### St Brendan's Primary School 1581

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Internet Banking: BSB 083 879 A/C 695096861 Account Name: St Brendan's School

### Newsletter No 35

November 17th, 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.



Water Safety and Survival Program times for Foundation, Year 1 and Year 2.

**Monday 20th - Friday 24th November** 

Year 2 12.00pm to 12.45pm (leave 11.40am)

**Year 1** 12.45pm to 1.30pm (leave 12.25pm)

**Foundation** 1.45pm to 2.30pm (leave 1.25pm)

Section 18 to 18 t

Week 8: Monday 20th, Tuesday 21st, Wednesday 22nd, Thursday 23rd, Friday 24th of November (Survival Day)

Children are required to bring a T-Shirt and shorts to swim in on this day.

Children are to wear their bathers under their uniform each day. It would be considered appropriate for children to wear their sports uniform for the duration of the swimming program.

Children should bring the following in a plastic bag, clearly labelled, which they will carry to the pool

\*Underwear \*Towel \*Goggles \*Bathing cap (if necessary) \*Brush/Comb \* Water Bottle

# Collaborative Conference interviews will take place on

Monday 4th, Tuesday 5th and Wednesday 6th December 3.30pm—5.30pm

Our Semester Two Collaborative Conferences will take place in Week Ten of this term. These meetings enable us the opportunity to further inform you about your child's progress. Your child is also able to reflect on their achievements and set goals for the following year. You will also be able to speak with the teacher to reinforce information that will be handed over to your child's teacher for 2024.

This semester, the Collaborative Conferences are <u>optional</u>. If you require a meeting please make your booking through PAM, following the steps provided. Collaborative Conferences are face to face meetings. If for some reason you cannot make the meeting, please inform the office that you require an online meeting.

Booking are made on PAM.





Dear Families and Friends,

It has been a joy this week to welcome our **2024 foundation students** to their first orientation day. Our year five students did a wonderful job of helping to make the transition smooth by leading their young buddies to the classroom and spending time with them to help them adjust to the new spaces. We look forward to the next two weeks as we finalise the orientation process for our new foundation students.

**Swimming lessons** are in full swing. The coaches at the Lakes Aquadome are doing a wonderful job of personalising the swimming program to our students. Our students have responded very well to the teaching and have shown a great deal of independence and responsibility when moving to and from the pool and in getting changed after lessons. We find that students become quite tired in the latter half of the second week. Please remember to ensure they drink plenty of water, get lots of sleep and maintain a healthy balanced diet.

Violence against women: prevention through respect and equality - https://raisingchildren.net.au/

Prevention of violence against women starts with children and helping them learn about respectful relationships, gender equality and positive attitudes towards girls and women. You can shape your child's attitudes and behaviour in the short and long term by:

- letting children know that violence towards women is never OK
- teaching your child about gender equality and positive attitudes towards women and girls
- being a role model for respect in your own relationships.

It's important for your child to know that any type of violence – verbal, physical or emotional – is never OK. Here are some everyday ways that you can help your child understand this idea:

- Teach your child how to recognise aggression and violence. For example, teasing, name-calling and bullying in the playground are forms of verbal and emotional violence. Hitting, pushing, punching and smacking others are forms of physical violence.
- Let your child know that there's no excuse for violent or aggressive behaviour from peers, and they don't have to put up with it. Teach your child to say, 'Stop I don't like it'.
- Teach your child how to tell peers to stop being violent or aggressive towards others. For example, they could say, 'Stop it that's not OK'.
- Never excuse rough or violent behaviour by saying things like 'Boys will be boys' or 'He didn't mean to hurt you'.
- Show your child how to resolve conflicts using words and problem-solving skills. And let your child see you using words and problem-solving to sort out conflicts.

You play a vital part in helping your children develop respectful attitudes. That's because you are your child's most important role model.

**Our year five students** are really getting into top gear as they prepare themselves for their leadership responsibilities next year. Over the course of the next few weeks we will conduct their school leadership elections, they will participate in a leadership training day and they will meet their official 2024 buddies and introduce themselves to their parents. It is a big step in the right direction for them and I have rarely seen a group more prepared.

Exciting times coming up for our year six students. From Tuesday – Thursday next week our students heading to Gippsland Grammar attend orientation days, then on Tuesday, 28 November future Nagle College students will attend their orientation day. Lakes Secondary College orientations begin on Tuesday, 12th December.

