

# St Brendan's Primary School 1581

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Newsletter No 3  
February, 16 2024



*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.*



A reminder that the **car park** at the front of the school and the church are **NOT** drop off zones.

If you enter these car parks you **MUST** walk your children into the school.

**DROP OFF ZONE** is via the **Mary MacKillop Hall carpark only.**

The Disabled Parking spaces are for people with permits **only.**

Thank you.

## School Closure

On the 13th of February 2024, there was lots of very hot weather. This created a strong storm with really strong wind which took away power and internet from all of Lakes Entrance for two days. Some people didn't even have running water. This means that school was also closed for two days. The school was not open unless your parents had no other choice. Since school was closed on Wednesday, it meant we missed the Ash Wednesday Mass.

By Huzaifa Kashif and Indi Lina



## Smoking Ceremony in Indigenous Garden



Dear Families and Friends,

I hope for you, that life is beginning to return to normal after the storm on Tuesday evening. Although, we didn't require another challenge, it has been inspiring to hear of the support people have shown one another to clean up the mess or to help friends and neighbours to get the supplies they needed. At school we are grateful to be up and running today and hope that is the end of disruptions for now.

Today, we held our annual Smoking Ceremony in a way of blessing the year. Aunty Sandra Patten spoke to our students about the significance of the event, and we remembered Uncle Narby on his anniversary. Cooper Kennedy (Indigenous School Captain) and Fiona Yates (St Brendan's CPS Indigenous Educator) spoke about what the occasion meant to them, and Cooper delivered our Acknowledgement of Country. All students were particularly reverent.

Two of our teachers this year have been selected to take part in the Teaching Excellence program. We are very proud that Mikaela Witherow and Hannah Neal have been selected and they are another example of the high-quality staff we have here at St Brendan's CPS. The Teaching Excellence program aims to drive the national benchmark in professional learning for teachers and school leaders and create an internationally recognised model for developing, implementing, evaluating and sharing new standards of teaching and leadership practice.

## Sleep!

For more information access: <https://lakesent.catholic.schooltv.me/newsletter/sleep>

*“Teenagers are the most sleep-deprived segment of the population. This is a very under-recognised problem and the cost to society in the healthy development of young people is profound.”*



*Dr Michael Carr-Gregg*

Children these days seem to be going to bed later and later. Distractions such as TV, computer games, internet, texting friends and social media are all having a negative impact on a child's sleep time. Sleep is vital to a child's wellbeing. When children sleep well, they are more settled, happier and ready for school the next day. Sleep also strengthens their immune systems, supports overall development and their ability to function properly on a daily basis. Children who do not get enough sleep show increased levels of aggressive behaviour, are less attentive and are much less active. Trying to catch up on sleep on weekends is not the answer and can still lead to severe sleep deprivation. Recent studies have shown that many children, especially teenagers, are missing out on vital REM sleep, which is particularly important for memory and learning.

Please be advised that at our first assembly on Friday, 23 February we will present our student leaders with their leadership badges. The School Captains/House Captains will be responsible for facilitating the assembly. We will also welcome our new teaching staff. Hopefully, we will see you there.

Kind regards,

Matthew Hamer

Dates for the Calendar		
Term 1	FEBRUARY 2024	
Week 4	Tuesday 20th	9.10 Year 6 Class Prayer
	Wednesday 21st	Foundation Pupil Free Day
	Thursday 22nd	District Swimming - @ Orbost
	Friday 23rd	9.10am Year 3 & 3/4 Mass 2.30pm Assembly - School Captains
Week 5	Mon 26th - Fri 1st March	Year 4, 5 & 6 Swimming Lessons
	Tuesday 27th	9.10am Year 1 Class Prayer 3.30pm Collaborative Conferences
	Wednesday 28th	3.30pm Collaborative Conferences
	Thursday 29th	Division Swimming 11am-1pm - @ Bairnsdale 3.30pm Collaborative Conferences
	MARCH 2024	
Week 6	Mon 4th - Fri 8th	Year 4, 5 & 6 Swimming Lessons
	Tuesday 5th	9.10am Year 2 Class Prayer
	Friday 8th	2.30pm Assembly - Year 6 Red
Week 7	Monday 11th	No school - Labour Day Holiday
	Thursday 14th	Regional Swimming - @ Sale
	Friday 15th	9.10am Whole School Mission Mass
Week 8	Tuesday 19th	5.00pm - 5.30pm Year 3/4 Karoonda Park Parent Information Session

## LIBRARY BAGS

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.

