

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 18

June 16th, 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.



ICT Student User Agreement

Please read together with your child/ren and return the signed agreement ASAP. Thank you

GOLDEN HONOUR AWARDS ASSEMBLY

9.00am Monday, 19th June

Events Leaders

End of Term

Disco

Monday, 19th
June

Theme

Disney

Special Lunch

Hot Dog in bread

Calippo Icey Pole



End of Term 2 - Friday, 23th June at 2.15pm (EARLY FINISH)

Dear Families and Friends,

What a sensation afternoon the students had last Friday during our **Science afternoon**. I would like to complement our staff on the creative experiments they prepared for the children. In particular, I would like to praise our school captains and house captains who ran their own group experiments. They were outstanding, very prepared and well-resourced. Thank you, Mrs Mills for facilitating the event. Lots of mess, but plenty of fun.

Speaking of mess, Mr Bates has been creating some very engaging challenges in **STEM**. Please ask your child about their experiments in this area. The designs, creations and failures come together to form valuable learning experiences. Mrs Thompson has also made mess of her own with the construction of lanterns for the Winter Festival in **Art** lessons. The lanterns look fantastic. Hopefully, your family can make it for the crossing of the footbridge on the night of the Winter solstice.



Social Media and Pre-Teens - <https://raisingchildren.net.au/>

Popular social media apps among pre-teens and teenagers include Instagram, Messenger or Messenger

Kids, Pinterest, Reddit, Snapchat, TikTok, WhatsApp and YouTube Kids.

Online chat in multiplayer video games, like Fortnite, League of Legends, Clash of Clans and The Sims is also a popular social media option for pre-teens and teenagers.

Social media: risks: Social media can also pose risks. For your child, these risks include:

- being exposed to inappropriate or upsetting content, like mean aggressive, violent or sexual comments or images
- uploading inappropriate content, like embarrassing or provocative photos or videos of themselves or others
- sharing personal information with strangers – for example, images, date of birth, location or address
- cyberbullying
- being exposed to too much targeted advertising and marketing
- being exposed to data breaches, like having their data sold on to other organisations.

Talking about social media use

Talking with your child is the best way to protect them from social media risks and ensure their internet safety. Talking gives you the opportunity to help your child:

- work out how they want to treat other people and be treated online – for example, you can encourage your child to make only positive comments
- understand the risks involved in using social media – for example, your child might be tagged in an embarrassing photo taken at a party
- learn how to navigate the risks – for example, if your child posts an identifiable selfie, they can reduce risk by not including any other personal information
- learn what to do if people ask for personal details, are mean or abusive online, post embarrassing photos of them, or share information that links back to them.



Our year six cohort are bubbling over with excitement as they prepare for their trip to Melbourne. At the **Melbourne camp** our students will experience an MCG tour, Science Works, the Melbourne Goal and the Arts Centre just to name a few. At night we will have fun at the Melbourne Sports and Aquatics Centre, Clip and Climb and a meal in China Town. We are so proud of the camps we can provide but the running cost of camps is going up rapidly. Later in the year we will conduct some fundraisers to help us sustain camps without putting up the cost to families.



Thank you to the families who helped out at our **Working Bee** a couple of weeks ago. We achieved a lot and saved the school quite a bit of money in the process.

It has been very nice to see families all attending the **Collaborative Conferences** this week. I have received plenty of positive feedback about the structure and content of the meetings. These meetings are a vital contribution to the progress of your child as we support them in their personal and academic growth.

Please join us on Friday for our whole school **Feast of the Sacred Heart Mass**. Also, good luck to our footy team at the **Division Winter Sports** competition!

Kind regards,
Matthew Hamer



Week 9's whole school GEM Chat focus:

Try this mindfulness strategy during the holidays:
5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste.

