

St Brendan's Primary School 1581

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

Newsletter No 3
February 17th, 2023



*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.*



Collaborative Conferences: Booking through PAM (Parent Teacher Interviews)

Collaborative Conference interviews will take place on

Monday 20th, Tuesday 21st and Wednesday 22nd February
3.30pm—5.30pm

Our Semester One Collaborative Conferences are an essential parent/school meeting in which to share feedback and to plan for future learning. Your child must attend this meeting as they will lead some of the discussion. Through this process we want our students to understand themselves as learners, to know what they are learning and how they can be successful. We look forward to meeting with you.



Parent Teacher Interviews
[Click here to Enter](#)

Interview times have been made for families that didn't utilise the online booking system. Dates and times have been sent home. If you don't know or have forgotten your day or time please contact the office for details.



District Swimming Carnival Team

Dear Families and Friends,

We had a fabulous **St Brendan's CPS Swimming Carnival** last week at the Bairnsdale Outdoor Pool with our young competitors preparing for the District level of competition. Congratulations to Yellow House who regained the trophy for 2023! The preparation of using a full-length outdoor pool really paid off with all 23 of our swimmers competing at the **District Carnival** in Orbost and making it through to the Division Swimming Carnival on Thursday, 2 March. Thank you to all the families who supported our team. We look forward to seeing you in Bairnsdale on that date.

On Friday, 17 February we presented our year six leaders with their badges. Our staff have met with these leaders and their enthusiasm for leadership and ideas are in abundance. We had **Jup Brown** visit our school as a guest speaker this week and his motivational language and authentic approach to community service has everyone excited for what we can make of this year. Jup has worked with our school before on a project in Nepal where St Brendan's raised money to put in a school oval.

Diet and Nutrition

Families today, with school-age children, have very busy schedules. This can sometimes make it hard to sit down to homemade meals every day when there is such an abundance of pre-packaged and processed food available. However, it is still important to teach your kids healthy eating habits. Diet and nutrition is crucial to your child's development. Not only can it prevent many chronic diseases, but it also impacts on your child's brain development and learning abilities.

There are many benefits to incorporating a healthy diet and good nutrition. It can stabilise your child's energy, improve their mood and maintain a healthy weight. Not only will it improve their general wellbeing, but it can also have a positive impact on their mental health helping prevent anxiety, depression and ADHD.



For more information go to: <https://lakesent.catholic.schooltv.me/newsletter/diet-nutrition>

Parents, the education of our children in the area of **internet safety** is so important in this age of evolving technology. In 2023, St Brendan's CPS have once again engaged with **Inform and Empower** to assist us in keeping pace with the internet safety. Our students in years 3 – 6 participate in regular webinars with Inform & Empower and we would like for you to do the same. Please take the time to engage with the webinar on Thursday, 23 March at 7.30pm.

Please join us at the 9.00am Mass on Sunday, 19 February as we support our year three students in committing to the **Sacrament of Reconciliation**.

We look forward to seeing all families at our **Collaborative Conferences** next week on Monday, Tuesday and Wednesday. These are essential meetings for families to meet with their child's teacher and to plan for future learning.

Matthew Hamer

		Dates for the Calendar
Term 1	FEBRUARY 2023	
	Friday 17th	2.30pm Assembly - School Captains
Week 5	Monday 20th	3.30pm Collaborative Conferences
	Tuesday 21st	9.10am 3/4 Class Prayer 3.30pm Collaborative Conferences
	Wednesday 22nd	Foundation Pupil Free Day 12.00pm Ash Wednesday Mass 3.30pm Collaborative Conferences
	Sunday 26th	9.00am Reconciliation Commitment Mass
Week 6	Monday 27th	Swimming Lessons Yr 3,4,5 & 6
	Tuesday 28th	Swimming Lessons Yr 3,4,5 & 6
	MARCH 2023	
	Wednesday 1st	Swimming Lessons Yr 3,4,5 & 6
	Thursday 2nd	Swimming Lessons Yr 3,4,5 & 6 Division Swimming Carnival 3.45pm Reconciliation Workshop 1
	Friday 3rd	Swimming Lessons Yr 3,4,5 & 6 School Clean Up Australia Day 2.30pm Assembly : Year 6 Red
Week 8	Monday 13th March	Labour Day—No school
Week 9	Thursday 23rd	7.30pm Webinar: Raising Kids in a Digital World 2023
Week 11	Thursday 6th April	End Term 2—2.15pm
	Friday 7th April	Good Friday

REMINDER: NO SMART WATCHES AND DEVICES AT SCHOOL



Smart watches that allow communication via SMS, email or phone call cannot be worn at school with the same rules applying as with a mobile phone.