*Now available* 



Baby congratulations to the Fall family, Myla (Year 1) on the arrival of their daughter and sister, **“Macey”**

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

Sat: 17/2	St Dymphna's	Buchan	9:00am
	St. Joseph's	Swan Reach	5:00pm
Sun: 18/2	St Brendan's	Lakes Entrance	9:00am
	St Colman's	Orbost	11.00am
Tues 20/2	St Brendan's	Lakes Entrance	No Mass
Wed 21/2	St Colman's	Orbost	No Mass
Friday 23/2	St Brendan's	Lakes Entrance	9:10am
	<i>School Mass Year 3 &amp; 4 (Parishioners welcome)</i>		
Saturday 24/2	St Brendan's	Lakes Entrance	9:30 am
Sun 25/2	St Brendan's	Lakes Entrance	9:00am
	St Colman's	Orbost	11:00am



## Collaborative Conferences: Booking through PAM (Parent Teacher Interviews)

Collaborative Conference interviews will take place on

**Tuesday 27th, Wednesday 28th & Thursday 29th February, 3.30pm—5.30pm**

Our Semester One Collaborative Conferences are an essential parent/school meeting in which to share feedback and to plan for future learning. Your child must attend this meeting as they will lead some of the discussion. Through this process we want our students to understand themselves as learners, to know what they are learning and how they can be successful. We look forward to meeting with you.

**Collaborative Conferences will be booked electronically using PAM.**



Please login to PAM as normal and you will immediately see a screen including the **Parent Interview** short cut.



**Parent Teacher Interviews**  
Click here to Enter

Once you click on the window you will be given the chance to select your child. The screen would be similar to the one below.

You select your child one at a time.

### Parent Teacher Interview Booking

John Smith

#### John's Classes for Interview

Collaborative Conferences - Tuesday 15th and 16th June (1)

The smooth running of our event relies on all parents keeping to the timetable. Please consider other parents and end on time. If you need more time with a particular teacher, arrange a separate meeting or phone call.

St Brendan's CPS

Grade 3 Core Group

Teacher: Amy Balcombe

3:45pm, 15th June 2021  
4:00pm, 15th June 2021  
4:15pm, 15th June 2021  
4:45pm, 15th June 2021  
5:00pm, 15th June 2021  
5:15pm, 15th June 2021  
5:45pm, 15th June 2021  
6:00pm, 15th June 2021  
6:15pm, 15th June 2021  
6:30pm, 15th June 2021  
1:30pm, 16th June 2021  
1:45pm, 16th June 2021

Book Interview

Booked Times



Select the Core Group button and the availability schedule appears. This provides you with the teachers name and available times a booking can be made. When you have completed your booking a summary will appear on the bottom of the page.

*Please contact the school if you have any difficulties logging into Pam.*

# Bringing in the New Year with a Smoking Ceremony

Today we had a Smoking Ceremony as we have done for many years now at our school.

We have a strong connection to Indigenous Culture in our school and we believe celebrating the new year with a Smoking Ceremony brings us together and connects us to each other.

Mr Hamer spoke to the students and asked them to think about what the occasion means to them. I explained to everyone how important the ceremony is to me, which is "I believe it's important because you get to start the new year off with a fresh start".

Our Indigenous Education Officer Fi Yates, believes the ceremony is important because it's a way of sharing her culture and also remembering and celebrating the life of a past friend of the St Brendan's Community.

Local Elder Aunty Sandra Patten explained to us the importance of having the Smoking Ceremony. It is to keep us safe from the bad spirits by cleansing our bodies with the smoke. It also promotes the protection and well-being of people on the land we are on, it also sends a message to our past elders that we are thinking of them.

