

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 12
May 5th, 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, 11th May.

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.

		Dates for the Calendar	
Term 2	MAY 2023		
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 Athletics Carnival	
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	<i>CATHOLIC EDUCATION WEEK</i>	
	Tuesday 23rd	9.10 Year 1/2 Class Prayer 5.00pm School Advisory Committee	
	Friday 26th	9.10am Year 6 Class Prayer National Sorry Day Reconciliation Day Launch	
Week 6	Monday 29th	YMCA Year 6 Leadership Day	
	JUNE 2023		
	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	



ISSUE 3

SCHOLASTIC Book Club

HOT NEW RELEASES!

SCHOLASTIC Book Club

SCHOLASTIC

Book Club

orders are due:

Tuesday, 9th May

St Brendan's & St Colman's Catholic Church - Mass Times			
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
Tue: 9/5	St Brendan's	Lakes Entrance	9.30am
Wed: 10/5	St Colman's	Orbost	9.30am
Fri: 12/5	St Brendan's	Lakes Entrance	9.30am
Sat: 13/5	St Brendan's	Lakes Entrance	9.30am
Sun: 14/5	St Brendan's	Lakes Entrance	9.00am
	St Colman's	Orbost	11.00am
	St Peter's	Mallacoota	3.00pm



Our Athletics Carnival for all year levels is planned for **Friday 12th, May** commencing at 9.30am and concluding at approximately 3pm. Please note, lunch time on this day will be at 12.00pm.

Children can wear a t-shirt in their House colour on this day, but this is not compulsory. Children are reminded to bring their own lunch, fruit and water bottle on the day.



To ensure the day is a success we require the help of parents, thank you to those families who have already indicated they could help, by returning the events letter that was sent out in Term 1. Please contact the school office if you wish to be added to this list. All helpers require a current Working With Children's Check.

There will be a coffee van available on the day for parents to purchase from, students are not permitted hot drinks at school. Let's hope for a lovely day. Thank you for your support.

St Brendan's School Athletics Carnival

Timetable

Foundation – 12/13 yr olds
2023

	Foundation	7 Yr. Old	8 Yr. Old	9 yr Old	10 Yr. Old	11 Yr. Old	12 Yr. Old
9:30-10:00	High Jump	Shot-Put	400m	Discus	100m	Long Jump	200m
10:00-10:30	Break	High Jump	Shot-Put	Hurdles	Discus	100m	Long Jump
10:30-11:00	Long Jump	Break	High Jump	800m	Hurdles	Discus	100m
11:00-11:30	100m	Long Jump	200m	Shot-Put	800m	Hurdles	Discus
11:30-12:00	Discus	100m	Long Jump	High Jump	Shot-Put	800m	Hurdles
12:00- 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30-1:00	Hurdles	Discus	100m	200m	High Jump	Shot-Put	800m
1:00-1:30	400m	Hurdles	Discus	Long Jump	200m	High Jump	Shot-Put
1:30-2:00	Shot-Put	400m	Hurdles	100m	Long Jump	200m	High Jump
2:00-2:45	Relays	Relays	Relays	Relays	Relays	Relays	Relays
2:45	Presentation & Clean up	Presentation & Clean up	Presentation & Clean up	Presentation & Clean up	Presentation & Clean up	Presentation & Clean up	Presentation & Clean up

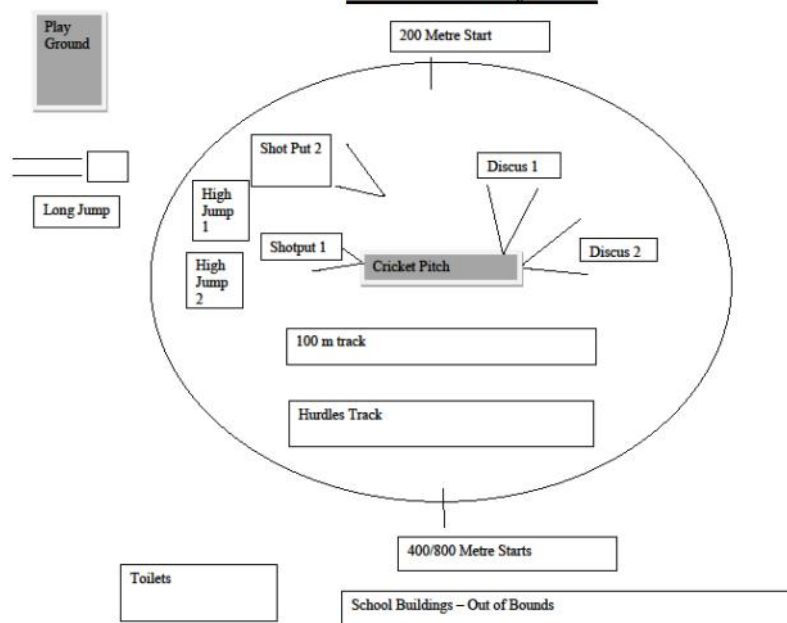
Boys field events will be No# 1 e.g. pit 1, high jump 1, discus 1

Girls field events will be No# 2 e.g. pit 2, high Jump 2, Discus 2

Relays: Start with Grade 6's and end with Prep, then TEACHERS

Times may be subject to change.