		Dates for the Calendar	
Term 2	JUNE 2023		
Week 9	Monday 19th	12.40pm End of Term Special Lunch and Disco 9.10am 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	
Term 3	JULY 2023		
Week 1	Monday 10th	9.00am Term 3 commences	
	Thursday 13th	3.45pm Confirmation parent meeting	
	Sunday 16th	9.00am Confirmation Commitment Mass	
Week 2	Friday 21st	2.30 Assembly—School Captains	
Week 3	Thursday 27th	3.45pm Confirmation workshop 1	
	Friday 28th	9.10am Year 1/2 Class Mass	
Week 4	Monday 31st - Wednesday 9th August	Scholastic Book Fair	
	AUGUST 2023		
	Tuesday 1st	Year 5 Class Prayer	
	Thursday 3rd	District Athletics—Howitt Park, Bairnsdale	
Week 5	Thursday 10th & 11th August	Student Free Days	

Stay connected
with your
child's learning
through Seesaw.

Keeping Warm

During the winter months we allow students to arrive at school with a beanie, scarf, gloves or wind proof jacket on to fight the cold. We require these items to be navy blue or black.

Please make sure your child brings their school jumper to school everyday during winter.

Sat: 17/6	St Dymphna's	Buchan	9.00am	St Brendan's & St Colman's Catholic Church - Mass Times	
Sun: 18/6	St Joseph's	Swan Reach	5.00pm		
	St Brendan's	Lakes Entrance	9.00am		
	St Colman's	Orbost	11.00am		
Tue: 20/6	St Brendan's	Lakes Entrance	9.30am		
Wed: 21/6	St Colman's	Orbost	9.30am		
Fri: 23/6	St Brendan's	Lakes Entrance	9.30am		
Sat: 24/6	St Brendan's	Lakes Entrance	9.30am		
	Solemnity The Nativity of St John The Baptist				
Sun: 25/6	St Brendan's	Lakes Entrance	9.00am		
	St Colman's	Orbost	11.00am		

Science Afternoon



On Friday, the 9th of June we had a special afternoon. We had a whole school science afternoon. There were many activities like oobleck making, lava lamps, fireworks in a jar and a balloon that inflated when you put bicarb soda and vinegar together which caused a chemical reaction. The students moved from room to room for each activity. Year Six students helped run the afternoon with the help of many of the teachers. Everyone enjoyed themselves, learned some interesting science facts and had a blast.

By Nathan Nguyen and Zac Elfrink

Science Afternoon



Science Afternoon



Out on Country

By Lylaha, Lashani and Brok

On Tuesday, 13th June we went on an excursion to Gunaikurnai Land And Waters Aboriginal Corporation (GLAWAC) and Metung.

First we went to GLAWAC and Aunty Paula showed us through. We looked at the Indigenous art. There were paintings, woven basket, pictures and a Possum Skin Cloak. There was a painting of an Australian Super Hero, also there were gifts that had indigenous patterns on them. Uncle Kevin, who is the head chef of the Bush Cafe, spoke to us about how he cooks Kangaroo for people to taste and he uses bush herbs. We call This bush tucker. He also told us about the new outside amphitheatre being built, they had a 3D model of this so we could see what it was going to look like when finished.

Then we went to Metung and had our morning snack. We sat beside the lake and ate. From here we went to visit Legend Rock. Legend Rock is an important part of Gunaikurnai mythology. It is about fishermen who caught too many fish and did not share it with their dogs. They got turned into rocks because they were greedy.

After seeing the rock we headed back to school.

Eliza - "I liked seeing Legend Rock"

Brok - "The best part was the Art Gallery"

Hazelle - "I liked going on the bus and seeing the boats"

Lashani - "I liked Metung"



Lylah - "The best part of the day was visiting Metung"



SPECIAL REPORT

Social Media Influencers



A SPECIAL REPORT: Social Media Influencers

Social media influencers have become powerful individuals who often shape the opinions and beliefs of others due to strong connections with their audiences. In today's fast-paced digital world, attention has become a valuable commodity.

However, the impact of social media influencers on youth mental health is a growing concern, most recently, the controversial actions and statements of Andrew Tate. His rise to fame has made him a polarising figure, amassing a significant following of mostly young males. Educators and families have raised urgent concerns about the damaging nature of Tate's content, worried that his messages may radicalise students and create a generation of young men with regressive and harmful beliefs.

Young people often compare themselves to the idealised lives presented by influencers, leading to feelings of inadequacy, low self-worth and dissatisfaction. Social media algorithms may also expose them to inappropriate or harmful content such as explicit material, promotion of harmful behaviours, or distorted perceptions of body image or mental health.