At St Brendan's students may only bring mobile phones/devices/ SMART Watches to school if there is a need for them to contact their parents either before arriving at school or in the afternoon after leaving school. Upon arrival at school the phone/ device/ SMART Watch is to be checked in at the school office where it will be turned off and kept securely for the day. It is the child's responsibility to collect the phone/ device/ SMART Watch at the end of the day. Parents with an urgent need to be in contact with their child during the day should contact the school office and appropriate steps will be taken to pass on the message.

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

Sat:	18/2	St Dymphna's	Buchan	9.00am
		St Joseph's	Swan Reach	5.00pm
Sun:	19/2	St Brendan's	Lakes Entrance	9.00am
		St Colman's	Orbost	11.00am
Tue:	21//2	St Brendan's	Lakes Entrance	9.30am
		Ash Wednesday		
Wed:	22/2	St Colman's	Orbost	9.30am
		St Brendan's Whole school in the church. 12.00 Noon		
		All Welcome		
		St Brendan's	Lakes Entrance	6.00pm
Fri: 2	4/2	St Brendan's	Lakes Entrance	9.30am
Sat:	25/2	St Brendan's	Lakes Entrance	9.30am
Sun:	26/2	St Brendan's	Lakes Entrance	9.00am
		St Colman's	Orbost	11.00am



@ St Brendan's CPS



WEBINAR

RAISING KIDS IN A DIGITAL WORLD 2023

FOR PARENTS & CARERS

Cyberbullying

Online Gaming

Managing Devices in the Home

Social Media


Child & Tween Online Trends

Strengthening Family Communication


Impacts of Screen Time

Explicit/Adult Content

St Brendan's Catholic School | Thursday 23 March | 7.30pm




Martin McGauran
Primary School Lead Teacher
& Digital Safety Educator



Carley McGauran
Psychologist & Mum to 3 primary
and secondary aged kids

• 90 minute live webinar
• Opportunity for Q&A

Follow the link to register:
bit.ly/23march2023
(replay will be made available if you register)



"It was wonderful to have both the technical and psychological side of cyber safety."
Parent of 6yo

"Marty and Carley were simply sensational. Their presentation was relevant, honest and informative. A MUST for each school, every year."
Principal

"An evening that provided some reality checks! A few new changes in our home this week!"
Parent of 9yo & 11yo

 **Inform & Empower**
Digital Safety & Wellbeing

 **Trusted eSafety Provider**
esafety.gov.au



Get set for a year of healthy lunchboxes


healthylunchboxweek.org.au

Thanks for buying books from

SCHOLASTIC

Book Club

they help build our classroom resources




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

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.

SPECIAL REPORT: The Wellbeing Barometer 2023

Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting. Parenting is a learning journey and it's easy to feel stressed and overwhelmed when faced with raising happy, well and resilient young people today.

Every family has experienced some sort of difficulty or adversity in recent times, some more than others. As mental health concerns continue to rise, there have been some alarming statistics reported in relation to the mental health and wellbeing of young people. Unfortunately, the blueprint for parenting is often based on our own experiences, but this is no longer fit for purpose in raising children as citizens of tomorrow. Parents and caregivers play a vital role in providing the guidance needed to support children and adolescents as they reframe their worries and focus more on the things they can control in their life.

In this Special Report, we are seeking parent participation through a short survey. The survey is designed to provide a barometer to help gauge the state of student wellbeing within our community. We encourage you to take a few moments to complete the survey as this will help our school know the nature and extent of your concerns and determine how best we can support families in the months ahead. Responses remain anonymous and will only be reported on an aggregated basis. You are asked to base your responses on observations made in the last 12 months.

By working together we can continue to build relationships, foster connections, enable understanding and break down barriers as we navigate a pathway towards better mental health and wellbeing for all students. Please reflect on the information offered in this Special Report, and as always, we welcome your feedback. If this raises any concerns for you or your child, please reach out to the school or seek professional medical advice.

Here is the link to your special report https://lakesent.catholic.schooltv.me/wellbeing_news/special-report-wellbeing-barometer-2023-au

SPECIAL REPORT

2023 Wellbeing Barometer



THE OFFICIAL SCHOOL HAT IS COMPULSORY and is to be worn by every child during all outdoor activities in Term One and Four.

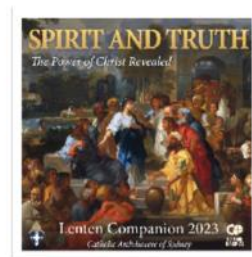
Please name your child's hat.

