St Brendan's Primary School 1581

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Newsletter No 11

April 28th, 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.

Please join us for a Mother's Day Breakfast

Friday, 12th May, at 8.00am

in the Mary MacKillop Hall.

We would really love

to see you there!

For catering purposes please return the reply slip to school by Monday, 8th May. If you are in the position to be able to donate bacon or eggs, we would appreciate donations in before Thursday, May 11th.

Tickets for the Mother's Day raffle will be available in the morning, with the raffle prizes drawn after breakfast.

Mother's Day Stall

Monday 8th &
Tuesday 9th May

$1 - $10 gifts

Raffle Tickets 50c each

Parents who have previously indicated they will help with the stalls, your attendance would be much appreciated from 9.00am - 10:30am on these dates.

The Year 5 students will have an opportunity to purchase items from the Mother's Day stall on Friday, 5th May.

Dear Families and Friends,

After a significant break we have all returned rejuvenated and ready to go! The weather for the first week has been ideal and the students have been going out to play and getting along famously. In class, each student has set themselves academic goals for the term to strive for.

This term we welcome Ms Alexandra Falk as our Foundation Red classroom teacher. Alexandra comes to St Brendan's CPS with a range of experience from early childhood education to secondary schooling. She will be an asset to our foundation teaching team.

Auskick began this week down at the Lakes footy oval. I would like to comment on the great job Kelly Richardson did in facilitating the event and on the support she received from our year six leaders, our dads and past students like Tommy Graham. I was very proud to see our students and families so involved in supporting our community. It is what we are about!

Trauma - https://lakesent.catholic.schooltv.me/newsletter/trauma

Trauma is a deeply distressing or disturbing experience that can have long-lasting effects on a person's emotional and psychological wellbeing. It can be caused by a single event, such as a car accident or a natural disaster, or by ongoing exposure to stressful or harmful situations, such as neglect, abuse or violence. When a child or adolescent experiences trauma, it can be difficult for them to understand what is happening to them and to process their emotions. It's important to have open and honest conversations with your child about trauma, so that they feel supported and empowered to manage its effects.

"Kids will display varying degrees of psychological trauma and this does predispose them to frequent and prolonged periods of depression, irritability, anxiety, withdrawal, sleep disturbances and, in young children, night terrors."

Dr Michael Carr-Gregg

For more information please access the site provided or make a time to see Sarah McGuinness (St Brendan's Mental Health and Wellbeing Leader) or myself on the services we provide.

Not long to go and our year fives will be on camp at Sovereign Hill. The students are extremely excited and prepared for the experience. That week we will also conduct our Mother's Day stalls. Thank you for all the people who have volunteered. You will be contacted by our office to arrange the process. On Friday, 12 May we have a wonderful day ahead of us beginning with our Mother's Day breakfast followed by our athletics day. Let's hope for good weather for these occasions.

Please join us at our assembly next Friday, 5 May at 2.30pm in the Mary MacKillop Hall. Also, everyone is invited to attend the First Communion Commitment Mass on Sunday, 7 May at the St Brendan's church to support our candidates.
Have a great weekend!

Kind regards,
Matthew Hamer

Dates for the Calendar

Term 2	MAY 2023	
Week 2	Thursday 4th	3.45pm First Communion Parent Meeting
	Friday 5th	2.30pm Assembly: School Captains
	Sunday 7th	9.00am First Communion Commitment Mass
Week 3	Monday 8th	**Year 5 Camp—Sovereign Hill** **9.00am Mother's Day Stall**
	Tuesday 9th	**Year 5 Camp—Sovereign Hill** **9.00am Mother's Day Stall** 5.00pm Year 6 Camp meeting
	Wednesday 10th	**Year 5 Camp—Sovereign Hill**
	Friday 12th	**Mother's Day Breakfast** St Brendan's Athletic Day
Week 4	Monday 15th	Division Cross Country - Bairnsdale
	Wednesday 17th	Winter Sports Years 5 –6
	Thursday 18th	3.45pm First Communion Workshop 1
	Friday 19th	2.30pm Assembly: Year 3/4 Blue
Week 5	Monday 22nd—Friday 26th	*CATHOLIC EDUCATION WEEK*
	Tuesday 23rd	9.10 Year 1/2 Class Prayer
	Friday 26th	9.10am Year 6 Class Prayer
	JUNE 2023	
Week 6	Thursday 1st	3.45pm First Communion Workshop 2 Regional Cross Country
	Sunday 4th	9.00am First Communion
Week 8	Monday 12th, June	Kings's Birthday—No School

SCHOLASTIC

Book Club

orders are due:

Tuesday, 9th May

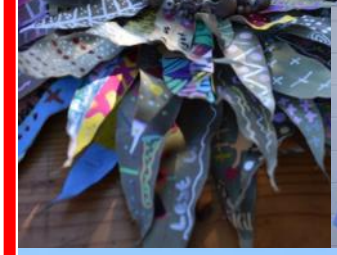
St Brendan's & St Colman's Catholic Church - Mass Times

