

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 21
July 21st, 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



Prevention of Vaping Information Session

*Things you thought you knew,
but really don't!*

Thursday 27th July 2023 from 2:30pm to 3:15pm.

St Brendan Catholic Primary School

Presenter: Tehseen Zafar – Prevention and Population Well-being Worker at

Gippsland Lake Complete Health GLCH



Afternoon tea will be provided.

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RSVP via PAM. Connect Survey - in the alert/notification section or call the school office. Thank you



Uniform reminder: Students are required to wear jumpers and tracksuit pants to school on sports uniform days. Many students are presenting to the office in the morning, cold, requesting jumpers. Please ensure your child brings a jumper to school each day. Thank you.

| | | Dates for the Calendar |
|---------------|----------------------------------|---|
| Term 3 | JULY 2023 | |
| Week 3 | Thursday 27th | Book Club Issue 5—last day to return order. 2.30pm - 3.15pm Parent : Prevention of vaping information session 3.30pm Confirmation workshop 1 |
| | Friday 28th | 9.10am Year 1/2 Class Mass |
| Week 4 | Monday 31st - Tuesday 8th August | Scholastic Book Fair |
| | AUGUST 2023 | |
| | Tuesday 1st | 9.10am Year 5 Class Prayer |
| | Thursday 3rd | District Athletics—Howitt Park, Bairnsdale 3.30pm Confirmation workshop 2 |
| | Friday 4th | 2.30pm Assembly: Foundation |
| Week 5 | Tuesday 8th | 9.10am Whole school Mass for St Mary MacKillop Feast Day |
| | Thursday 10th & 11th August | Student Free Days |
| Week 6 | Tuesday 15th | 9.10am Year 6 Class Prayer |
| | Friday 18th | 9.10am Year 3/4 Class Mass |
| Week 7 | Monday 21st | Book Week Dress Up Day |
| | SEPTEMBER 2023 | |
| Week 8 | Friday 1st | Father's Day Breakfast |



Week 3 Whole School GEM Chat focus:

Mindfulness - What is your favourite mindfulness activity and why?

Working on mindfulness gives us opportunities to develop our ability to pay attention to the present moment, our movements, and our thoughts. Practising mindfulness daily can help us stay focussed on set tasks, reduce stress and anxiety.

Family Mindfulness habit builder:

Every night at dinner, ask everyone to take one mouthful of food more mindfully than the rest and think about the flavours they can taste and how it makes them feel. (They can also thank the chef!)

Family Mindfulness habit builder:

When going on a family walk, each member takes note of 3 new, interesting things they can see. Have a family discussion about each of the items.

| | | | |
|-----------|--------------|----------------|---------|
| Sat: 22/7 | St Brendan's | Lakes Entrance | 9.00am |
| Sun: 23/7 | St Brendan's | Lakes Entrance | 9.00am |
| | St Colman's | Orbost | 11.00am |
| Tue: 25/7 | St Brendan's | Lakes Entrance | 9.30am |
| Wed: 26/7 | St Colman's | Orbost | 9.30am |
| Fri: 28/7 | St Brendan's | Lakes Entrance | 9.30am |
| Sat: 29/7 | St Brendan's | Lakes Entrance | 9.00am |
| | St Joseph's | Swan Reach | 5.00pm |
| Sun: 30/7 | St Brendan's | Lakes Entrance | 9.00am |
| | St Colman's | Orbost | 11.00am |

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



Please keep the O'Rourke family, Ella (Year 1) in your prayers on the recent loss of a loved one.

Our thoughts and prayers are with you all.



Year Three to Six Opportunities



St Brendan's Catholic Primary School is pleased to offer students in years three to six several academic opportunities this term. If you would like further information on any of these opportunities please contact your child/ren's class teacher or Jenny Graham.

A brief description is below.