Hats available for purchase at Nick's Clothing, Bairnsdale.



No Hat - No Play

LENT SEASON 2023



Dear Friends,

You are invited to our Lenten journey reflecting on the Scriptures we will hear from the Sunday Gospels. They call us to consider our baptismal call and our response to that call as we head towards the great feast of Easter. It is an opportunity where we can deepen the experience and the relationship we have with the person of Jesus.

Let us make the most of this precious time to gather fostering conversion and renewal in preparation for the Passion of Christ. You are invited to come join us in these 1-hour gatherings via Zoom over a 6-week period.

We will be using a Lenten Companion called Spirit and Truth, The Power of Christ Revealed issued by the Catholic Archdiocese of Sydney. When you register your desire to participate, this resource will be emailed to you. If you can partake in only some of the sessions your attendance is always welcome. For further details or enquiries, please contact Michelle Grimsted at the St Mary's Parish Centre, Bairnsdale on 5152 2942.

When: Monday 20th February, 27th February, 6th March, 13th March, 20th March, 27th March

Time: 8pm – 9pm

To receive a link: email Michelle at stm.michelle@gmail.com

THE EDUCATION STATE

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

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

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

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

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

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

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools this year.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.



MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

- Do you have a current health care/pension card?
- Did you know you can get a discount on school fees?
- Please contact the school office for more information.

St Brendan's Music Program 2023

Dear Parent/ Guardian,

I am pleased to inform you that the music program for the school will continue in 2023. There are some changes that I will outline. Music groups on offer include: singing, music games and the ukulele, drums and guitar.

Foundation and Grade 1 students will learn to play percussion instruments, ukulele and we will play musical games.

Grades 2-6 can elect to learn to play the guitar or drums.

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

Students are required to purchase their own guitar that will be kept at home for practice. The school will provide guitars for lessons. I can assist families who intend to purchase the correct style of guitar (second hand guitars are fine).

I must stress that every student must commit to a regular time at home practicing the material that I will present each week. I suggest that 2 to 3, 30-minute practice sessions per week are required in order for your child to progress.

I am happy to discuss any questions/ concerns with you.

Feel free to call me on 0428 835 885

Yours faithfully,

Chris Taylor



Dear Parents / Guardians,
This year our Friday lunch orders
will be provided by Mama Vu's
Kitchen.

The orders will need to be placed
by **12pm on Thursday for lunch on
Friday.**

Please refer to the below price list
for items available.

Orders must be written on a brown
paper lunch order bag with the
correct money enclosed in an
envelope.

Thank you



Example:

Name John Smith

Class 3/4 Blue

1 Tuna Avocado sushi roll \$3.90

1 Lime Sparkling water \$3.00

Total \$6.90

Thank you

ST BRENDAN'S LUNCH

SUSHI ROLLS

SALMON & AVO	\$3.90
AVOCADO	\$3.50
CUCUMBER	\$3.50
TEMPURA VEGE	\$3.50
TERIYAKI CHICKEN	\$3.50
CHICKEN KATSU	\$3.50
PANKO PRAWN	\$3.90
TUNA & AVO	\$3.90

DRINKS

LIGHTLY SPARKLING \$3.00
MINERAL WATER
CANS

LIME, RASPBERRY,
WATERMELON, MANGO,

HOT FOOD

HONEY CHICKEN & FRIED RICE	\$10
TERIYAKI CHICKEN & FRIED RICE	\$10
CHICKEN OYSTER STIR FRY & FRIED RICE	\$10
FRIED PORK DUMPLING (GYOZA) WITH PLUM DIPPING SAUCE	\$7.50

SALADS & BOWLS

SALMON POKE BOWL	\$12.50
TOFU & VEGETABLE POKE BOWL	\$10
VEGETABLE SOBA NOODLE SALAD	\$9

MINI BANH MI

HALF SIZED BANH MI

THE O.G	\$6
3 DIFFERENT TYPES OF VIETNAMESE PORK, MAYO, PATE, PICKLES, CUCUMBER, CORIANDER	
CRISPY PORK BELLY	\$6
CRISPY PORK BELLY, MAYO, PATE, PICKLES, CUCUMBER, CORIANDER	
CRISPY CHICKEN	\$6
CRISPY CHICKEN, MAYO, PATE, PICKLES, CUCUMBER, CORIANDER	

2023 SCHOOL FEE STRUCTURE

	1 CHILD	2 CHILD	3 CHILD	4CHILD
	FAMILY	FAMILY	FAMILY	FAMILY
SCHOOL FEES	\$ 912.00	\$ 999.00	\$ 1082.00	\$ 1166.00
TUITION LEVY	\$ 188.00	\$ 376.00	\$ 564.00	\$ 752.00
INC.STATIONERY				
EXCURSIONS	\$ 53.00	\$ 106.00	\$ 159.00	\$ 212.00
CAPITAL LEVY	\$ 30.00	\$ 30.00	\$ 30.00	\$ 30.00
TOTAL	\$1183.00	\$1511.00	\$1835.00	\$2160.00

Payments for fees may be made either by EFTPOS, cash, cheque or direct debit. Please enquire at the office if you wish to set up a direct debit. If you are experiencing difficulty paying fees feel free to contact the Principal to discuss alternative arrangements.