Take care,

Matthew Hamer

		Dates for the Calendar
Term 4	NOVEMBER 2023	
Week 8	Monday 20th	Swimming Lessons F – Yr 2
	Tuesday 21st	Swimming Lessons F – Yr 2
	Wednesday 22nd	Swimming Lessons F – Yr 2 9.00am - 2.00pm Foundation Orientation
	Thursday 23rd	Swimming Lessons F – Yr 2 Jay's Mission Melanoma Walk
	Friday 24th	Swimming Lessons F – Yr 2 Assembly: Year 1/2 Red
Week 9	Monday 27th	Golf Division—Bairnsdale
	Wednesday 29th	9.00am - 2.00pm Foundation Orientation
	Thursday 30th	School Captain Speeches
	DECEMBER 2023	
	Friday 1st	House Captain Speeches Year 1/2 Class Prayer
Week 10	Monday 4th	3.30–5.30pm Collaborative Conferences
	Tuesday 5th	3.30–5.30pm Collaborative Conferences
	Wednesday 6th	3.30–5.30pm Collaborative Conferences
	Friday 8th December	9.10am Whole School Mass of Thanks 2.30 pm GHC Assembly: 4.30pm Family BBQ—Soccer Match
Week 11	Monday 11th	Nativity and carols in the church
	Thursday 14th	9.10am Graduation Mass
	Friday 15th	Term 4 ends 2.15pm—Last day for students



A friendly reminder that school fees are now due. Also, families who hold a Health Care Card and receive the concession discount, are required to have their fees paid in full at the end of the year to be considered for this discount next year. Statements will be sent out this week.

School fee statements have been sent out via email. If you haven't received one in your inbox please check your spam folder otherwise please contact the school.

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

Sat: 18/11	St Dymphna's	Buchan	9.00am
	St Joseph's	Swan Reach	5.00pm
Sun: 19/11	St Brendan's	Lakes Entrance	9.00am
	St Colman's	Orbost	11.00am
Tue: 21/11	St Brendan's	Lakes Entrance	9.30am
	Funeral Service for Ian Gray		11.00am
Wed: 22/11	St Colman's	Orbost	9.30am
Fri: 24/11	St Brendan's	Lakes Entrance	9.30am
Sat: 25/11	St Brendan's	Lakes Entrance	No Mass
Sun: 26/11	St Brendan's	Lakes Entrance	9.00am
	St Colman's	Orbost	11.00am



November is a special month at St Brendan's Church, with All Saints Day and All Souls Day celebrated this week. There is a special cross in the church for families to come and put a memorial cross for their deceased family and friends.



# Orders due back by:

Wednesday, 26th November



### Week 8 Whole School GEM Chat focus:

**Empathy - How have you been a helper?** 

Each day, ask your child if they have been a helper. Ask: "What did you do?" and "How did it make you feel?" Discuss different ways they can be a helper at school and at home.

Year 5 students have been helping their new buddies feel comfortable and welcome to our school. They are taking on this new responsibility with care, compassion and empathy in their words and actions.





St Brendan's School Uniform can be ordered online!

Link to website for St Brendan's Uniform below:

https://nicksbairnsdale.com.au/product-category/schoolwear/st-brendans-uniform/

## SPORTS SHIRTS

All St Brendan's sports shirts and socks that have been given out to children for school sports, need to be returned to school as soon as possible.





On the 11th of November, we remember the ones who fought for our country and the sacrifices they made. We congregated at the Lakes Entrance Cenotaph. During the ceremony we had guests like Father Hiep who read a prayer and at the 11th hour they played the Last Post followed by the minute of silence. After the minute of silence they asked local community groups to lay their wreaths and for people to lay poppies for their loved ones.

By Mia Hamer and Oscar Mann

# Interschool Gymkhana





Phoebe Strong from Foundation represented St Brendan's at an interschool gymkhana this week. Phoebe placed in 4 of her six events.





### By Jordan Light and Lucas Rickman

On Friday the 1st of November we got to have our camp experience. The class was feeling a mixture of excitement and nerves. We stayed after school to get ready and then we walked to Eastern Beach. We went over to the beach and built sandcastles and Jordan even built a Tardis! There were lots of great sandcastles and buried students, it was so fun.