MAP- Shanelly Oval



St Brendan's School Athletics Carnival

In this edition of SchoolTV - THE STATE OF YOUTH MENTAL HEALTH

Parents and carers can play a crucial role in their children's mental health. As a result, staying informed on the current state of youth mental health is vital, as it not only affects individuals, but also families and communities. According to recent research, the frequency of mental health disorders among young people is increasing, with anxiety, depression, and self-harm being among the most common challenges.

One of the reasons being attributed to this rise is the heightened stress and anxiety that many young people face in today's society. Academic success, social media, and family issues are all influencing factors. Many young people are still suffering the long-term consequences of the pandemic, such as social isolation, uncertainty, and loss.

Parents can play an important role in their children's mental health. Creating a safe and open environment for your children to talk about their emotions, thoughts, and feelings is vital. Encouraging healthy habits like regular exercise, a balanced diet, and proper sleep can help reduce their stress levels and boost your child's overall mental health. There are also many resources and services available to children, adolescents, and their families, such as school counsellors, various mental health organisations, support lines, and of course, mental health professionals. It is important to remember that seeking help is a show of strength, not weakness, and that early intervention is critical in addressing young people's mental health difficulties.

This edition of SchoolTV, discusses some of the major mental health issues affecting young people and how to support a child experiencing them.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

Here is the link to the **The State of Youth Mental Health** edition of SchoolTV
<https://lakesent.catholic.schooltv.me/newsletter/state-youth-mental-health>

The State of Youth Mental Health





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.

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.



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.

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.





Nagle College Bairnsdale

CONSIDERING NAGLE COLLEGE FOR 2024?

Applications for entry into Year 7 for the 2024 academic year are due by Friday 26 May.

For more information and to download your College application please visit www.nagle.vic.edu.au/enrolment/enrolment-process or contact our Registrar, Mrs Sharon Williams at 5152 9984 or registrar@nagle.vic.edu.au.

20 Hope Avenue, Bairnsdale | 5152 6122 | nagle@nagle.vic.edu.au | nagle.vic.edu.au

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.



Enrolments
are open for
2024

Book your
personalised school
tour

Modern, spacious,
flexible learning
spaces



All families are welcome!

Call the school office on
03 51552712 or email
principal@lakesent.catholic.edu.au
to book your tour



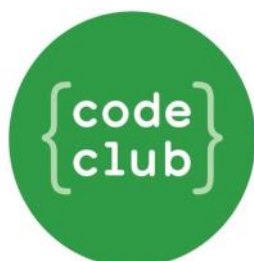
www.lakesent.catholic.edu.au

Together we achieve



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.

Code Club Scratch for Beginners



Want to learn basic computer coding? Want to have fun learning how to develop animations and games?

Join us for this four-week program and learn how to code using Scratch.

Participants will need to be confident independent readers.

Bookings are essential as places are strictly limited.

Phone 5152 4225 or book in person at the library for this event.

Lakes Entrance
Service Centre
3.45 pm – 4.45 pm
Wednesday 10 May
Wednesday 17 May
Wednesday 24 May
Wednesday 31 May



Libraries
Change Lives



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

HOT FOOD

HONEY CHICKEN & FRIED RICE	\$80
TERIYAKI CHICKEN & FRIED RICE	\$80
CHICKEN OYSTER STIR FRY & FRIED RICE	\$80
FRIED PORK DUMPLING (GYOZA) WITH PLUM DIPPING SAUCE	\$7.50

SALADS & BOWLS

SALMON POKE BOWL	\$12.50
TOFU & VEGETABLE POKE BOWL	\$80
VEGETABLE SOBA NOODLE SALAD	\$9

DRINKS

LIGHTLY SPARKLING	\$3.00
MINERAL WATER CANS	
LIME RASPBERRY, WATERMELON, MANGO,	

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	

BERRY
STREET



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

BERRY
STREET

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Children,
Young People,
Families &
Their Future.



*Train for fun, fitness, self-confidence
and personal achievement.*

New Beginner Classes

For Grade 1 & above

FREE 1st CLASS & INTRO PROGRAM

5:15—6pm Tuesday and Thursday

ST BRENDAN'S HALL— via Eastern Beach Rd

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TEXT "Free Class & Day" to Book your place