, entertainment, and community groups

October 25 URIO

Smalltalk Playgroup

Bairnsdale Primary School (754) 9:30am - 11:30am Contact: Jade 0477 738303

Bookclub with award winning author Pip Harry

Schoolworks Supplies 147 Macleod Street, Bairnsdale 4:15pm - 5:30pm Suitable for 8-15yrs, Parents and Educators

Orbost Children's Week Workshop

Orbost Primary School 10:30am - 12:00pm Come join Triple P Parenting for Raising Resilient Children Workshop for parents and have your children entertained with seed sphere making and colouring activities.

Cann River Children's Week Workshop Cann River Community Centre

2:00pm - 4:00pm Come join Triple P Parenting for Raising Resilient Children Workshop for parents and have your children entertained with seed sphere making and colouring activities.

Weamerday Thursday October 27

October 26 Hold on! We're in th middle of the week

Smalltalk Playgroup

Clifton Creek Hall 9:30am - 11:30am Contact: Brooke 5153 7500

Play2Learn Playground

Sarsfield Community Hall 10:00am - 12:00pm Contact: Gwen 0499 484 203

Nungurner Playgroup

Nungurner Primary School 9:00am - 11:00am Contact Jo: jo.naylor@vt.uniting.org

Mallacoota Children's Week Workshop

Mallacoota P-12 college 9:30am - 11:30am Come join Triple P Parenting for Raising Resilient Children Workshop for parents and have your children entertained with seed sphere making and colouring activities.

After-School Activity Session:

Bairnsdale Library, 22 Service St

4.00 pm

- stories,
- play games,
- create your very own Tealight Candle

Phone 51524225 to book

Park Play - StoryTime with the Book Orchard and Therapy Dogs!

Location: All Abilities Playground, Bairnsdale

10:00am - 12:00pm

- Special StoryTime with Annemieke from the Book Orchard
- Therapy dogs from Playful Paws

Play2Learn Playgroup

Lucknow Primary School 9:15am - 11:00am Contact: Gwen 0499 484203

Moogji

Forest Park - Orbost 3:30pm - 5:50pm Mobile Youth Van, Wacky Wombat, Wairewa Goats , Art & Crafts, Bead making Wellbeing tent, Face painting, Karaoke, Sausage Sizzle

October 28

CLOSING EVENT Location: All Abilities Playground Bairnsdale 3:30pm - 5:30pm

Activities include:

- Art and crafts
- Wacky Wombat Badge-making
- Face-painting
- Live music Artist: Olivia Lay and Crashendo!
- And a special visit from Bluey!

StoryTime with Karen Fleischer SchoolWorks, 147 Macleod St 10:00am

Peppa Pig Storytime Mallacoota Service Centre 2:15pm

Play2Learn Playgroup Mallacoota Mudbrick

9:30am - 11:00am Contact: Gwen 0499 484203

Smalltalk Playgroup Nicholson Hall 9:30am - 11:00am Contact: Brooke 5153 7500

October 29

Mayhem at Middle Manor – Play for Families Live production

Bairnsdale Library 11.00am

Paynesville Community Hall 7.00pm.

Phone 51524225 to book

Bluey Storytime

Come along and listen to stories, sing songs, make a craft and get to meet Bluey.

- Paynesville Service Centre 55 The Esplanade Paynesville -Thursday 27th October 11am
- Bairnsdale Library 22 Service Street Bairnsdale Friday 28th October 11am
- Lakes Entrance Service Centre 18 Mechanics Street Lakes Entrance - Monday 24th October 11am
- Orbost Service Centre 1 Ruskin Street Orbost Tuesday 25th October 10.30 am

Storytime

Aimed at children aged 2-5 and their parents/guardians. The sessions run for 45 minutes and include stories, songs, dancing, poems and rhymes, and craft activity

- Orbost Service Centre -1 Ruskin Street Orbost Tuesdays 10.30 am
- Bairnsdale Library 22 Service Street Bairnsdale,
- Lakes Entrance Service Centre -18 Mechanics Street Lakes Entrance
- Paynesville Service Centre 55 The Esplanade Paynesville -Tuesdays 11.00 am
- Omeo Service Centre 179 day Street Omeo Wednesdays 11.15 am
- Mallacoota Service Centre 70 Maurice Street Mallacoota -Fridays 2.15 pm

Rhymetime

For babies aged 0-2 and their parents/guardians.