**By Cooper Kennedy - Indigenous School Captain**





# St Brendan's Swimming Competition

Last Friday we had our school swimming competition in Bairnsdale outdoor pool. The bus ride was very loud. Each student that wanted to compete chose 3 different swimming strokes, most people in our school chose 3 strokes. Some people were scared for their race but most were excited. Everyone was very supportive of each other cheering everyone on. The races were very close. Everyone gave it a go even when people weren't the best with a stroke they still tried. We were so lucky that the weather was nice and sunny so we were very warm. We got to compete with our friends. It was a very positive and fun experience for all of us.

By Bailey Whelan and Savannah Guillot



Thank You  
to the  
parent  
helpers





# Questacon

This week, Questacon came to our school to put on a show for all year levels. For grade 5 and 6 there were 2 parts: Kinetic and Bubbles. In the kinetic part, Emily showed us how toy cars move on different surfaces, plastic and cardboard. Emily explained how the cardboard holds friction because of the ridges. In the second part, Melissa showed us how little bubbles stay for longer because more detergent helps the bubbles expand and stay stronger. One of our classmates got to hold a bubble! But first, they washed their hands in soapy water then our classmates also got trapped inside a bubble! It was an exciting experience.

**By Archer Rickman and Isobel Mills**





# THE SEASON OF LENT

This Church season is a time of *self-reflection*, during which Catholics **pray, fast, give alms** (give to charity) and try to better themselves as people of God.

**ASH WEDNESDAY** begins this Season



**Shrove Tuesday** was on Tuesday, 13th March. This day dates back to the times when early Christians used up all the 'nice' ingredients in their pantries, in readiness for the fasting they were about to undertake over the Lenten period. Over the years, this has become known also as 'Pancake Tuesday'.

Perhaps make some pancakes with your children at home and talk about ways you, as a family, can grow stronger, closer and more considerate of others over the coming weeks.



**THANK YOU** goes out to Indira Quin for her great work preparing stoles for the children's sacraments. These stoles are worn during the ceremonies and contain the children's names and iron-on symbols for each of the sacraments. We are now seeking someone who can take this job on. The job involves printing out some symbols from a provided program and ironing them onto the stoles.

If you can assist, please contact Helen at school. Thank you in advance.

## REMINDER: NO SMART WATCHES AND DEVICES AT SCHOOL

Smart watches that allow communication via SMS, email or phone call cannot be worn at school with the same rules applying as with a mobile phone.



At St Brendan's students may only bring mobile phones/devices/ SMART Watches to school if there is a need for them to contact their parents either before arriving at school or in the afternoon after leaving school. Upon arrival at school the phone/ device/ SMART Watch is to be checked in at the school office where it will be turned off and kept securely for the day. It is the child's responsibility to collect the phone/ device/ SMART Watch at the end of the day. Parents with an urgent need to be in contact with their child during the day should contact the school office and appropriate steps will be taken to pass on the message.

# Digital Safety & Wellbeing is taught in primary schools

## Students...

participate in engaging, interactive live streamed incursions **every term**.

## Teachers...

are provided with optional lesson ideas and follow up activities.

## Parents...

are given an overview of each session to help open up important conversations.

**SAVE THE DATE : Parent Webinar**

**Thursday 21st March, 7.30pm**

## RAISING KIDS IN A DIGITAL WORLD

WEBINAR FOR PARENTS & CARERS

Social Media

Impacts of Screen Time

Online Gaming

Cyber Bullying


Child & Tween Online Trends

Managing Devices in the Home

Explicit/Adult Content


Strengthening Family Communication

**St Brendan's Catholic Primary School**  
Thursday 21 March | 7.30pm AEDT




**Martin McGauran**  
Primary School Teacher & Digital Safety Educator

- 90 minute presentation
- Parents/carers only
- Exclusive access to resources



**Carley McGauran**  
Psychologist & Mum to 3 school-aged kids

Register to come along: [bit.ly/21march2024](https://bit.ly/21march2024)



Marty and Carley were simply sensational. Their presentation was relevant, honest and informative. A MUST for each school, every year."

