

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 13
May 12th, 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.



THE RESILIENCE PROJECT™

The Resilience Project is our Whole School Approach to Mental Health and Wellbeing. The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity. Teachers and students engage in weekly lessons and activities around the key principles of **Gratitude**, **Empathy**, **Mindfulness** & **Emotional Literacy**.

To engage parents/carers with conversations happening at school we are introducing **GEM Chats** at home. Each week a different focus will be posted on PAM as a way to encourage rich conversation and common language at home. Please chat with your child/children about the focus and share your ideas.



This week's whole school GEM Chat focus:

What is a moment you are grateful for this week?

Happy Mother's Day



Many thanks to the Parents who helped with the Mother's day stall and breakfast. Your time is much appreciated.

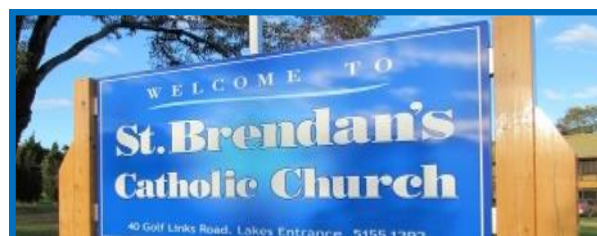


		Dates for the Calendar	
Term 2	MAY 2023		
	Sunday 14th	HAPPY MOTHERS DAY	
Week 4	Monday 15th	Division Cross Country - Bairnsdale	
	Tuesday 16th	9.10am St Brendan's Feast Day whole school prayer	
	Wednesday 17th	Winter Sports Years 5 –6	
	Thursday 18th	3.30pm First Communion Workshop 1	
	Friday 19th	2.30pm 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	3.30pm First Communion Workshop 2 Regional Cross Country	
	Friday 2nd	2.30pm Assembly: Year 3/4 Green	
	Sunday 4th	9.00am First Communion	
Week 7	Tuesday 6th	9.10am Year 3/4 Class Prayer	
	Friday 9th	9.10am Year 5 Class Mass F-2 Science Afternoon 3-6 Science Afternoon	
Week 8	Monday 12th, June	Kings's Birthday—No School	
	Tuesday 13th	Collaborative Conferences	
	Wednesday 14th	Collaborative Conferences	
	Thursday 15th	Collaborative Conferences	
	Friday 16th	9.10am Whole School mass Feast of the Sacred Heart Division Winter Sports	
Week 9	Monday 19th	2.30pm GHC Assembly: Year 3/4 Red	
	Tuesday 20th	Year 6 Camp	
	Wednesday 21st	Year 6 Camp	
	Thursday 22nd	Year 6 Camp	
	Friday 23rd	Year 6 Camp 2.15pm - End of Term 2	



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
Tue: 16/5	St Brendan's	Lakes Entrance	9.30am
	<i>The Feast of St Brendan</i>		
Wed: 17/5	St Colman's	Orbost	9.30am
Fri: 19/5	St Brendan's	Lakes Entrance	9.30am
Sat: 20/5	St Dymphna's	Buchan	9.00am
	St Joseph's	Swan Reach	5.00pm
Sun: 21/5	St Brendan's	Lakes Entrance	9.00am
	St Colman's	Orbost	11.00am

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





Year 1 Science has taken off this Term with a BANG!



The Mentos and Coke experiment is a fun and impressive demonstration of physical and chemical reactions. However, it is important to conduct this experiment safely and responsibly.

"It made a big explosion" - Kade



"It was cool" - Chad




"The coke exploded everywhere!" - Allira



"It was fun!" - Oliver



My Lab Report	
Question (What will happen when we put mentos into a coke bottle)	
My Hypothesis (What do I think will happen?)	explode
Equipment (What did we use?) - tube - mentos - coke	Method (What did we do?) - slide the mentos in the coke
Results (What happened and why?) exploded	



Year 5 Sovereign Hill Camp



Camp Acknowledgements

Year 5 would like to thank:

- Our parents/carers for giving us permission to go on camp
- Our parents for giving us spending money
- A huge thank you to all of our teachers who went on camp
 - Mr B
 - Mrs Mills
 - Jenny V
 - Emma
 - Mr Hamer
- Thank you to our bus driver Bryce for driving us everywhere safely
- Thank you to the staff at Sovereign Hill for a fantastic camp



On Monday 8th of May, Year 5 travelled to Sovereign Hill for camp.

We left St Brendan's at 7:00am and arrived at Sovereign Hill at 2:00pm. The first activity was Candle Dipping and then Confectionary Making. During the confectionary demonstration Huzaifa got stung by a wasp that got stuck in his shirt. We went back to our cabins and then we had a try at Gold Panning – most people found gold. After that we had pasta for dinner in the Sovereign Hill Café and then we went to the Light Show – most students thought this was the best activity at Sovereign Hill. There were three parts to the light show, the first was the 3D outer space movie clip, the second part we travelled on an open-air bus to an outdoor theatre and the third was a in an indoor/outdoor theatre for the Aura Sound and Light show.