After the sandcastles we went back to play in the park and have some burgers that Mr Hamer was cooking for us. When we were coming over we saw a firetruck and thought that Mr Hamer had burnt our dinner!!!

But the firetruck was coming for a visit and to let us see inside the truck. Thanks fireman Bob!

Our burgers we made were delicious, we used a healthy recipe and all agreed we would eat them again.

After we ate we got to have fun on the playground equipment and then our parents came to pick us up. The whole night was awesome and we thank the teachers for taking us.

Here is the recipe we used so you can make the burgers at home with your families.

### **Healthy Hamburgers**

These hamburgers are healthy and yum!

### You will need:

- 250g mince
- 1 chopped onion
- 1 slice bread, crumbled
- 1 small carrot
- 1 small zucchini
- 1 stalk of celery
- 1 egg lightly beaten
- 1 tablespoon tomato sauce
- 1 small pinch of salt
- flour to roll burgers in

### Method:

- Put the mince in the bowl and 1. break up with a fork.
- 2. Add the onion
- 3. Grate the carrot and zucchini and add to the mix.
- 4. Cut up the celery into small pieces and add to the mix.
- Add the breadcrumbs, sauce, salt and egg.
- 6. With a large fork, mix all the ingredients together.
- 7. With clean hands, divide the mix into 8 hamburgers. Roll each piece into a ball and pat to flatten slightly.
- 8. Roll each hamburger in flour to cover lightly.
- 9. Place on a tray and keep in the refrigerator until time to cook.

# Regional Summer Sports

On the 15th of November, the Summer Sports Girls Cricket Team participated in the Gippsland Regional Cricket Tournament. The drive to Moe was 2 hours long but we made it through in the end. We played against three teams Wonthaggi, Drouin and St Gabriel's. For our first game we played against St Gabriel's we lost by only three runs, the scores were quite close in this game, where we scored 123 runs against St Gabriel's on 126 runs. The rest of the games we played didn't go as well but we gave it a go and had lots of fun. On the drive home four of the girls were in the school car and we stopped at a traffic light and the (electric start) car turned off as the cars behind us honked like crazy.

Paige Bandura and Taylah Williams











# State Athletics

### By Piper Crawley.

When I got to Albert Park in Melbourne, I was so nervous for my event. Even though I went last year it was still scary being there around all the other competitors. The worst thing was I had to wait so long for my event because it was at 4:15pm and I got there at 1pm. Finally it was my turn to throw. After I finished my event I found out I got top 10 in the state. I threw around 8 metres but my personal best is 9.69 metres. I'm really proud of myself for getting that far and I'm excited for next year, maybe 3 years in a row.



Sensational effort, Piper.

We're so proud of you!

### MARY, MOTHER OF GOD

During October, each class focussed on Mary, Mother of Jesus from part of our R.E. sessions. Here are a few reflections from Year 6 and a portrait by Elise Mahony 1/2R.

Mary, mother of Jesus, is a sign of hope and peace. She is a woman figure and it takes a strong and independent woman like Mary to bring hope and peace into our world. She is a sign of good news in our lives. She is a kind, loving and caring person,

and this is why she was chosen to be the mother of Jesus. (Gabby)



Mary to me is a mother, a mother to lean on when sad, someone to truly love you.

She always had a loving heart when anybody needed her.

Mary shows no fear when

it comes to life. She had hope even in the darkest moments. She shows us to love

everyone with our hearts. Never be afraid to show true emotion, just be yourself.

(Taylah)

Hope, peace and good news. All things that Mary, mother of God represents. This week in religion we learnt that Mary's role in the nativity was to give birth to our saviour, Jesus Christ. Through the birth of Jesus, Mary brought hope and peace to our world. So we pray to her now, to bring these things back and give good news to us, in this sorrowful and devastating time. (Harriet)

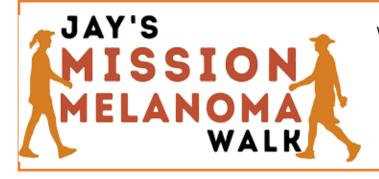


A big **thank you** goes out to all those children, staff, parents and parishioners who gave up their time to come and join us last Friday, as we prayed for peace in our world.

We had at least 145 children and adults attend.

A special **thank you** also goes to the Class Prayer Leaders for all the time they spent in preparation and for giving up their whole lunch time to be in the Church with others.

