St Brendan's Primary School 1581 40 Colf Links Road, Lakes Entrance 3909

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 24 August 9th, 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.

CLOSURE

St Brendan's Catholic Primary School will be closed on Thursday, 10 and Friday, 11 August.

Children, enjoy your long weekend. See you Monday, 14th August at 9.00am



Dear Families and Friends,

Our student representatives returned from the Vic spell competition this week with broad smiles after some fine achievements. By all accounts they had fun in the process and we congratulate them all on their performances. Harry Strong finished first in the year five category and Cooper Kennedy made it into fourth place. In year six, Mikayla Summerton and Joanie O'Brien finished second and third respectively. Harry will progress to the state final on September 12 in Traralgon.

This year's District Athletics Carnival was held last week in very warm conditions. Our students performed admirably taking out two of the relay finals and with several students making it through to the next round of competition. While running the shotput event I was witness to Destiny Hayes and Oscar Mann's first places with Oscar releasing a put of 8.47 metres with a 3 kg weight. Very impressive! Division Athletics take place on Monday, 4 September at Howitt Park, Bairnsdale.

Preparing for difficult conversations with pre-teens and teenagers - https://raisingchildren.net.au/

Help your child recognise when they've done well and encourage positive behaviour with these tips.

What to praise, encourage and reward:

• Look for little changes and successes. Praise any effort or improvement, rather than waiting until your child has done something perfectly.

• Praise your child for their strengths and encourage your child to feel excited about their own interests. This will help your child develop a sense of pride and self-confidence.

When to praise, encourage and reward

• Try to praise your child much more frequently than you correct them.

• When you feel good about your child's behaviour, say so. Make sure to give your child some praise and encouragement every day.

• Surprise your child with rewards for good behaviour. For example, 'Thanks for picking up the toys – let's go to the park to celebrate'.

How to praise, encourage and reward

• Look for nonverbal ways to praise or encourage your child. A thumbs up, smile or high five can be powerful ways to show your child you're impressed by their behaviour or efforts.

• Try to make your praise appropriate to the behaviour – sincere and enthusiastic, but not over the top. Children can tell when your praise is genuine.

• Try to mix up rewards. Rewards work best when your child doesn't expect the same reward each time.

• Use praise and rewards in age-appropriate ways. For example, teenagers might not want to be praised publicly for their efforts, whereas toddlers might love being singled out for praise.

Our staff are working together over Thursday and Friday this week, engaging in professional learning. This is the first opportunity we have had to work together in this manner since 2019. We will make the most of it. Thank you for making alternative arrangements for your children.

Kind Regards, Matthew Hamer

		Dates for the Calendar
Term 3	AUGUST 2023	
Week 5	Thursday 10th & 11th August	Student Free Days
Week 6	Thursday 17th	9.00am-3.00pm—Year 1/2 Excursion to Bairnsdale
	Friday 18th	9.10am Year 3/4 Class Mass
Week 7	Monday 21st	Book Week Dress Up Day
	Tuesday 22nd	9.10am Year 6 Class Prayer
	Thursday 24th	10.30am - 3.00pm Foundation Excursion
	Friday 25th	2.30pm Assembly: Year 1/2 Blue
Week 8	Tuesday 29th	Father's Day Stall
	Wednesday 30th	Father's Day Stall
	SEPTEMBER 2023	
	Friday 1st	Father's Day Breakfast
Week 9	Monday 4th	Division Athletics
	Friday 8th	9.10am Whole School Prayer Creation Month / Ember Day
Week 10	Tuesday 12th	9.10am Foundation Class Prayer
	Friday 15th	9.10am GHC Assembly :Year 5 Blue 2.15pm Term 3 ends

Keeping Warm

During the winter months we allow students to <u>arrive at school</u> 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



There will be an extra Baptism Information Session on Sunday 27th Aug after the 9am Mass. Please book through the parish office or phone Joan Micah 0431 438 034, especially if you're interested in having your baby/child Baptised before Christmas!

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

Fri: 11/8 Sat: 12/8 Sun: 13/8

winter.