This was the best camp ever!

Thank you to all of the teachers who looked after us on camp.

By Huzaifa & Oliver

On Monday the 8th of May, Year 5 went to camp at Sovereign Hill Ballarat.

On camp we did candle dipping, confectionary making, gold panning, gold pouring and mine tours. We also went to watch the Mario Bros movie and the Aura Sound and Light show.

For dinner on Monday we had pasta and for dessert we had chocolate and banana pudding. On Tuesday night we had roast and veggies.

We left Sovereign Hill at 8:30am on Wednesday and we stopped for lunch in Traralgon. We arrived back at school at 3:00pm.

The teachers that came on camp with us were Mr B, Mr Hamer, Mrs Mills, Jenny V and Emma.

We had a blast at Sovereign Hill camp!

Thank you to the teachers for looking after us.

By Lali and Indie L



We went to Sovereign Hill Ballarat on Monday the 8th of May until Wednesday the 10th of May and it took 6 hours to get there. Mr Hamer, Mrs Mills, Mr B, Jenny and Emma came on the amazing adventure. Some of the fabulous activities we did while we were on camp were; candle dipping, lolly making, Aura Light Show, gold pouring and mine tours. One of my biggest challenges for the camp was going underground in the mines as that was my biggest fear – but I did it!! The weather was cold on camp and there was a lot mud because it was raining. I had money to spend at the shops in Sovereign Hill and I bought a lollipop, a fan and I dipped my very own candle.

Thank you to our teachers and the staff who looked after us on camp.

By Ashantii



Year 3/4 Class Prayer



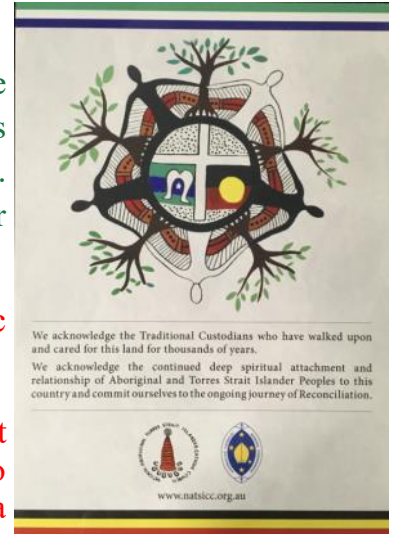
Dear God,
Thank you God for our family.
Please help us to be kind to others,
resilient and helpful at home.
You are amazing because of the water, light,
life and sun.
Amen

SIGNS AND SYMBOLS

What is a *sign*? What is a *symbol*? Why are they important? These are some of the things your children might be discussing as all classes inquire into *Signs and Symbols* in Religious Education this term. Perhaps go on a hunt with your child/ren around your home or neighbourhood—you might be surprised how many you find!

NATSICC (National Aboriginal and Torres Strait Islander Catholic Community) Acknowledgement of Country plaques.

Watch out for these new **SIGNS** around our school. They are not just a physical sign of welcome, understanding and the need for us all to continue the ongoing journey of Reconciliation. They are also a **SYMBOL** of respect.



FIRST COMMUNION

*There are many rich symbols used in the sacrament of First Holy Communion. Wine is a **SYMBOL** of joy and celebration. Bread and wine symbolise the Creator who gives life, the one who nourishes us.*

<http://flameoffaith.org.au/eucharist/>

Last Sunday, our First Communion candidates for this year all bravely stood out the front of our Parish congregation and made a commitment to prepare for this sacrament that is so central to our Catholic faith. Please keep these children and their families in your thoughts and prayers:

**Ivy lay, Clementine Moresi, Harriet Moresi, Josie Neal,
Amity Thomson, Sadie Williams**

First Communion will be celebrated on Sunday, June 4th at 9am Mass. All are welcome to come and support.