Payment Breakdown of School Fees Only:

PER	FAMILY \$912	FAMILY \$999	FAMILY \$1082	FAMILY \$1166
WEEK Based on 40 school weeks	\$22.80	\$24.98	\$27.05	\$29.15
FORTNIGHT Based on 20 school fortnights	\$45.60	\$49.95	\$54.10	\$58.30
MONTH Based on 11 months	\$82.90	\$90.82	\$98.36	\$106.00
TERM Based on 4 terms	\$228.00	\$249.75	\$270.50	\$291.50

Fee Concessions – Health Concession Card holders are eligible to apply for fee concessions. Please notify the office if you are a current card holder. A letter will then be sent home notifying eligible families of the procedure.

Last payment date for Tuition Levy, including Stationery is Wednesday, 8th February, 2023.

Last payment date for Excursion & Capital Levy is Friday, 24th February, 2023.

Fee Statements will be sent to families at end of March, June, August and October

Last payment for School Fees: Friday, 24th November, 2023.

Together we achieve



Welcome back to what should be another exciting year at the Swan Reach Football and Netball Club!

As we gear up for preseason training, we are looking forward to welcoming new and past players to the club.

If you're interested in playing, then please come along to our training sessions.

When:

- Junior Footy (ages 7 -17yrs), Tuesday and Thursday nights from 5-6pm
- Junior Netball (ages 12-17yrs), Thursday nights from 5-6pm
- Midgets Netball Tuesday nights at this stage from 4pm.

Where:

- Swan Reach football club

COME & PLAY!

Netball Australia's Official Introductory Program

Woolworths NetSetGO Centre:
Lakes Entrance Netball Association

Session Day & Time:
Saturday February 18th- All Abilities 9:30 - 10 Net Set Go Session 10-11am

Location:
Lakes Entrance Recreation Reserve - Netball Courts on Rowe

Contact:
lakesentrancena@gmail.com

Further Information:
<https://netball.com.au/netsetgo>

Woolworths NetSetGO

JUNIOR REGISTRATION SEASON 1 - 2023

14 Rounds + Finals

Cost - \$110 + insurance

Start date - From 27th of Feb

Registration will close on the 19th of Feb

Any questions please text - 0475 518 250

To register please use the link at the top of the post

Playing nights tba after registration



UNDER 8's - REGISTRATION IS OPEN (born - 2016/2017)

14 Rounds

Cost - \$90.00 + insurance

Start date - From the 27th of Feb

Registration will close on the 19th of Feb

Any questions please text - 0475 518 250

To register use the link at the top of the post

Playing nights tba after registration



MAJOR UPGRADE TO YOU PAM ACCOUNT - ACTION REQUIRED NOW!



In January 2023, your SIMON Everywhere /PAM account underwent a major upgrade to provide greater security and other improved functionality.

New PAM accounts were created by our school, and you would have received an email asking you to create new credentials for a new PAM account.

Your username will be your email address.

Your SIMON Everywhere/PAM interface will not look any different, but you may receive an account per parent if you were previously sharing an account with your spouse.

This is a requirement of our school for all correspondence. If you require any further assistance, please contact the school at office@lakesent.catholic.edu.au.

Thank you to those who have already verified their new account and updated their information.


Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.
To order and pay for Scholastic Book Club by credit card visit:
www.scholastic.com.au/LOOP

 GET IT ON
Google play

 Download on the
App Store

Simon Everywhere is now available on
App Store and Google Play.

Your school has joined the growing Simon Everywhere community. By installing the Simon Everywhere app, you will be able to receive push notifications direct to your phone. Plus you will have easy access to all of the great PAM features, such as Assessments, Reports, Activity Permissions and more.

- Search "Simon Everywhere" on App Store or Google Play and install the app
- Launch Simon Everywhere and register with your name and mobile number
- Click Add School and locate your school from the list
- Enter your existing PAM credentials

 GET IT ON
Google Play

 Download on the
App Store



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



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.