St Brendan's Lakes Entra St Brendan's Lakes Entra St Brendan's Lakes Entra St Colman's Orbost St Peter's Mallacoota

 Lakes Entrance
 9.30am

 Lakes Entrance
 9.00am

 Orbost
 11.00am

 Mallacoota
 3.00pm





Book Week at St Brendan's





Prayer and Parade - all welcome

9:10am - 9:20am *Whole School Prayer in the Hall* 9:20am - 10:10am *Book Week Parade - students dress as their favourite book character*



Second Hand Free Book Stall

All students will select a free second hand book to take home

****Donation of books welcome prior to Book Week - please drop off at 3 / 4 area****



Art Room Book related craft activities in the Art Room



Bring a teddy to school day

Students are invited to bring their teddy to school to help them learn and read with them.

Wait	•	Book Week Quiz run by 1 / 2 Red
there's More!	•	Year 6 students reading in the library during lunchtimes
	•	Book related craft activities in the Art Room



By Juliet Walker and Sierra Lazzarotto

On Thursday the 3rd of August students from grades 3 - 6 competed in the District Athletics at Howitt Park in Bairnsdale. We competed against people from different schools around the area. Around 50 students from St Brendan's attended.

It was a full day of all athletic disciplines. Many students got a ribbon with finishing in 1st place. Many other students got 2nd and 3rd which is a huge effort. Everyone made an outstanding commitment to come and try their best. The students that got 1st or 2nd in their events will be going to Division Athletics on the 4th of September. We wish the best of luck to them. Thank you to Mr Bates, for organising the event, Mr Hamer, Miss Terry, Mrs Mills, Jenny V, and all the volunteers who helped out.





EAST GIPPSLAND VICSPELL

On Monday, the 7th of August, four students represented our school for Vicspell. Everyone was excited and ready to have a try at the spelling bee. We arrived at Paynesville Primary School and took a seat. The judges explained the rules and called the Year 5s up to collect their certificates first. The process that our spellers had to do was simple. We had to pick a wooden marble with a number on it from a cup and tell the judges our number. Then the judges would look at their list of words and give us the word next to our number. Cooper and I were the year 5 representatives and were ready to start. Everyone worked really hard until it had finished. Then it was the Year 6s turn, Joanie and Mikayla represented our school. Both of them put in loads of effort and achieved a great result. Everyone from our school was very successful and proud of their efforts. We all went back to school top 4 and I even won a trophy for coming first. I have been invited to take part in the state Vicspell final in September. We would like to thank Mrs Mills and Dan for taking us to the event, Paynesville Primary School for hosting the event and Vicspell for running the spelling bee. By Harry Strong

YEAR 5 RESULTS:

1 st Harry Strong (St Brendan's PS, Lakes Entrance)

2 nd Evie Filtness (St Mary's PS, Bairnsdale)

3 rd Shakur Perry (754 PS)

EQUAL 4th Ariana Booth, Lexie Fordham, Grace Hutchins, Cooper

Kennedy & amp; Courtney Widdows

Equal 5th: Arthur Hood, Zeke Williams

Equal 6 th : Charlotte D'Amore, Hamish Jack

YEAR 6 RESULTS:

- 1 st . Phoenix Veitch (754 PS)
- 2 nd . Mikayla Summerton (St Brendan's PS)

3 rd . Joanie O'Brien (St Brendan's PS)

=4 th . Liam Carmichael, Caitlyn Jewitt, Jasmyn Mc Kay, Lewis Milito , Johann Van der Kaap

=5 th . Sonny Hopkins, Ryder McGovern, Jett McLeod-Kourie, Cohen Wintjes-Kourie

Zone

Age Level

Champion

Bendiao Ban

Harry and Phoenix progress to the state final on September 12 th at St Paul's AGS, Cross's Rd, Traralgon. Thanks to Deborah Mathers and Paynesville Primary for hosting this year.





SCHOLASTIC Book Fairs

Hats Off to Reading!



for helping making our Book 2023 Fair a success.

The School would like to thank you for the generous support towards our book fair.

A Scholastic Book Fair is a unique and rewarding experience and is the best way to support your school reading program and acquire much-needed resources for your school. The school receives a commission from the sales and this year we sold over \$4,400.00 worth of books. This entitles the school to a commission rate of 30%. The school has received \$1,320.00 to spend on new books.

Please know how much you've helped our students and how much we all appreciate all you support.

Uniform Reminders

<u>JEWELLERY</u> 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.

<u>HAIR</u> 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 <u>all students</u> 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.



Dear St Brendan's Community,

In Geography, Year 3 students, are beginning to find out information about various destinations around Australia. We are hoping there are some people who have travelled to any of these places that could complete a short survey.