"Remember well: peace is possible!" (Pope Francis, World Day of Peace, 2015)



Walk with Jay and his team as he raises awareness and takes on the challenge of walking from Merimbula to Port Melbourne.

### SATURDAY 18TH NOVEMBER - 1ST DECEMBER '23

The walk will pass through Lakes Entrance on Thursday 23rd November.

Accommodation is still urgently needed for 21 people (15 male, 6 female, including 1 married couple) on that night. If anyone can host please let us know at school and we will put you in touch with the team.

We would love to be a part of this and it would be a lovely way to remember our dear friend and teacher, Fiona Holden who passed away from cancer, stemming from a skin cancer, in 2021.

### **CHANGE OF DATE**

Year 1/2 Class prayer will now be held in Week 9, on Friday December 1st.

All welcome!



### St Brendan's Parish is preparing the Sacramental Program

for 2024. If any parents/caregivers wish their child/ren to be involved in the programs for Baptism or Reconciliation please contact Michelle Grimsted at the St Mary's Parish Centre on 5152 2942 or email stm.michelleg@gmail.com

Sessions begin early next year in February 2024.

PLEASE NOTE: Potential candidates for Reconciliation, from Year Two, received an enrolment form last week. If you think your child is a candidate or would like to be baptised in order to take part next year, please contact Helen at school. Thank you.

### What is Diwali?

**By Shaaurya Sahay** 



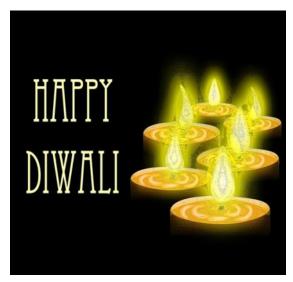
Diwali is a Hindu celebration, celebrated by Indians. It is celebrated on Sunday, 12th November. It is the biggest celebration in India. Diwali is the festival of lights where Lord Rama returns to Ayodhya with Maa Sita and Lakshmi. It celebrates good over evil.

On Sunday, we placed candles around the house and on the balcony. The lights protect us from spiritual darkness. On Diwali you have to do a prayer and two songs. One is about Lakshmi who is the goddess of wealth. The other was about Lord Rama who is the goddess of being perfect.

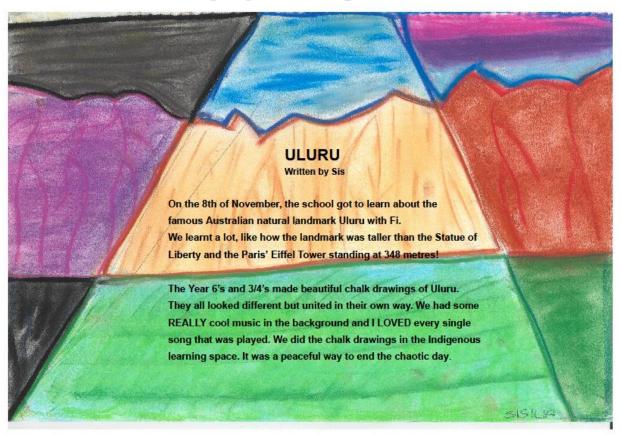
You are not allowed to eat any meat on that day. I think you are only allowed to eat rice and chickpeas. You don't have a special cake like a birthday cake.

I wore a special type of clothes. For girls it is called a saree but I am not sure how to spell the clothes a boy wears.

At the end of the day you are tired but closer to being Hindu.



# Indigenous Studies Year Six





### **SPECIAL REPORT: Gambling & Young People**

The digital era has made gambling more accessible, and certain factors are elevating the risk of problematic gambling among young people. A new grey area is emerging, with smartphones at their fingertips blurring the boundaries between gambling and entertainment, especially within the realms of video games and social media. The current generation of young people are growing up in an unprecedented time and research highlights that a significant percentage of adolescents are involved in gambling activities.