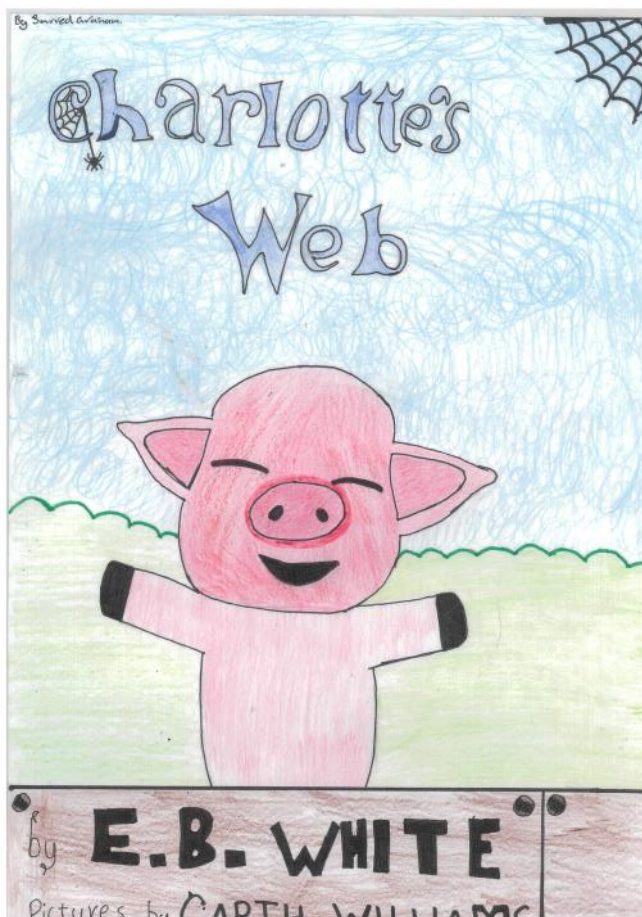
N.B. REMINDER: Our two parent/child workshops, scheduled for 18th May and 1st June, will now be commencing at 3.30pm.



Last Sunday, I went to Melbourne with my family to go to a netball game to watch the Melbourne Vixens play the West Coast Fever. At the start of the game I got to walk out with the Melbourne Vixens team and blow the whistle to start the warm up. I also stood on the court with them during the Welcome to Country. Kate Maloney walked out with me onto the court, it was very scary because there were lots of people watching me. I enjoyed watching the game and it was exciting when the Vixens won.

By Bella Hayllar

Reading Groups Grade 6



In our reading group last term we read the amazing novel Charlotte's Webb. In the story, the main character is Wilbur the Pig. Wilbur seeks to make new friends as he feels really alone at the beginning of the book. My favourite memory from the book is when Wilbur goes to the carnival and wins a competition at the fair. When we would read the book out loud in our group we worked on reading with expression and created new voices for each character. There was a drawing competition in our reading group to create the best front cover artwork. I created my own from my imagination and took inspiration from the book. I believe everyone should read this enjoyable and joyful book!

By Jarred Graham

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.





HOLIDAY SWIM PROGRAM

Monday 26 September to Friday 30 September 2022
Cost: \$57.00

Holiday Program consists of 30-minute lesson conducted each day over five consecutive days. (Monday – Friday)

Incentives for swimming in this program are:

- Enhances Confidence
- Helps improve and refine swimming technique
- Child / Children will be grouped into aged / level ability
- Swim and Survive Program – working with Life Saving Victoria

Enrol Now



  Lakes Entrance Aquadome
43 Palmira Road | P 5155 3333

 Bairnsdale Aquatic and Recreation Centre
80 McKean Street | P 5152 5710

eastgippsland.vic.gov.au/recreationcentres  [EastGippsShire](https://www.facebook.com/EastGippsShire)

FAMILY FUN NIGHT

Carers of children with a disability you are invited to Interchange Gippsland's Family Fun Night!

Date: Friday 5th May and Friday 19th May 2023
Time: 5pm-8pm
Location: Interchange Gippsland Bairnsdale office, Aroma Cafe Eastwood
Cost: FREE (book now – places are limited)

Come along to our Family Fun Night and enjoy games, craft, sensory activities and a pizza dinner for the whole family! Carers will then be treated to coffee, dessert and some child-free time at Aroma Cafe while the kids enjoy ice-cream and an interactive Wacky Wombat workshop!



RSVP to secure your spot by emailing Rebecca at admin@icg.asn.au or by scanning the QR code below

 1300 736 765 |  admin@icg.asn.au
 www.icg.asn.au |  [@InterchangeGippsland](https://www.facebook.com/InterchangeGippsland)



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

Enrolments are open for 2024

Book your personalised school tour
Modern, spacious, flexible learning spaces

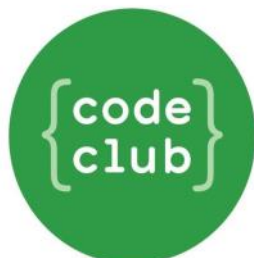


Together we achieve

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

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

Believing In
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

Your Best Gets Better
Since 1995
Kims
Taekwondo & Hapkido

Tony Paganella 4th Dan Taekwondo,
1st Dan Hapkido

EGTKDCLUB@gmail.com | 0419 315 855
www.EGTKD.com.au

TEXT "Free Class & Day" to Book your place