The destinations are:

The Three Sisters	Ningaloo Reef	The Pinnacles	Nullabor Plains
Arlo O'Shae	Thea Lincoln	Bella Jesse	Jaxon Cr Summer
Mount Kosciuszko	Big Pineapple	Remarkable Rocks	Lake Eyre
Evie Alexander	Indie Max	Luca Winter	Ivy Zander
The Bungle Bungles	St Paul's Cathedral	Bondi Beach	Fraser Island
Maddox Isla	Jaxon C, Willow W	Willow N, Remy	Chloe, Jordan
Bell's Beach Eli Georgia	Marble Bar Kayde, Jake		

Students have been given destinations that they currently know nothing about with the intention of them being the 'experts' by the end of the term.

One of the skills in Geography is to learn how to 'find out' information. We are wanting to extend their skills rather than rely on Google.

If you are able to complete a short survey with any of the following information listed below could you please let us know.

Students have created some questions they would like to find answers to. This is the first step to their inquiry into an Australian destination.				
Location	Which state is it in? What is it near? Is it near the mountains or oceans?			
Appearance	What does it look like? Was it man made?			
Climate	Does it get a lot of rain? What is the temperature?			
Flora / Fauna	Any plants or animals that are specific to that destination?			
Visitors	Why did you travel to this destination?			

If you know any year 3 students, please let them know if you can help and we can send a short survey home.

Thank you,

Year 3 / 4 Team

This month on SchoolTV - Neurodiversity

Neurodiversity emphasises the natural variation in how an individual's brain functions and how they perceive and interact with the world, leading to diverse ways of learning and communicating. While most young people are neurotypical, some exhibit variations in brain development, such as ADHD, autism or dyslexia, making them neurodivergent.



Embracing neurodiversity involves accepting, celebrating, and supporting neurodivergent children and adolescents without attempting to change or treat their differences. Using respectful language, challenging unhelpful attitudes, avoiding assumptions, and actively promoting inclusivity can help embrace neurodiversity effectively.

Acknowledging the unique ways neurodiverse young people do things and then adapting tasks and activities to ensure their full participation will encourage them to develop strategies that feel natural to them. It will help improve their mental health, wellbeing and sense of self. By recognising and nurturing their strengths, parents and caregivers can contribute to building an inclusive and compassionate society where all young people can thrive.

Learning more about neurodiversity, equips caregivers with insights into effective communication techniques, educational strategies, and parenting approaches tailored to the specific needs of their neurodivergent child. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

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

Here is the link to this month's edition https://lakesent.catholic.schooltv.me/newsletter/neurodiversity

Neurodiversity

"We need to embrace neurodiversity as a tapestry of brilliance, for within each unique mind lies extraordinary potential waiting to be unleashed. By celebrating our differences we create a world of understanding and acceptance."

Dr Michael Carr-Gregg

ST BRENDAN'S SCHOOL WINTER UNIFORM

UNIFORM ITEMS - Available from Nick's in Bairnsdale Most items are regulation, meaning that the school has determined the style or manufacture.



Girls Regulation Winter Uniform:

- Winter Tunic (Year F/1/2/3)
- Winter Skirt (Year 4/5/6)
- Blue long sleeve blouse
- Bomber Jacket (with emblem)
- Polar Fleece Jacket (with emblem)
- Navy tights/white school ankle socks (foldover style) or long white (no logos)
- Black Leather School Shoes buckle/ lace-up/T-bar
- Navy 'Midford' Pants

Boys

- Sky blue long/short sleeve shirt
- Grey trousers
- Bomber Jacket (with emblem)
- Polar Fleece /Jacket (with emblem)
- Short grey socks/long grey socks
- Black leather school shoes/boots

Boys and Girls

- Blue polo shirt with emblem (Short Sleeve)
- Navy trackpants without logos
- Black Basketball shorts (sport)
- Bomber jacket Polar Fleece Jacket (with emblem)
- Predominately white sports socks below ankle footlet style not acceptable.
- Running shoes (not skate or fashion shoes)

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.



Tracksuit pants must be worn at the beginning of Wednesday, Thursday and Friday. Shorts may be worn underneath, should they choose to do so.



HAIR is to be kept neat and tidy at all times. Hair longer than collar length, must be tied back completely.