Principal

An evening that provided some reality checks! A few new changes in our home this week!"

Parent of 9yo & 11yo

## TIP SHEET FOR PARENTS & CARERS

**YEARS 3-4**  
TERM 1 2024

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

Our actions online leave a **digital footprint**. This includes actions such as leaving comments, likes, who we follow and what we post.

THINK  
TWICE  
BEFORE  
YOU POST!

It is our responsibility to ensure we keep our online accounts safe.

We can do this by

- having strong passwords
- only sharing passwords with a trusted adult (parent/carer, teacher etc)
- sign out or lock your screen when you're finished

### Some conversation starters:

- What is your #1 favourite thing to do online at the moment?
- What are some ways you could be aware and clever online?
- Do you have any accounts with passwords that you've shared with others?  
Change them together.
- What could you do if you needed help online? (Have a look at the Kids Helpline website together)

#### Further Support:



## TIP SHEET FOR PARENTS & CARERS

**YEARS 5-6**  
TERM 1 2024

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

Our choices online leave a **digital footprint**. This includes actions such as leaving comments, likes, who we follow and what we post.

WHAT YOU  
POST ONLINE  
IS POSSIBLY  
PERMANENT  
AND POSSIBLY  
PUBLIC

It is our responsibility to ensure we keep our online accounts safe.

We can do this by

- having strong passwords
- only sharing passwords with a trusted adult (parent/carer, teacher etc)
- sign out or lock your screen when you're finished
- enabling 2 Factor verification

### Some conversation starters:

- Have you ever thought about your digital footprint? (Google your names and usernames and see what comes up)
- Have you or someone you know ever felt upset about something posted online? How could 'thinking twice' have helped?
- Apart from me (parent/carer), who else could you talk to if you had concerns online? (Give them permission to talk to a network of trusted adults & Kids Helpline).

#### Further Support:





# Wanted for Science

## A small fish tank for the science room

If you have an unwanted, unused fish tank and filter we would love to use it in the science room. We are happy to clean and replace any parts.



## Empty tomato sauce bottles



## To hatch chickens



An egg incubator and or fertilised eggs, to hatch chicks in the science room.

## Baby food jars



## MAGAZINES

- Do you have a current health care/pension card?
- Did you know you can get a discount on school fees?
- Please contact the school office for more information.

## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

### MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.

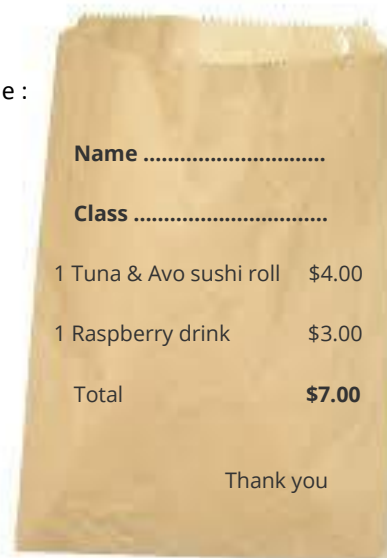


Lunch orders are available on a Friday and are supplied by Mamma Vu's Kitchen.

- All orders will need to be in by **Thursday morning - before 12pm** for lunch on Friday
- **NO LATE ORDERS** will be accepted.
- Please make sure that all orders are on a brown paper lunch order bag with the correct money
- Siblings will require one bag each
- Name and class needs to be clearly stated on the bag

*Please see attached menu and please take note of prices.*

Example :



# Lunch Order

## ST BRENDAN'S STUDENT LUNCH ORDER

### SUSHI ROLLS

Salmon & Avo	\$4
Avocado	\$4
Cucumber	\$4
Tempura Vege	\$4
Teriyaki Chicken	\$4
Chicken Katsu	\$4
Panko Prawn	\$4
Tuna & Avo	\$4

### SALADS & BOWLS

Salmon Poke Bowl	\$12.5
Tofu & Vege Poke Bowl	\$10
Vege Soba Noodle Salad	\$10

### DRINKS

Lightly Sparkling Mineral Water	\$3
Lime, Raspberry, Watermelon, Mango,	



### HOT FOOD

Honey Chicken + Fried Rice	\$10
Teriyaki Chicken + Fried Rice	\$10
Chicken Oyster Stir fry + Fried rice	\$10
Fried Pork Dumpling (Gyoza) with plum dipping sauce	\$7.5

