

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 5
March 3rd, 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.*



YEAR 3 to 6 SCHOOL SWIMMING PROGRAM

Please note the Water Safety and Survival program times for Years 3 to 6 .

These are the session dates and times. Students will leave the school approximately 20 minutes before their allocated time.

Week 7: Monday, 6th March – Friday 10th March

Year 6: 11.00am - 11.45am

Year 5: 11.45am - 12.30pm

Year 4: 12.45pm - 1.30pm

Year 3: 1.30pm - 2.15pm



REQUIREMENTS

Children are to wear their bathers under their uniform each day. It would be considered appropriate for children to wear their sports uniform for the duration of the swimming program. This decision will be left to parent's discretion.

Children should bring the following in a plastic bag which they will carry to the pool

- Underwear
- Towel
- Goggles
- Bathing cap (if necessary)
- Brush/Comb
- Water Bottle

Please label all items and bags very clearly with your child's name.

Wednesday 8th March

Year 3 & 4

Camp meeting @ 5pm

LABOUR DAY

PUBLIC HOLIDAY

MONDAY, 13th MARCH

Dear Families and Friends,

Thursday this week was a wonderful day for St Brendan's CPS and the **Division Swimming team**. The students' behaviour and support of one another at the event was first class and they certainly brought their tenacity along with them. Well done to everyone and congratulations to Harriet Moresi, Cobie Gilbert, Juliet Walker and Mia Hamer who have progressed to the Regional Finals by finishing first in the freestyle relay. Parents of the Regional swimmers, please be aware that Regional jumpers can be bought at the event or online at <https://www.ssv.vic.edu.au/Pages/Shop.aspx>

Green Time v Screen Time - <https://www.informandempower.com.au/free-parents>

Mindful time - if you are not already in a habit as a family of some sort of mindfulness practice (placing your attention in the present moment), just start experimenting- it supports all human beings to build mental fitness. There are many options, it may mean listening to a meditation story at bedtime or simply google "mindful activities for children" and you will find a plethora of simple ideas depending on the age of your children.

Social time - ensuring our children have ample opportunities to engage with friends and family face to face. Even just being out and about, interacting with fellow customers and shop keepers builds critical social skills.

Unstructured time - (children may call this "boring time" at first!) refers to when you say "off you go and find something to do, no screens!". Children typically complain (you know what I mean!!) and then after that their brain's natural capacity to be creative and explore is activated and yes they find something to do!! Children experiencing boredom is actually very important for their development.

Reading time - this doesn't just mean encouraging your child to read a book or you reading to them, it may mean reading a recipe while cooking or reading signs when you are out walking.

For more information please join the Inform and Empower Parent Session on Thursday, 23 March.



Our **year three to six swimming lessons** have been running smoothly and it is remarkable to see the developments that can be made with an intensive program. Parents, please be mindful that children will be more tired during this fortnight so please encourage early bedtime and be understanding that your child will likely be more emotional.

NAPLAN week runs from March 15 – 27 this year. Our teachers have been preparing the students to be assessment-fit so that they have strategies for managing their time, understanding the language and ultimately being able to read questions with clarity. We want them to be confident during the test and we believe they will be ready for the earlier than usual timeframe (NAPLAN has traditionally been run in May). Please help your child to be in their best frame of mind by getting them to bed early, reducing their screen time and ensure a healthy diet with plenty of water.

Kind regards,

Matthew Hamer

| | | Dates for the Calendar |
|---------|-------------------|--|
| Term 1 | MARCH 2023 | |
| Week 7 | Monday 6th | Swimming Lessons Yr 3,4,5 & 6 |
| | Tuesday 7th | Swimming Lessons Yr 3,4,5 & 6 |
| | Wednesday 8th | Swimming Lessons Yr 3,4,5 & 6 5.00pm Parent Camp Meeting year 3 & 4 |
| | Thursday 9th | Swimming Lessons Yr 3,4,5 & 6 |
| | Friday 10th | Swimming Lessons Yr 3,4,5 & 6 9.10am Year 1/2 Class Mass |
| Week 8 | Monday 13th March | Labour Day—No school |
| | Tuesday 14th | 9.10am Year 6 & Foundation Class Prayer |
| | Wednesday 15th | NAPLAN - Year 3 & 5 |
| | Thursday 16th | NAPLAN - Year 3 & 5 3.45pm Reconciliation Workshop 2 |
| | Friday 17th | 2.30pm Assembly: Year 6 Blue |
| Week 9 | Tuesday 21st | NAPLAN - Year 3 & 5 |
| | Wednesday 22nd | NAPLAN - Year 3 & 5 |
| | Thursday 23rd | 7.30pm Webinar: Raising Kids in a Digital World 2023 |
| | Friday 24th | St Brendan's Cross Country |
| Week 10 | Tuesday 28th | 9.10am Year 5 Class Prayer |
| | Thursday 30th | 6.00pm Sacrament of Reconciliation |
| | Friday 31st | Whole School Easter Plays 2.30pm GHC Assembly: Year 5 Red |
| | APRIL 2023 | |
| Week 11 | Monday 3rd | Year 3/ 4 Camp |
| | Tuesday 4th | Year 4 Camp |
| | Wednesday 5th | Year 4 Camp |
| | Thursday 6th | End Term 2—2.15pm |
| | Friday 7th | Good Friday |