Australian Maths Competition

St Brendan's is involved annually in this competition with a large number of students participating. Students were invited to take home a letter for further information, however, the key points are:

Date: Wednesday, 2nd August, 2023

Cost: \$8.00

Brief description: The competition aims to be accessible to all students from Years 3 to 6, not just the mathematically gifted. There is an emphasis on problem solving, a valuable life skill, and the questions are designed to be fun for the student. The AMC consists of 30 questions with the time allowed to complete the paper being 60 minutes.

Every participant receives a Certificate of Achievement and a detailed report showing how they performed on each problem.

Further information: <https://www.amt.edu.au/run-competitions-programs>



VIC Spell

Vicspell is an opportunity for students in year 5 and 6 to compete in a spelling competition. Class teachers will run a competition and 2 students will be selected to represent St Brendan's Catholic Primary School at the Zone Final in Paynesville on Monday, 7th August, 2023.

Students in year 5 and 6 do not have to participate in the school Spelling Bee competition, it is an opportunity for those students who feel they will have the skills and confidence to compete at the next level. This competition is free for students.



Lions Club Public Speaking Competition

Once again St Brendan's has been invited to participate in the Lion's Club Public Speaking competition. Students in years 4 - 6 have been introduced to the topics and will be taking home information to practise their speech. This is an opportunity and students do not have to participate. Students who want to compete will receive an entry form to ensure parents are aware of the process.

School competition will be finalised by Friday, 28th July, 2023.

CONFIRMATION 2023

Our Confirmation program began with a parent information session that was held in Week One and a Commitment Mass last Sunday. We have a group of girls who will be working hard learning about the sacrament and reflecting on what it means to them.

Please keep them in your thoughts and prayers:

Paige Bandura, Sienna Djukic, Mia Hamer, Sierra Lazzarotto, Harriet Moresi.



Class Prayer Leaders

This year, we have reinstituted class prayer leaders. This is a group made up of a representative from each hub; Foundation to Year 6. The group meet three or four times a term to learn new prayer strategies and ideas that they can then take back and teach to their classmates. Over the next few weeks, we will meet them all.

Today, we meet Kobii Condon from Year 1/2Green

Some facts about me:

I like ice-cream.

I like praying every night to God,
Mary and Jesus.

I have a teddy puppy called Pup
Pup.

Something I think is important:

My mum, dad and brothers are
important to me.

I am on the Prayer Committee
because I like to say prayers.



Kobii's prayer for the beginning of term

Dear Jesus, Help us take care of the fish of the ocean. Help us to love the birds. Please help us feed the turtles and look after all the animals. Thank you Jesus

Black Holes

By Leo Bassett-Albert

Black holes are astronomical objects that pull so much matter that light can't escape. Black holes have many mysteries to them like what makes them dangerous and what is inside them.

Black holes are massive stars that implode. Black holes form from the remains of a star that went supernova with the size of 3-10 solar masses(999 000 Earths to 3 330 000 Earths). Black holes sometimes aren't always the density or even the size of a star. According to NASA scientists black holes can be any size and even a black hole the size of an atom can have the density of a mountain. Black holes form from dying stars that go supernova and implode into an infinitely dense black hole.

Black holes are dangerous causing a unique type of destruction. The thing that makes black holes dangerous is because they suck everything in and no light can escape. The accretion disk is gas, plasma, particles and dust orbiting an astral mass getting to over 100 000 degrees Celsius. NASA theories that the Earth is in no danger from black holes because even if a black hole the size of the sun replaced the sun it would still have the exact same gravitational pull as the sun. Although Earth is not in any danger from any black hole, the mass destruction a black hole is what makes them so dangerous.

Inside a black hole is so mysterious that scientists are still struggling to prove what is in them. Black holes have 2 parts: the event horizon and the singularity, the singularity is the infinitely dense and infinitely small core from the remnants of a dying star. The event horizon is the surface of a black hole that to exit it you have to exceed the speed of light. A black hole is physically inescapable which is why no one can prove anything that is inside of it.

The reason that black holes are so dangerous is because of the accretion disk and the fact that black holes suck so much matter in that no light can escape. Black holes are still a mystery to everyone meaning there may be many dangers that could come to black hole affected regions of space.