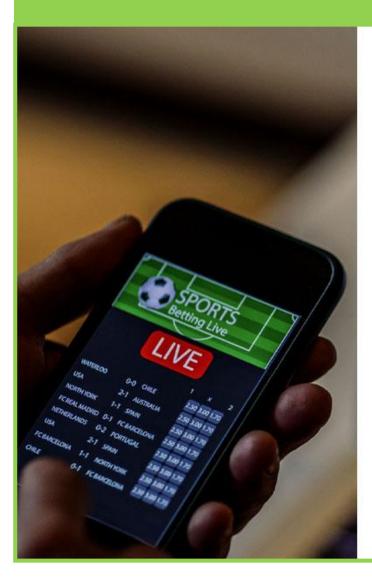
Reports of young people gambling are frequent with many experiencing adverse consequences such as diminished academic performance and strained relationships. Today's youth are growing up in a digital age characterised by constant connectivity, and the gambling industry has evolved significantly during their formative years. Simulated gambling, such as in video games, can further increase the likelihood of teenagers transitioning to real-money gambling and developing future gambling-related problems.

It's crucial to foster open discussions about positive media choices to help children navigate through responsible online gaming and gambling. By encouraging a balanced approach to screen time and promoting alternative activities, will help set some clear boundaries to avoid potential gambling-related issues.

This Special Report provides guidance on how to empower young people to make responsible choices in this digital age. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please consider seeking medical or professional help.

Here is the link to your special report

https://lakesent.catholic.schooltv.me/wellbeing news/special-report-gambling-young-people-au



### SPECIAL REPORT

# Gambling & Young People





St Brendan's Primary School - Lakes Entrance

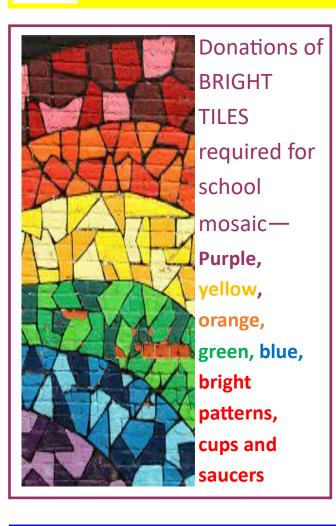


stbrendanscps\_lakesentrance



All users interacting with the St Brendan's Primary School Facebook or Instagram page, by either liking or commenting on posts, must do so using an account that clearly identifies them by their real name.

Users may not use students, teachers or any member of our community's names when commenting on posts. Share or Tag, but don't name.





### ST BRENDAN'S LUNCH ORDER

SUSHI KOLLS				
SALMON & AVO	\$3.90	_		
AVOCADO	\$3.50			
CUCUMBER	\$3.50			
Carantage of the Carant	10000000			

TEMPURA VEGE TERIYAKI CHICKEN PANKO PRAWN

### DRINKS

TUNA & AVO

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

#### HOT FOOD

HONEY CHICKEN & FRIED RICE	\$10
TERIYAKI CHICKEN & FRIED RICE	\$10
CHICKEN OYSTER STIR FRY &	510
FRIED RICE	
FRIED PORK DUMPLING (GYOZA)	\$7.50
WITH PLUM DIPPING SAUCE	

SALADS & BOWLS	
SALMON POKE BOWL	\$12.50
TOFU & VEGETABLE POKE BOWL	510

VEGETABLE SOBA NOODLE SALAD \$5

#### 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

### **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.



# WTF what's their future?

### ART

bringing the seriousness and urgency of climate change into everyday focus for one and all.

### **SCIENCE**

facts from trusted sources.



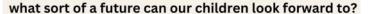
Award winning artists respond to the big climate change questions in

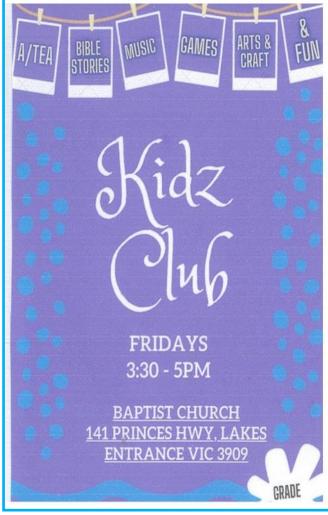
an Art Exhibition and Expo of Information presented by East Gippsland Climate Action Network