Headband, hair ties, ribbons, scrunchies and clips must be blue, black and brown.

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







Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parents and carers.

Term 3 topics:

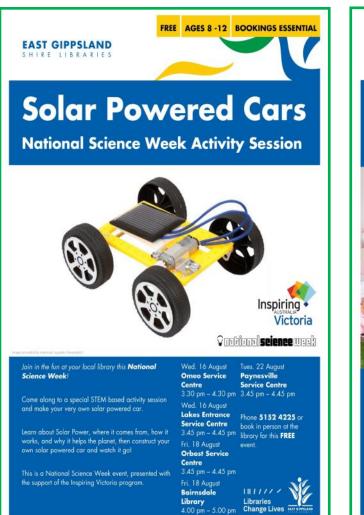
- eSafety 101: How eSafety can help you (30 min)
 For parents and carers of young people in primary and secondary school.
- Online boundaries and consent (30 min)
 For parents and carers of young people in primary school.
- Getting the most out of gaming (45 min)
 For parents and carers of young people in primary and early secondary school.
- Online relationships and consent: Sending nudes and sexting (30 min)
 For parents and carers of young people in secondary school.
- Getting started with social media: TikTok, YouTube, Instagram (30min)
 For parents and carers of young people in primary and secondary school.

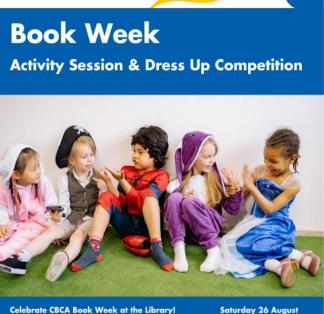
For more information and to register now: eSafety.gov.au/parents/webinars



eSafety.gov.au

FREE AGES 5 -12 BOOKINGS ESSENTIAL





Celebrate CBCA Book Week at the Library! Listen to some of the short-listed books as well as some of your old favourites.

Then get your creative juices flowing and create your very own Rainbow Fish!

Don't forget to come dressed as your favourite book character for your chance to win a prizel



EAST GIPPSLAND

Saturday 26 August Bairnsdale Library 10.00 am – 11.15 am

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



INFORMATION FOR CUSTOMERS

Australian Government **Mobile Service Centre**

Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Wednesday, 23 August 2023

9 am to 4 pm

Foreshore car park, The Esplanade

LAKES ENTRANCE

For more information, go to servicesaustralia.gov.au/mobileoffice





NETBALL TRAIN AND PLAY



About Train and Play

Train and play is a free four week program where children will learn netball skills

4 WEEK PROGRAM COMMENCING MONDAY 14TH OF AUGUST AT 4PM ENA Gala afternoon

I netball com

SEPTEMBER 11TH FROM 4 PM



Netball

0



INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media re each visit.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families older Australians
- students
- iob seekers
- people with disability carers
- farmers
 - self-employed people
- We can assist you with:
- registering and using the agency's online services
- new claims for Centrelink payments updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.



servicesaustralia.gov.au/mobileoffice



All Abilities Net Set Go Program

An adaptive and inclusive program for children with a disability.



lakesentrancena@gmail.com

da all a

f 0 Rowe street, Lakes Entranc

f 0

Australia







ST BRENDAN'S LUNCH ORDER

SUSHI ROLLS

HOT FOOD

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,

HONEY CHICKEN & FRIED RICE	\$10
TERIYAKI CHICKEN & FRIED RICE	\$10
CHICKEN OYSTER STIR FRY &	\$10
FRIED RICE	

FRIED PORK DUMPLING (GYOZA) \$7.50 WITH PLUM DIPPING SAUCE

510

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 3 DIFFERENT TYPES OF VIETNAMESE PORK, MAYO, PATE PICKLES, CUCUMBER, CORIANDER CRISPY PORK BELLY CRISPY PORK BELLY, MAYO, PATE PICKLES, CUCUMBER, CORIANDER, CRISPY CHICKEN CRISPY CHICKEN, MAYO, PATE PICKLES, CUCUMBER, CORIANDER

You are invited to our Youth Group



TRUST IN THE LORD WITH ALL YOUR HEART: PROVERBS 55

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



Stay connected with your child's learning through Seesaw.





023 CBCA BOOK WEEK 19-25 AUGUST

To celebrate CBCA Book Week 2023, you are invited to The control of the co