Sat: 29/4	St Brendan's	Lakes Entrance	9.30am
	St Joseph's	Swan Reach	5.00pm
Sun: 30/4	St Brendan's	Lakes Entrance	9.00am
	St Colman's	Orbost	11.00am
Tue: 2/5	St Brendan's	Lakes Entrance	9.30am
Wed: 3/5	St Colman's	Orbost	9.30am
Thurs: 4/5	Opal LE Nursing Home		11.00am
Fri: 5/5	St Brendan' s	Lakes Entrance	9.30am
	Calvary LE Nursing Home		11.00 am
Sat: 6/5	St Brendan's	Lakes Entrance	9.30am
	St Joseph's	Swan Reach	5.00pm
Sun: 7/5	St Brendan's	Lakes Entrance	9.00am
	St Colman's	Orbost	11.00am

ANZAC Day

On the 25th of April, we commemorated ANZAC day. On ANZAC day, we honour the people that have gone to war for us to live free and happy. Lots of people came and respected the soldiers that have gone to war and those who are currently serving. We also honoured the families of those who are currently away from home serving our country. There were around 50 St Brendan's students and many family members who came to the ANZAC ceremony. Our school marched with the navy, police and a troop truck to the ceremony. There was the catafalque party leader that gave directions to the others and they were doing movements with their swords as a sign of respect. Thank you to everyone who came to march with us on such an important day for Australia.

By Zach Elfrink and Sis Tuisui

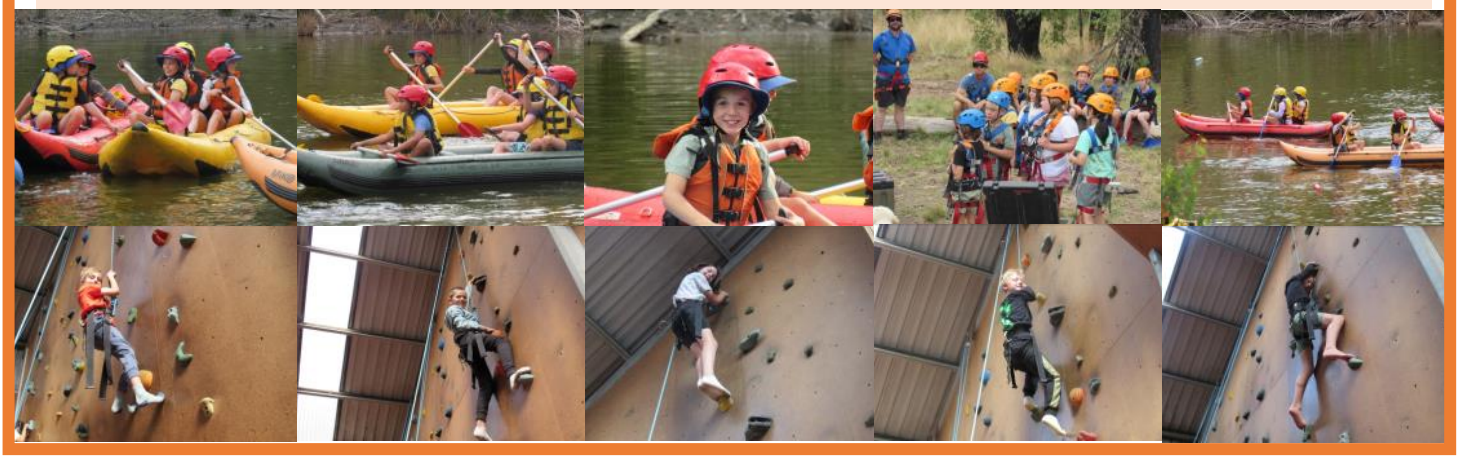


At Karoonda Park the Year 3/4's did heaps of fun stuff.

On the first day we split into five groups and did different activities. They were Disc Golf, Rock Climbing, Bush Cooking, Horse Awareness and Low Ropes. We rotated around all the activities. At free time we were able to do different games and played in the Gaga Pit, basketball, played with Zed the dog, four square, we were able to do whatever we wanted but there were boundaries. Dinner was delicious, they were fabulous cooks. We had chicken noodle soup, chicken schnitzel and birthday cake. After dinner we cleaned our teeth, got rugged up in warm clothes, grabbed our torches and went on a night walk. We saw koalas and bats.

In the morning we got ready, ate a delicious breakfast and finished off our activities. After lunch the Year 3s went home. The Year 4s went on a mini bus and went canoeing and zip lining.

In the afternoon the Year 4s broke into two groups, one went canoeing and the other group had to hike up a giant hill to get to the zip line.



We sent Mr Hamer on the zip line first, he was our test dummy. He showed wonderful gymnastics skills while moving along in the air. After this it was our turn and it was terrifyingly fun as we zipped through the bush.

Canoeing was also so much fun, but it was a little cold. We tried to figure out how to steer and move around. We made a large raft using all the canoes and we also played a game that involved collecting ping pong balls. Sadie, Anthony, Hannah, Hudson and Leon all decided to take a SPLASH in the dam.