### RICE PAPER ROLLS

(2 roll + sauce)

Tofu	\$9
Lemongrass Chicken	\$9
Pork	\$9
Prawn	\$9
Pork & Prawn	\$9

## A SPECIAL REPORT: Wellbeing Barometer Survey: 2024

The Wellbeing Barometer survey has proven to be an invaluable tool for schools, providing insights into the state of youth mental health and wellbeing. Whilst last year's results focussed the spotlight on areas of concern, there were also many highlights that demonstrated the resilience and adaptability of students and emphasised the necessity of prevention strategies.

Participating in this year's survey, will assist in identifying areas of strength and concern, as well as pinpointing opportunities for early intervention. Previously gathered information has helped support families as they navigate difficult conversations that enable understanding and foster connections to build relationships.

This survey is part of an ongoing, longitudinal study, with the results being instrumental in tailoring support for students and their families. Participation is strongly encouraged, as it provides a comprehensive view of students' experiences, challenges, and achievements over the past year. Its aim is to capture a comprehensive picture of young people's lives, allowing for a tailored approach to enhance mental and emotional wellbeing.

We encourage you to take a few moments to complete a survey for each of your children. This will help us determine the nature and extent of your concerns and how best to support families in the months ahead. Responses remain anonymous and will only be reported on an aggregated basis. You are asked to base your responses on observations made in the last 12 months.

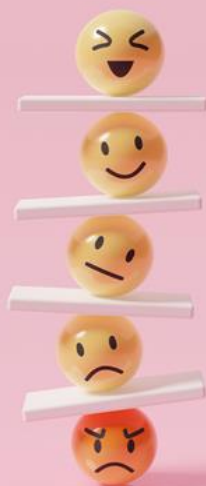
Acquiring the skills for future independence, taking healthy risks, and giving young people the opportunity to emancipate from parents, are key developmental tasks that are essential if we are to stave off the impact of mental illness in the future. Please reflect on the information offered in this Special Report, and as always, we welcome your feedback. If this raises any concerns for you or your child, please reach out to the school or seek professional medical advice.

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-wellbeing-barometer-2024-au](https://lakesent.catholic.schooltv.me/wellbeing_news/special-report-wellbeing-barometer-2024-au)



SPECIAL REPORT

2024

Wellbeing  
Barometer



Lakes Entrance  
Baptist Church

Ages  
5 to 9

# KIDS CLUB



This Term:

## Fruit Season



START DATE


THURSDAY 15th FEBRUARY

Every Thursday 3:30-5:30 pm

Baptist Church 141 PrincesHWY, Lakes Entrance

A/Tea, Bible Stories, Music, Games, Art&Craft

Naomi & Brendan 0456657165



Metung Bloodhounds  
Caring for our Community Since 1987

Metung Bloodhounds  
**TRIVIA NIGHT**  
March  
**14**  
TIME: 7:00 PM TO 11:00 PM  
Metung Yacht Club

Themed your Team and dress up accordingly (not mandatory) prize for the best themed team!

Drinks available at bar prices.  
BYO snacks for your tables

DOORS OPEN AT 6:30 PM TRIVIA STARTS AT 7:00 PM  
\$10 PER PERSON / TABLES OF 8 PLAYERS

Book online at: <https://www.trybooking.com/CPCIK>  
Or phone 0461 277 085



We are supporting the BRHS Pain Management Clinic hoping to raise \$3,000 to purchase specialised exercise equipment.

Come along and join us for a fun entertaining evening of trivia, games and other fundraising activities while supporting a very worthy cause.



SCHOOL  
UNIFORM



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/>

93 Main Street Bairnsdale Victoria 3875

Phone (03) 5152 1333

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.



Keeps everyone in the learning loop



SCHOLASTIC

## Book Club LOOP for Parents

LOOP is the Scholastic Book Club  
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)