It is important to guide a young person's social media use and promote open communication. Be curious to comprehend why they might be drawn to radical influencers, like Andrew Tate, and actively seek understanding as part of the solution. While not all influencers have a negative impact, parents play a vital role in ensuring a balanced approach to social media. By actively modelling kindness, respect and positive values, parents can help tackle the sway of radical influencers and be part of the solution to countering unhealthy masculinity.

This Special Report provides guidance on how to respond to misinformation and disinformation, instead encouraging critical thinking and emphasising the value of real-life connections.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report:

https://lakesent.catholic.schooltv.me/wellbeing_news/special-report-social-media-influencers-au



Congratulations for completing the Premiers' Reading Challenge 2023

Jane Hawkins

Leon Alwyn



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 photos to:
kwykes@lakesent.catholic.edu.au, if you would like their achievements published in the school newsletter.

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.



Is your child starting Foundation in 2024?

Foundation 2024 Enrolment Tours are now taking place.

Book your personalised school tour.

Enrolment packages will be provided on the day of your tour.

Please call the School Office on 51552712 or

email principal@lakesent.catholic.edu.au to book.





FEES

Vacation Care: \$90

Subsidy. This subsidy will determine your actual fees. Please contact the Family Assistance Office (FAO) on 13 61 50 to find out more about your entitlements.

Additional payment is required for excursions and some incursions.

Please note: These costs will be added to your child's fee.

HOURS OF OPERATION

8am to 6pm

WHAT TO BRING



Vacation Care Program June/July School Holidays 2023

Operating from the
Lakes Entrance Primary
School
(Lambert street access).

PH: 5144 6952
info@gumnutselc.vic.edu.au

WEEK ONE

Monday 26th June: Mini Golf with lunch at the rotunda
Let's try our luck and see how many holes in one we can get at the Footbridge Mini golf. We will enjoy the state of the art new indoor course just in case the weather is not very nice. The children will then walk down to the rotunda to eat their lunch. Please pack a lunch for this day and lots of snacks.
\$15

Tuesday 27th June: Teddy bear picnic and cooking with GLCH
The children will be involved in cooking our healthy snacks and lunch for our teddy bear picnic. We have engaged Anna from GLCH (Stephanie Alexander program) to help with delivering an educational cooking experience. For those children not interested in cooking there will be alternate activities to engage in, with full access to all equipment. Please bring your favourite teddy
\$5pp

Wednesday 28th June: Technology day
The children can bring their own technology for today, whether it's a switch, iPad, laptop etc. Please no phones with data as we are unable to monitor their activities. We have the computers and a switch for the children to use as well. The children can engage in other activities in technology is not something they enjoy. Please pack lots of lunch and snacks

Thursday 29th June: Aqua dome and inflatable
We will walk to the aqua dome, leaving the service by 10am. When at the aqua dome the children will have access to the inflatable slides and climbing equipment. Please pack lunch and lots of snacks for energy for this day as we will be eating at the pool. We will then leave the pool at 3pm. Children can be collected at the pool prior to 3pm or back at the service after 3.30pm.
Cost \$10pp

Friday 30th June: Clay sculptures
Let's get creative and manipulate the clay into small creatures and figures or wherever your imagination takes you. The clay will dry overnight and the children will be able to take them home. Please pack lots of lunch and snacks
\$5pp

WEEK TWO

Monday 3rd July: Science day
Science is a great activity for all ages and abilities. We will explore chemical reactions when different additives and combined. The world of science can be very intriguing. Those children who would before not to engage in the science experiments will have full access to the activities in the room.
\$5pp

Tuesday 4th July: Arts and craft and Treasure map hunt
As the weather on these holidays is not usually nice we will be spending the day getting creative indoors with lots of recycled and natural resources. Children will have the access to the school grounds to collect resources for their projects. In the afternoon the children will be given a list of items to find around the school and will need to mark it on the map where it was found. Younger children will be paired in with older children to make it easier.
Please pack lots of lunch and snacks

Wednesday 5th July: Cinema and all abilities playground
We will be catching a bus to Bairnsdale cinema to relax and enjoy a movie with popcorn and a drink. The children will need a packed lunch for this day and plenty of water and snacks to keep refuelled as we will be stopping at the all abilities playground for lunch and a play before heading back to the service.
Cost \$35pp