Year 6 - Information Reports

Earthquakes

By Joanie O'Brien

An earthquake is a harmful shaking of the ground that can cause massive amounts of destruction. A lot of the time they impact the land in extreme ways and the damage can be irreversible. Tectonic plates shifting below earth's surface cause earthquakes to constantly occur, whether they are large or unnoticeable. After they happen, seismologists use a certain system in order to measure them. This information report will tell you how earthquakes are caused, how they impact the land and the procedure that is used to measure them.

Earthquakes are formed by natural causes. The earth's crust is made up of tectonic plates which float on molten rock. Molten rock is a liquidised rock formed under extreme heat. The state of matter causes the plates to constantly move. This is how mountains and volcanoes are formed. Earthquakes happen when parts of the earth's crust push against each other causing one to shift below the other. Due to the force, they spring back dramatically and cause the earth to shake. This is a naturally occurring event without human cause.

Earthquakes impact the land on earth. The effect of an earthquake can be extremely destructive or it can be so subtle that it is not at all noticeable. Depending on their strength, they can cause massive amounts of damage to the earth, resulting in buildings collapsing and people losing their lives. A recent earthquake in Turkey with a magnitude of 7.8 left buildings in pieces and killed over 50,000 people. An earthquake of a large magnitude can create dramatic changes to the earth's surface, causing things like soil liquefaction, avalanches, landslides, fissures, fires and tsunamis. Earthquakes cause extreme changes to our planet's surface making their impact significant.

There is a complex procedure you must carry out to measure an earthquake. American seismologists Charles Richter and Beno Gutenberg created a system called the Richter scale in 1935. The Richter scale measures the height and the strength of an earthquake. They record the size of an earthquake using a numerical system. The Richter scale does not have a limit, but the largest known shock was at a magnitude of 9.5 in Chile, 1960. Most earthquakes are small with less than 3 on the scale. These are known as microquakes and can happen multiple times a day without being noticed. Measuring an earthquake is a complicated yet important science that helps us learn about their force on earth.

Earthquakes occur naturally throughout our planet and harm the surface. The impact of a quake varies, some being extremely lethal and some even being referred to as microquakes. The damage of an earthquake can cost people their homes, and their lives. Seismologists measure every earthquake using a complicated system.

Year 6 - Information Reports

WANTED

Wanted in the artroom

- ♦ Old beads and necklaces
- ♦ Unwanted Cds
- ♦ Plastic loyalty cards, like credit cards without personal details
- ♦ Old photo frames, any size
- ♦ Disused keys, nuts, bolts, springs, any small wooden or metal objects
- ♦ Magazines and newspapers
- ♦ Small scrapes of timber that can be cut for construction bases
- ♦ Egg cartons and flattened cereal boxes
- ♦ Fruit or veggie net bags—Orange or onion bags
- ♦ Bubble wrap



Dear Year Six Parents,

If you intend for your child to attend Nagle College next year please note the following message as enrolments are closing.

Go to the Nagle College Website: <https://www.nagle.vic.edu.au>

Enrolment— How to Enrol— Application

The Nagle College Enrolment Application form can be submitted electronically or via email to registrar@nagle.vic.edu.au

Alternatively, families are welcome to contact Sharon Williams directly at the address provided and a hard copy of the application form will be mailed out.

Families are kindly asked to submit their applications with supporting documentation as soon as possible.

Sharon Williams | Registrar / Marketing Assistant | Nagle College

PO Box 507 (20 Hope Avenue) | Bairnsdale | 3875

D: 03 5152 9984 | T: 03 5152 6122

E: registrar@nagle.vic.edu.au | W: www.nagle.vic.edu.au



**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

St Brendan's Op Shop has second hand school uniform available.

**St Brendan's
Winter School
uniform
available \$3.00
per item unless
otherwise
marked.**

Open 10am-3pm
Tuesday, Wednesday &
Thursday.