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.*



| | | | | |
|------|------|---|----------------|---------|
| Sat: | 4/3 | St Brendan's | Lakes Entrance | 9.30am |
| | | St Joseph's | Swan Reach | 5.00pm |
| Sun: | 5/3 | St Brendan's | Lakes Entrance | 9.00am |
| | | St Colman's | Orbost | 11.00am |
| Tue: | 7/3 | St Brendan's | Lakes Entrance | No Mass |
| Wed: | 8/3 | St Colman's | Orbost | No Mass |
| Fri: | 10/3 | St Brendan's | Lakes Entrance | 9.10am |
| | | Year 1/2 Class Mass and Stations of the Cross | | |
| | | Stations of the Cross St Colman's | Orbost | 11.00am |
| Sat: | 11/3 | St Brendan's | Lakes Entrance | 9.30am |
| Sun: | 12/3 | St Brendan's | Lakes Entrance | 9.00am |
| | | St Colman's | Orbost | 11.00am |
| | | St Peter's | Mallacoota | 3.00pm |

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



Division Swimming

By Mia Hamer and Juliet Walker

On Thursday the 2nd of March, we had the Division Swimming Carnival at the Bairnsdale Outdoor Pool. We travelled there by bus. There were students ranging from years 3-6 that competed. Twenty-one students went. It was a great day, everyone tried their hardest and gave it a go, and cheered on their peers. Well done to everyone who competed. There were lots of 1st, 2nds and 3rds. Thank you to Mr. Hamer, Mr. Bates and Meaghan for making the day happen. Overall, it was an amazing day and the pool was at a nice temperature. Good Luck to those going to Regionals!



THANK YOU It has been so lovely to see so many parents, grandparents and parishioners accept the invitation to come and join our whole school and class Masses and prayers. The children love seeing you there and it is a great way to support their growth in faith. Please be aware that ***ALL are welcome***, regardless of religion or non-religion. Our Masses and prayers generally teach ***universal messages*** around how to treat others fairly and compassionately and how to make good choices in our lives.



LENT We are currently in the first week of Lent, that time in the Catholic Church and other Christian churches, where we prepare for the Season of Easter. During Lent, Christians practise Fasting, Almsgiving and Prayer.

Some adults **FAST**, or give up certain foods as a form of spiritual discipline. Children are not expected to fast, but they could be challenged to eat healthy and limit their consumption of sweet treats—not a bad thing to do!

ALMSGIVING is the giving of money, food or resources to the poor. This year we will once again be collecting money in our classrooms for Caritas, the Catholic Aid agency that works across the globe. We will also be supporting the work of Jup Brown, as we try to raise funds to buy window glass and a floor for the Nepal school we have supported in previous years.

Christians try to **PRAY** more during Lent, in order to come closer to God and to develop a sense of spiritual and mental well-being.



FOUNDATION CLASS PRAYER

Dear God,
Thank you for our families, friends
and the beautiful world around us.
Please help me to make good
choices, be kind to others, be nice to
my friends, and get ready to learn.
Amen





East Gippsland Kinship Carer Support Group

Are you caring for a child or children because a family member or friend is unable to? Would you like to meet others who are in a similar situation and will understand what you are going through? Would you like to be with people who will listen to your stories without judgement? All Kinship Carers are welcome and morning tea will be supplied

WHEN:

The third Thursday of each month at 10:30am-12:30pm

WHERE:

The Hub
27 Dalmahoy Street
Bairnsdale

RSVP FOR CATERING:

Anita on 0475 740 927 or
kinshipcaregippsland@berrystreet.org.au
or use the following link to register
<https://forms.office.com/r/GxK2dgVsBu>



Belonging to
Children,
Young People,
Families &
Their Future.