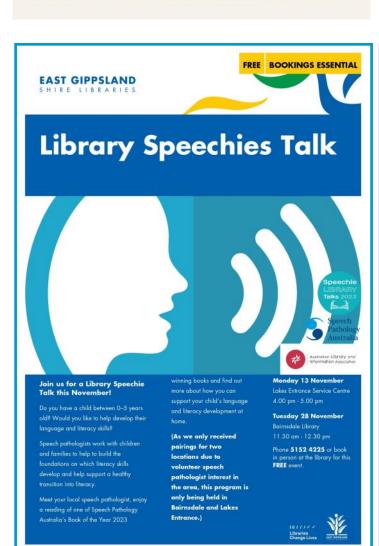


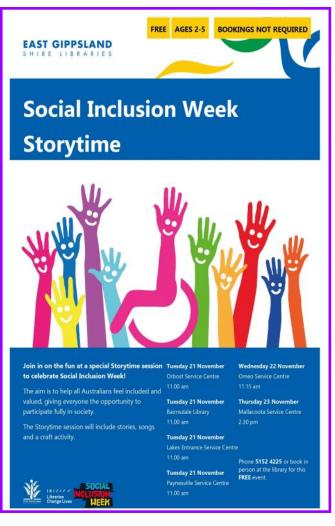
at the Butter Factory Art Space, Bridge St (enter from start of Paynesville Rd), Bairnsdale 25 January to 2 April, 2024.

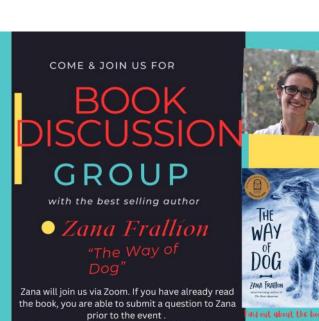












Borrow or purchase a copy of the book from

Schoolworks

Tea, coffee & light refreshments provided

Friday 24 November at 5pm

FREE EVENT!

SCHOOLWORKS

To register & other information email readingforkidsgippsland@gmail.com





See a mini review by Karyn Walden-Blythman

To Book: Scan the QR call 5152 4086 or book in store

Leigh is reading his new book 'Mr Chicken goes to Mars'

Discuss his books, tips on how to write a great story PLUS learn how he illustrates. Draw your own Mr Chicken!

**Author &** 

Illustrator

**Bookings Essential** Wednesday 6 December 4-5pm

**Book signing & photo opportunities** 



Leigh HOBBS 🐣

Meet Len

20% off RRP of Leigh Hobbs Books Refreshments included









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

> **New Beginner Classes** For Grade 1 & above

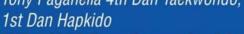
FREE 1st CLASS & INTRO PROGRAM

5:15—6pm Tuesday and Thursday

ST BRENDAN'S HALL— via Eastern Beach Rd



Tony Paganella 4th Dan Taekwondo, 👍 📵



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

TEXT "Free Class & Day" to Book your place





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

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

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





Q Play Cricket



Digital Safety & Wellbeing



#### **TIP SHEET FOR PARENTS & CARERS**

YEARS 5-6

### What did your child learn about at school?

We need to think critically about everything we see online. We can ask questions such as

- Is this a real reflection or just a 'highlight reel'?
- Is this misinformation (false)?
- Does this come from a credible source?
- Are they trying to sell me something?

Online scams are tricks or lies that people use on the internet to take something from you, including your money or personal information.

Some red flags to look out for include





Uninvited

Pressure tactics



### Some conversation starters:

- Have you ever seen something suss online (like a scam)? What were some of the red flags?
- Who are some online celebrities? (e.g. MrBeast, Kid President) Are they good role models? Why or why
- Imagine a world where everyone believed everything they read/watched online. What do you think this would be like?

#### **Further Support:**





## **Enrolments** are open for

Book your personalised school

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

### OUR SCHOOL PARTICIPATED IN SHOE LACE TYING LESSONS

Ascent Footwear works closely with the the medical community to ensure that their footwear meets the needs of Australian school kids feet. Part of this commitment is educating students about a range of foot health issues from learning how to tie shoe leces to basic foot blomechanics. The lessons are totally FREE and the kids take home their own lace tying pencil case and 9 step guide so they can keep practicing at home!

### **CONTINUE LEARNING AT HOME**



Scan the QR code below to find



fou can tie your laces at home with ou handy video and step-by-step guide!













sscentfootwear.com.au



### Support, Family, Friendship, Fun!

Open to all children with disability and/or developmental concerns aged 0-6 years, their families, carers and siblings. No diagnosis is required. All sessions will be facilitated by qualified professionals.