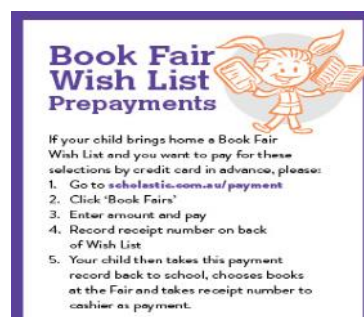




- Students will preview the fair items with their class
- Student will make **wish lists** and bring them home.
- Parents can then choose:

1. to come along to the Book Fair with your child
2. pay by Credit Card online and **write receipt number on the wish list** or print the receipt to pdf or take a screen shot with receipt number and email to kwykes@lakesent.catholic.edu.au. (Emails need student name, class , books wanted and receipt number). Your child brings to school the completed **wish list** to collect book (or a reorder is placed if stock is sold).

We really benefit from holding the fair as we replenish the library with new books from the commission we earn.



(Payment by Cash, Cheque, Credit and EFTPOS)

| Date | Time – Before School | Time – After School |
|-----------------------|----------------------|---------------------|
| Monday, 31st July | 8.40am – 9.00am | 3.00pm-3.30pm |
| Tuesday, 1st August | 8.40am – 9.00am | 3.00pm-3.30pm |
| Wednesday, 2nd August | 8.40am – 9.00am | 3.00pm-3.30pm |
| Thursday, 3rd August | 8.40am – 9.00am | 3.00pm-3.30pm |
| Friday, 4th August | 8.40am – 9.00am | 3.00pm-3.30pm |
| Monday, 7th August | 8.40am – 9.00am | 3.00pm-3.30pm |
| Tuesday, 8th August | 8.40am – 9.00am | 3.00pm-3.30pm |

A Reminder: Students may only attend the Book Fair before or after school if they are with their parents or have the money to purchase items.

- We will take photos of the book cases with as many prices as possible on covers and upload them to the PAM for your viewing.
- We can accept cash. Please send correct amount to school in an envelope clearly marked with child's name, class and books/items required.



Congratulations for completing the Premiers' Reading Challenge 2023

Alexandra Drew



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 **tyed 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.





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 | \$3.00 |
| MINERAL WATER | |
| CANS | |
| LIME, RASPBERRY, WATERMELON, MANGO, | |

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 |

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 | |

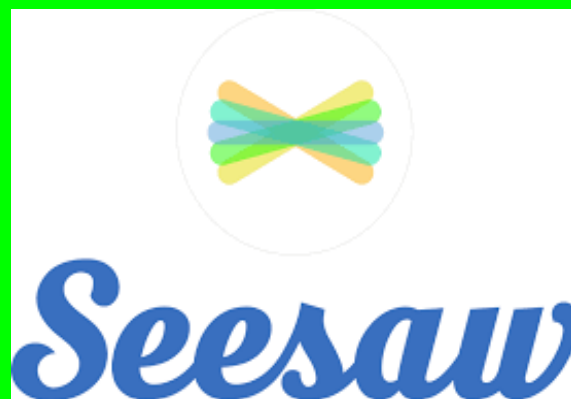
ISSUE 5



SCHOLASTIC Book Club

Please return by
Thursday, 27th July

Stay connected with your
child's learning through Seesaw.



You are invited to our Youth Group

GLOW

TRUST IN THE LORD WITH ALL YOUR HEART: PROVERBS 3:5

Join us for Food, Music, Games, Singing

@ St Mary's Parish Centre

(entry via McDonald's car park)

1st & 3rd Saturday of the Month

(excluding school holidays)

Time: 5pm to 7pm

5pm Youth Group - Games, Singing, Dancing, Food

6pm Church Mass - Children's Choir &

Children's Liturgy of the Word

Ages: 8 - 13 years (however, all are welcome)

Our gatherings will occur on the following dates:



- * 5th & 19th August 2023
- * 2nd & 16th September 2023
- * 7th & 21st October 2023
- * 4th & 18th November 2023
- * 2nd & 16th December 2023



Contact Fr Mark Hughes or Michelle Grimsted
St Mary's Parish, Bairnsdale
on 5152 2942 for more information