2023 MEETING DATES:

19th of January
16th of February
16th of March
20th of April
18th of May
15th of June
20th of July
17th of August
21st of September
19th of October
16th of November
21st of December



INVITING YOU TO JOIN US AS WE
CELEBRATE

International Women's Day

10am – 12pm
Saturday 4th March

RSVP Julie
0439 503 877

PINK Brunch
Guest Speakers
followed by
PINK Patrol

Identifying, Celebrating
&
Increasing Visibility of
Women's
Achievements



RAFFLE AND RUN

Tickets \$2 Each OR 3 for \$5

This is the Morris family.

Mum (Hayley) has just turned 32 years old, is a wife to Wayne, Mother to Banjo 4, Lottie 2 and Eden 9 months old.

Hayley received the most devastating news on the 13th of January. After having a CT scan to see what was causing her back pain, a diagnosis of breast cancer as well as lesions along her spine, liver, sternum and right shoulder. She has been formally diagnosed with Stage 4 Metastatic Cancer. With great sadness, there is no cure for this terrible disease.

Hayley is making the most of her time with her beautiful family and friends.

Adam running a marathon, 42.2km on Sunday 26th of February. Starting the run at 6am from Lakes Entrance rotunda approximately finishing at 10am at APEX park with a gold coin donation sausage sizzle.

Morris Family



Raffle will be drawn on
Sunday the 5th of March

Tickets can be purchased at

LJ Hooker Metung
Lakes Entrance Milestones Early Learning
Lakes Entrance Amcal Pharmacy
Mats Hair Factory

All Monies raised go directly to the Morris Family

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

- 90 minute live webinar
- Opportunity for Q&A

Follow the link to register:

bit.ly/23march2023

(replay will be made available if you register)



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

"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 check! A few new
changes in our home this
week!"

Parent of 9yo & 11yo

Inform & Empower
Digital Safety & Wellbeing

Trusted eSafety Provider
esafety.gov.au



ST BRENDAN'S LUNCH ORDER

SUSHI ROLLS

| | |
|------------------|--------|
| SALMON & AYO | \$3.90 |
| AVOCADO | \$3.50 |
| CUCUMBER | \$3.50 |
| TEMPURA VEGE | \$3.50 |
| TERIYAKI CHICKEN | \$3.50 |
| CHICKEN KATSU | \$3.50 |
| PANCO PRAWN | \$3.90 |
| TUNA & AYO | \$3.90 |

DRINKS

| | |
|--|--------|
| LIGHTLY SPARKLING MINERAL WATER CANS | \$3.00 |
| 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 |

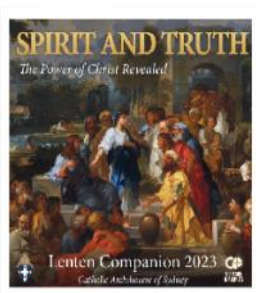
SALADS & BOWLS

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

MINI BANH MI

| | |
|--|-----|
| HALF SIZED BANH MI | |
| TH 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 | |

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. Your 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 participate 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



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/parental/Pages/csef.aspx>



Bakers Delight

FUNDRAISE WITH US!

Help us raise some dough with
delicious Hot Cross Buns!



Baker's Delight Easter Fundraiser

During Term 1 we will be supporting our local Baker's Delight business by participating in their Easter Fundraiser.

For every pack of Hot Cross Buns sold the school will benefit by raising money. This money will go towards buying new outdoor play equipment.

Traditional, Apple & Cinnamon and Choc Chip Hot Cross Bun 6 packs will be available to purchase through the school for \$9.50 per packet.

Please fill in the order form and return it with the correct money to the office by Friday, 17th March.

The Hot Cross Buns will be available for pick up from the office on Wednesday 29th March.

Thank you for your ongoing support of our school and of businesses in our local area.



TRADITIONAL
FRUIT



APPLE &
CINNAMON



CHOC
CHIP

The East Gippsland Soccer League is back Registrations are open!