The sessions run for 30 minutes and are designed to encourage parents and carers to share rhymes and songs with babies from birth.

Paynesville Service Centre - 55 The Esplanade Paynesville -Mondays 10.30 am

Omeo Service Centre - 179 day Street Omeo Fortnightly -Friday 10.30am 28th October

Bairnsdale Library - 22 Service Street Bairnsdale -Wednesdays 10.30 am

Lakes Entrance Service Centre - 55 The Esplanade Pavnesville Service Centre- Wednesdays 10.30 am Orbost Service Centre - 1 Ruskin Street Orbost - Thursdays 10.00 am

Cloth Nappy Workshops -Bairnsdale 24 Oct and 25 Oct, Lakes Entrance 25 Oct and Orbost 26 Oct. Registration is through Eventbrite.

https://bit.ly/Bairnsdale24Oct

https://bit.ly/Bairnsdale25Oct

https://bit.ly/LakesEntrance25Oct

https://bit.ly/Orbost26Oct

Children's Week is an annual event, and this year will be celebrated from the 22nd - 30th October. It is an opportunity for the community to get involved in a variety of activities that encourage children and their families to play, learn and grow together. This year's Children's Week theme is drawn from article 27 of the Convention on the Rights of the Child which celebrates "All children have the right to a standard of living that supports their wellbeing and healthy development".





| | f you have a disability and live in on one of our open days where *Please | | ting activities. Snacks will be |
|---|---|-----------|---------------------------------|
| | Date | Time | Activity |
| | Friday 19th August | 3pm - 5pm | Science Activities |
| 1 | Friday 9th September | 3pm - 5pm | Arty Party! |
| | Friday 21st October | 3pm - 5pm | Master Lego Competition |
| | Friday 18th November | 3pm - 5pm | Fun with Food! |
| | Friday 16th December | 3pm - 5pm | Christmas Party |

FRI-YAY'S

COME AND TRY NOW

Why MyTime?

o V: interchanse

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



MyTime

Bairnsdale

Unwind and

share experiences

with others who

understand





PlayConnect Playgroup

REGISTERED NDIS PROVIDER

I

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





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





BBO [KIDS UNDER 16 ACCOMPANIED BY ADULT

PLEASE]

10am - 4pm /see you there



Join us for this four-week science program Little Bang Discovery Club (LBDC) is a four-week course designed for pre-schoolers (aged 3–5) and their accompanying adult co-learners.

The aim of the LBDC is to develop ideas and skills that inspire further scientific exploration, discovery and learning. Key features of the LBDC are the hands-on activities, question and answer time and a Discovery Box and Book loaned to each child for the duration of the LBDC. Activities experienced during each session can be safely replicated and further explored at home.

A Discovery Club Passport is provided to each child and after each session and a graduation ceremony follows a Science Fair in the final session.

Participants are encouraged to attend all four sessions

Lakes Entrance Service Centre

FREE AGES 3 - 5 BOOKINGS ESSENTIAL

Thursday 3 November Thursday 10 November Thursday 17 November Thursday 24 November

10.30 am - 11.30 am Phone 5152 4225 or

book in person at the library for this FREE event





LEARN THE SKILLS' X-PECT FUN!

(AFL) play.afl

JUNIORX

Sign up as a team or individually! A fun, fast, modified game of football that everyone can play!



Thursdays November 10 - December 8 4pm-6pm Howitt park Bairsdale



Ages 8-14 years old 5 week competition \$25 per participant

Contact: Brodi Harris Email: brodi.harris@afl.com.au

Participant registration:



(AFI) play.afl



Team registration:

LEARN BALL SKILLS • Easy to Join, fun to play

Inclusive program for all abilities

Outdoors non-contact

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

- Learn ball skills, including catching, throwing and tearnwork, through fun game-based activities.
- Sign up now for your Junior Blasters Kit featuring a personalised shirt and bat, plus a ball and bucket hat!

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 kids with basic cricket skills.
- Sign up now for your Master Blasters Kit featuring a cap and sunglasses!

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



Q Play Cricket

OFFICIAL KIDS PROGRAM



MASTER BLASTERS KIT



CRICKET

A safe way to have fun and stay active for kids of all abilities.

VICTORIA YOU COULD PLAY FOR FREE! Claim your Get Active voucher today

JOIN YOUR NEAREST CLUB

Q Play Cricket







JOIN WITH FRIENDS PLAY TOGETHER Join Woolworths Cricket Blast