

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 6

March 10th, 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.



LABOUR DAY - PUBLIC HOLIDAY
MONDAY, 13th MARCH
Enjoy you long weekend!

Year 5 Camp
Meeting
Wednesday 15th March

@ 5.00pm

Crazy Hair Day

March 28th 2023

Taco \$2

Frozen Fruit drink \$1

Crazy Sunglasses

Crazy hair

Free dress



Each family is asked to contribute an Easter Egg or Easter related goods towards our raffle.

The class raffle will be drawn on **Friday, 31st March**.

There will be many prizes per grade as well as 2 large prizes with all tickets put together for a major draw, to take place at the Golden Honour Assembly, 2.30pm Friday, 31st March.

Proceeds will go to Caritas.

Tickets will be 50c per ticket and are available in the classrooms.

Help will be required on Wednesday, 29th March at 9am to wrap the Easter prizes.

Please contact the office if you can help.

Easter Raffle



Dates for the Calendar		
Term 1	MARCH 2023	
Week 8	Monday 13th March	Labour Day—No school
	Tuesday 14th	9.10am Year 6 & Foundation Class Prayer
	Wednesday 15th	NAPLAN - Year 3 & 5 5.00pm Year 5 Camp Meeting 6.30—8.00pm Parent & Community Presentation ←
	Thursday 16th	NAPLAN - Year 3 & 5 Regional Swimming—Sale 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	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

Please keep the Brickle family in your prayers.
Our thoughts and prayers are with you all.



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



Year 1/2 – The Olden Days



Marbles

You use a shooter marble to hit them out of the circle. If you hit the marbles out you can keep them. The person with the most marbles wins. I won a lot.

Ollie Connally

Marbles is an olden days game. It was a way for kids to entertain themselves.

Jordan Light



Marching

When you march you need to swing your arms and stomp your feet. It was fun.

Evie McMillan

Pauline taught us marching. Kids in the olden days needed to learn this at school. It was fun.

Evie Friend



Year 1/2 – The Olden Days



Elastics

In elastics there are lots of jumping moves. It was a very popular game from the olden days. I enjoyed it.

Lucas Rickman

We used a big elastic band that we put around our legs. You hold it at different heights and it was fun.

Heaven Beshay



Year 1/2 – The Olden Days



Bush Dancing

You hold your partner's hands and tap your feet. You then take steps side to side. It was fun, I would do bush dancing again.

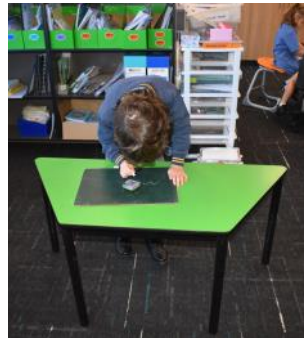
Allira Grech

I learnt how to dance like they did in the olden days.

Jack Fry



Year 1/2 – The Olden Days



Handwriting with chalk on blackboards

Writing with chalk on the blackboard was really hard.
Sophie McTighe

I wrote my writing too small but it was easy to write on the blackboard. In the olden days they didn't have pens and paper.
Madi Silver

I liked learning to write on the blackboard because it was hard.
Rocco Mazzitelli



LENT

How are we at St Brendan's practising the Lenten observance of Almsgiving?

1. PROJECT COMPASSION: "The theme of Project Compassion is '*For All Future Generations*'. This phrase is a powerful affirmation that the good that we do today will extend and impact the lives of generations to come. It is also a call for all of us to play our part in making the world a better place by working together as sisters and brothers in finding long-term solutions to global issues." (Kirsty Robertson, Chief Executive Officer, Caritas Australia)

The children will explore this theme by listening to stories of people from around the globe, such as Laxmi from Nepal, Thu from Vietnam, Priscilla from Zimbabwe and Tereesa, a Gamilaroi woman from Western Sydney.

Each class will have their own Project Compassion box. We invite you to talk with your child/ren and perhaps allow them to do little jobs to earn money for the box, or encourage them to give a small portion of their pocket money.

2. We will also continue to support the work of Jup Brown. More information will follow about this fantastic project!



Seasons for Growth® Program

Learning to live with change and loss: Change and loss are issues that affect all of us at some stage in our lives.

At St. Brendan's Catholic Primary School, we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth early Term Two. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about participating in the program. If you require further information please contact Helen Renehan (Religious Education Leader / Seasons Facilitator)



Activities

Written by Emmett Culpitt, Charli Cherry and Leo Bassett-Albert

Activities have just started on the 28th of February and a lot of people are having fun! As Activities Leaders, we have created a range of fun activities for term one. We are so excited to start leading activities at lunchtimes for our peers!

Next week, we have Farmer Sam and Fruit Salad at lunch times in the hall. Unlike the previous activity which was in the Mandarin Room, which is our main location. In the next coming weeks after Farmer Sam and Fruit Salad, we have Dodgeball and an end of Term Kahoot!

We are so excited to create fun and engaging activities for our school to enjoy throughout the year.

Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instill positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarmingly, one in seven primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Ouylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

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).

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- Equip yourself with simple, practical tools to look after your own wellbeing.
- Be informed of the confronting mental health statistics in our country, and understand why prevention is the key to changing this narrative (especially for our children).
- Learn about GEM (Gratitude, Empathy & Mindfulness) - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- Feel confident in holding positive wellbeing discussions with your family.

hello@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au



Parent & Community presentation on Wednesday 15th March from 6:30pm - 8:00pm (90 minutes) AEDT.

Parents and Carer will need to register for the webinar using the following link:

https://us02web.zoom.us/webinar/register/WN_tWLiDrq3QbmIOzKvO5-SpA

Class Prayer 3/4 Red

Dear Greatest Lord,

We pray that our families are well.
We pray that our relationships stay together.
We pray for our pets both here and in heaven.
We pray to have fun while learning.

Amen



New Class

**NEW WEDNESDAY
AFTER SCHOOL
DRAMA CLASS**

CONTACT TIFF OR JENN TO BOOK
0429 127 820 // 0439 392
UPSTAGE@GMAIL.COM

UPSTAGE
Theatre School

St Patrick's Day Friday 17th March

You are invited to join us for morning tea and an Irish sing along at 10.30am in the St Brendan's Hobby Room (after Church)

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

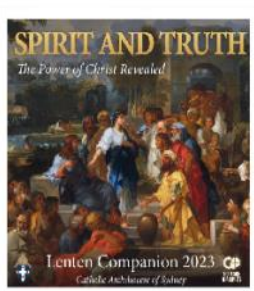
SALADS & BOWLS

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.



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 \(mygameday.app\)](#)



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/GxK2dgVs8u>

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



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.