Ages Groups and Eligibility:

U7 – 1st Jan 2016- 31 Dec 2017

U9 – 1st Jan 2014 – 31st Dec 2015

U11 – 1st Jan 2012 – 31st Dec 2013

U13 – 1st Jan 2010 – 31st Dec 2011

Season: 29th April – August 12th **Finals:** 19th – 26th August

Price: \$180

Location: Howitt Park, Bairnsdale

Teams will be based on location: Bairnsdale, Lakes Entrance, Tambo Valley, Paynesville/Eagle Point and Orbost.

Register using the QR Code or at:

<https://www.gofootball.com.au/play/pick-your-location/East-Gippsland-United-FC>



Being a community sport, we ask that parents/guardians volunteer for team roles such as coach, manager, jersey washer and fruit supplier.

**Junior Training will start on
Wednesday 1st March 2023 @
4.30pm for all ages groups.**



More information on registrations
will be available soon.
For any further information in regards
to Junior Football please contact
Junior President, Matt Zagami on
0407 170 178



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

Do you like to keep FIT?
Do you want to get PAID for running
around?

Come and join us at East Gippsland
Umpires and be involved in the
national game and help out our
local community football!
Opportunities to umpire in the
Gippsland League, EGFNL, ODFNL
and the Bairnsdale Junior
association are available. We are
seeking new field, boundary and
goal umpires.



OUR HOME & TRAINING VENUE is at:

Bairnsdale City Oval, Macarthur Street, Bairnsdale

- We train on Wednesday nights from 6:00pm to 7:00pm. During the season we run a canteen where food can be purchased.
- No prior experience is required, all you need is a keen interest in having fun and running!
- We are seeking Field umpires in all age levels, from U/11's through to seniors. The incentives for umpiring a game range from \$40 - \$190, depending on the level umpired.
- Boundary umpires are required for U/16, U/17.5, U/18 and seniors. The incentives range from \$35 - \$110 depending on the level umpired.
- Goal umpires are required for U/16, U/18 and Senior football. The incentives range from \$40 - \$80 depending on the level umpired.
- Come and join us for a run on a Wednesday night, YOU might ENJOY it!

CONTACTS

President - Damien Donohue
(0474512072)
Secretary - Tracey West
(0403504797)
Director of Umpiring - David Pachl
(0438530880)

The EGUA has an external and private
Facebook page to keep in touch. Search
up: East Gippsland Umpires.

Our Website

[Home - East Gippsland Umpires](#)
[Association - GameDay \(mygameday.app\)](#)



PROUDLY PRESENTS

**TENNIS AND PICKLEBALL
— OPEN DAY —**

An opportunity for locals and visitors new to the sport of
Tennis and Pickleball to come along and have a social hit.

Experienced Tennis and Pickleball coaches on hand to
provide support and coaching tips. All equipment provided.

COME ALONG AND TRY OUT:

- Kids coaching • Ball machine • Adult coaching
- Cardio Tennis • Kids games • Radar Gun Speed Serving
- Free BBQ Sausage Sizzle • Have a free hit of tennis
- Door prizes • Membership Deals • And so much more!

Where: Lakes Entrance Tennis Club - 43 Palmers Rd,
Lakes Entrance (Behind Aquadome)

When: Sunday March 5th - 10am to 1pm


Cost: Free!

Join us on Facebook!  @LakesEntranceTennisClub

SCHOLASTIC BOOK CLUB NEWS

EDITION 2 OUT NOW



 SCHOLASTIC
Book Club
orders are due:
Thursday, 16th March

 SCHOLASTIC
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



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



A reminder that the **car park** at the front of the school and the church are **NOT** drop off zones.

If you enter these car parks you **MUST** walk your children into the school. **DROP OFF ZONE** is via the Mary MacKillop Hall carpark **only**. The Disabled Parking spaces are only for people with permits. Thank you.

QuasiTrad Music and CRASHENDO!East Gippsland present

Lost in the Groove

Free Music Fiesta 2023

Where the audience is the fiesta!
quasitrad.com for details or call Judy 0422 868 690
Featuring guest musicians, Strat & Lyndal

Monday March 13, 2023 Gippsland Lakes Fishing Club 1 Bullock Rd, Lakes Entrance

- Free music workshops!
- 2pm Kids' singing ensemble
- 3pm All ages singing & instrumental. BYO instrument or just yourself!
- 4pm Join the Street Band. Kids, adults, singers, players... this is for you!
- Join the free events happening in neighbouring towns over the weekend



This project received grant funding from the Australian Government.