On our last night we were lucky enough to have donuts and icecream for sweets and we watched a movie.
It was our last day of camp, and we started the day off by visiting the farm and where Paul Sykes the owner of Karoonda spoke to us about the bulls on the farm. We also found 11 eggs hidden in the hay. Isla nearly sat on one. Whoops.
After our talk we made our own salad rolls for lunch. Before we headed off, Clementine and Callum on behalf of our school planted a Lemon Myrtle tree to replace the trees lost in the bush fires.

Camp at Karoonda Park was awesome!

Written By Sadie, Callum, Clementine, Isla, Alexander, Arlo and Jaxon

City of Sale Eisteddfod

From Tuesday the 11th through to Sunday the 16th of April there was the 76th annual City of Sale Eisteddfod held at the Memorial Hall.
An Eisteddfod is a Dance competition held between dancers from different dance schools competing against each other in their age groups in various dance styles with the opportunity to win prizes.
Two of our students competed, they were Jane Hawkins from year 5 and Juliet Walker from year 6.
Jane competed in the Neo-Classical category for 10 to under 12s
Out of ten performers she placed second, what an achievement!
Juliet competed in the Tap Solo category for 10 to under 12s, out of 5 performers she placed 3rd, outstanding!
Both girls did their respective dance studios, themselves and St Brendan's very proud.

Well done, Girls!

We like to recognise out-of-school activities and achievements. Please get your child to write an article and send in photos to kwykes@lakesent.catholic.edu.au, if you would like their achievements published in the school newsletter.

The 2023 Victorian Premiers' Reading Challenge is now open and St Brendan's is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 8th September, 2023.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

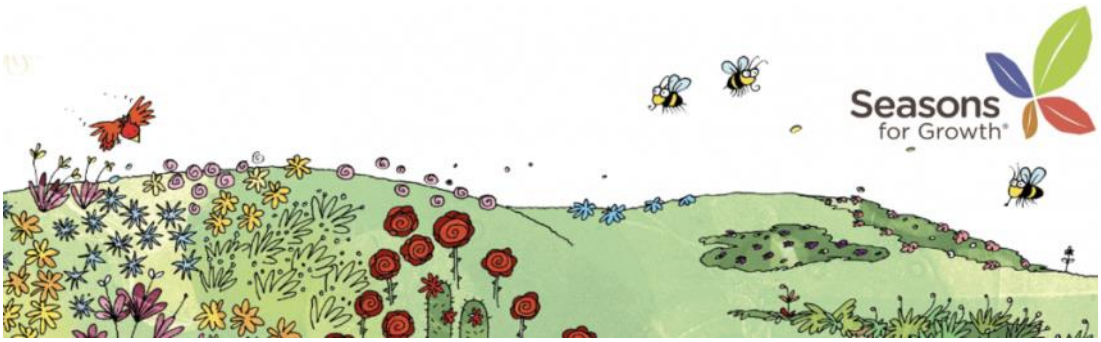
To view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit: vic.gov.au/premiers-reading-challenge

The Premiers Reading Challenge has an online recording system which is intended for students to enter their books at home**.**

Students wishing to participate, need to send Katrina an email at: kwykes@lakesent.catholic.edu.au
They will then be emailed or given their username, password and details to access the online computer system.

Seasons for Growth® Program

Beginning Term Two - All enquiries to Helen Renehan



RCIA expressions of interest for team members & participants

Did the Initiation into the Catholic faith of two adults last Easter and again this Easter start you thinking / inspire you to look at your gifts? Would you like to be involved to any degree? Being present at our weekly meetings, joining a specific RCIA prayer group, know more about 'why we do, what we do'? RCIA is a journey in faith - it is not a process.

Saturday 22nd July has been set aside for a Diocesan in-service at Moe for current RCIA and prospective team members. If you would like to express an interest in joining the RCIA team then please contact either the Parish Office or Joan Micah, 0431 438 034, or joanemicah@gmail.com

I do need to book for the Moe session and arrange car pooling if needed.

Here in Lakes if we have anyone interested in becoming a Catholic or in completing the Sacraments of Initiation, we will have our initial 'Come and See" Inquiry session on Wed 23rd August @ 5pm.

If you know of anyone who maybe interested in the Catholic faith or who has been Baptised but hasn't completed their full Initiation into the Catholic faith then please offer to accompany them to our inquiry session.

Uniform Reminders

JEWELLERY is restricted to the following - a wrist watch, no more than **one** small matching pair of studs or sleepers in the ear lobe - gold, silver or gemstone, a religious medallion on a chain to be worn under clothing. **Fashion jewellery, make-up and nail polish are not permitted.**

HAIR is to be kept neat and tidy at all times. Hair longer than collar length, must be **tied back completely**. This is to help restrict the spread of nits and lice and for student safety. Headband, hair ties, ribbons, scrunchies and clips must be **blue, black or brown**.

It is not appropriate for children to come to school with dyed or inappropriate hair styles as deemed by the Principal.

LIBRARY BAGS — *new style*

It is a school requirement that **all students** have a library bag to take home their readers/books. We have library bags for sale in the office for $8.00 each. If you can't get to the school office, you may contact the office to have the cost added to your school fees and the bag supplied to your child.

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.

MAMA VU'S KITCHEN

ST BRENDAN'S LUNCH ORDER

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 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	

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

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

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