Thursday 6th July: Tie Dye Day
The children have been loving creating their own tie dye shirts and have asked to do more. It's great seeing them wear them the following days and being proud of the patterns and swirls they create. Please pack lots of snacks and lunch to last the busy day.
\$5pp

Friday 7th July: Pyjama day and movie
It's always nice to finish the holiday program with a relaxing day in our pyjamas and a movie. Please come in your pyjama's and bring a blanket if you like to get nice and cosy while watching movies. We will enjoy party food for lunch so please pack snacks to last the day.
\$5pp

If you need to contact the Vacation Care directly, we can be contacted on
0493 364 179

PLEASE NOTE:
During the program children participate in spontaneous and planned cooking experiences which may include light lunch servings or afternoon tea items. On these days your child will still need to bring their own lunch and enough food to last the whole day.

PLEASE NOTE: If your child does not attend on a day they have been booked in, you will still be charged for the day unless 48hours notice is given for a cancellation.

****Please ensure that your child has a sufficient amount of food packed to keep them sustained for the day. We also encourage children to bring a drink bottle filled with water only. (Please refer to our Healthy Eating policy.)****

This program is subject to change depending on the following circumstances: Covid-19 restrictions, severe/code red weather, numbers of children and availability of extra-curricular activities. Prices for excursions may also change.
Staff will notify you of any changes

To book a place for your child in our Vacation Care program, please contact our office on 5144 6952

Alternatively, please contact us via email at:
info@gumnutselc.vic.edu.au

Pre-Festival Lantern Making Workshop

Bairnsdale Community workshop

Butter Factory, Bridge St, Bairnsdale

Date: Saturday 3rd June

Time: 10am - 2pm

LTBH Community workshop

Lake Tyers Beach Hall, 1 Mill Point Rd, Toorloo Arm

Date: Saturday 24th June

Iceworks school holiday lantern workshops

Iceworks, 5 Carpenter St Lakes Entrance

Date: Monday 26th June - Friday 30th June



NETBALL TRAIN AND PLAY



About Train and Play

Train and play is a free four week program where children will learn netball skills and play a game. The idea of train and play is to increase netball participation and to get children and families interested to participate in a junior competition.

4 week program

Commencing Wednesday May 31st - 3:30 - 4:30

All Abilities Net Set Go Program

An adaptive and inclusive program for children with a disability.

Commencing Wednesday May 31st - 4:45 - 5:30



Lakes Entrance Rec Reserve
Rowe street, Lakes Entrance

lakesentrancena@gmail.com



2023 CBCA BOOK WEEK
19-25 AUGUST

To celebrate CBCA Book Week 2023, you are invited to enter our annual
DRAW A PICTURE/WRITE A STORY COMPETITION
For more information visit your local library or phone 5152 4225.

**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



- JUNIOR TENNIS COACHING CLINIC -

MON 26th, TUE 27th & WED 28th of JUNE

4-7 YEAR OLDS
9AM - 10AM \$30 PER PLAYER

8 YEAR OLDS +
10AM - 12PM \$50 PER PLAYER

Join us these school holidays for **three fun days** of tennis games and activities!

Develop skills • Improve fitness • Have loads of fun!

BOOKINGS ESSENTIAL! FOR MORE INFO CONTACT:

MIKE SPRUZEN - 0412 517 700

TENNIS AUSTRALIA CLUB PROFESSIONAL COACH



[@LakesEntranceTennisClub](https://www.facebook.com/LakesEntranceTennisClub)



play.tennis.com.au/lakesentrancetenniscub

To recognise Refugee Week, 18th - 25th June with this years theme 'Finding Freedom', Susan Murphy will be our guest speaker and talk about the myriad of visas required.

Tuesday 20th June 7.30pm at Anglican Church hall, Francis St, Bairnsdale.

All welcome.

B'dale Men's Choir will also entertain us.

Supper supplied.

Contact Joan 0431 438 034 for more info.

EGASS East Gippsland Asylum Seekers Support Group



Refugee Week

Coordinated by
Refugee Council of Australia



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	



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



*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



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