St Brendan's Primary School 1581

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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 7 March, 15 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.



On **Friday, 22 March**, our Year Six Events and Social Justice Leaders have arranged a Colour Run event in the afternoon following the St Brendan's CPS Cross Country. Colour runs are popular fundraising events for schools and this year we are raising funds for Caritas and Project Compassion .



Students may bring a white/light coloured t-shirt to wear over their sports shorts, please note, colours that the students run through are fully washable from clothes. They are non-toxic and will not stain. Students should also bring sunglasses or goggles.



Parent helpers are required and would be greatly appreciated for the sausage sizzle. Please contact the office if you can spare some time. Parents are welcome to attend the Cross Country and return later in the day for the presentations and colour run.

9.15am

Cross

Country

St Brendan's

Parents Welcome!

10.35am

Recess fundraisers for Project Compassion

(Students require \$1 & \$2 coins to take part)

12.40pm

Sausage sizzle lunch

The cost of the Colour Run activity is \$5.00, this includes **one** sausage in bread or \$6.00 for **two** sausages in bread, with the funds raised being donated to Caritas. Cross

Country

2.00pm

Presentation



Hard copy notes have been sent out .

Please fill in the sausage sizzle reply slip and send back to school by Tuesday, 19 March.

Thank you

Dear Families and Friends,

NAPLAN has been a focus this week for students in years three and five. Our technology has served us well and from what the teachers and I can tell, our students have performed admirably. Certainly, I can see that they have managed themselves in being organised and physically and mentally ready for the tests. We will conduct the Numeracy assessment on Tuesday of next week and will catch up any students by Friday. Please esure your child is well rested over the weekend.

One of the issues facing schools at this point in time is students presenting to school on Monday, exhausted from a weekend of screen time. This phenomenon is a significant roadblock to student learning. At St Brendan's, all students are aware that they should limit their screen time. At home, please encourage outside play and always look for opportunities to spend quality time with your children.

Thank you to the families who have indicated which event they can help with this year. We are still waiting on a few responses, please take the time to consider which event you are able to provide assistance to. Many hands make light work.

This week, we welcomed a new family to our school. Emily Smits has begun very well in our foundation year level and we welcome her parents Kelly and Brandon to the St Brendan's community.

Embracing Discomfort - https://mojocrowe.com/

"Growth doesn't happen in your comfort zone. The magic happens on the fringes. On the edges, in the struggle."

On any Hero's Journey, we're either winning... or we're learning.

And if there's a lesson to take away from an experience, there's a good chance that growth is already taking place. That's a win in and of itself!

Well, 'finding wins amongst the struggle' sounds great in theory. But it's much harder in practice, right?

You're not alone there.

As a macro-trend, we've noticed that **we struggle to navigate discomfort as a human race**. And it makes sense. Our brains are wired for survival, often encouraging us towards the path of least resistance, and away from any thing new or uncertain.

Now we all have a need for security and safety in our day-to-day lives... but the thing we don't often realise, is that we're also in need of a little <u>uncertainty</u>. For spontaneity, wonder, adventure, and the chance to stretch our purpose and potential.

Our greatest growth doesn't happen within our comfort zones. The magic happens on the edges, the fringes, in the struggle. It's uncomfortable, messy, and full of unexpected discoveries.

Because when we're willing to get uncomfortable, to really *lean in* and have a crack, we not only fuel our own development... We can inspire others to do the same.

It is hard to believe, but the first term is winding up. Week eight of the term is a week with relatively few interruptions to the curriculum. We will aim to achieve quite a lot in that time. Week nine is a short week with Good Friday indicating the beginning of the holiday break, Please join us at our Cross Country carnival and colour run on Friday, 22 March and at the Golden Honour assembly at 9.10am on Thursday, 28, March if you have time.

Kind regards,

Matthew Hamer

		Dates for the Calend	ar	
Term 1	MARCH 2024			
Week 8	Tuesday 19th	5.00pm - 5.30pm Year 3/4 Karoonda Park Parent Information Session		
	Wednesday 20th	5.00pm Year 5 Camp Meeting	RAISING KIDS IN WEBINAR	
	Thursday 21st	7.30pm - Inform & Empower - Webinar for Parents & Carers	RAISING KIDS IN A DIGITAL WORLD WEBINAR Social Media Impacts of Online Gare	
	Friday 22nd	St Brendan's CPS - Cross Country—Sausage Sizzle—Colour Run	Succes Timpacts on Summing Screen Time Cyber Bullying Child & Tween In the Home Poline Trends	
Week 9	Monday 25th	9.10am Year 4/5 & 5 Class Mass	Explicit/Adult Strengthening Family Communication St Brendan's Catholic Primary School	
	Wednesday 27th	10.00am -2.00pm Division Tennis at Bairnsdale Tennis Club	Purisday 21 March 7.30pm AEDT On minute presentation Parent-Universion on the presentation Parent-Universion on the presentation Parent-Universion on the presentation	
	Thursday 28th	9.10am GHC Assembly - Year 6 Blue 2.15pm - Term 1 Ends	A series of the	
	Friday 29th	GOOD FRIDAY		
Term 2	APRIL 2024			
Week 1	Monday 15th	Term 2 commences		
	Thursday 18th	2.00pm Year 3/4 camp Dining Experience		
Week 2	Monday 22nd-24th	Year 3/4 Karoonda Park Camp		
	Thursday 25th	ANZAC Day		
	Friday 26th	No School		
	MAY 2024			
Week 3	Friday 3rd	2.30pm Assembly—School Captains	2.30pm Assembly—School Captains	
Week 4	Monday 6th—8th	Year 5 Camp - Sovereign Hill		
	Tuesday 7th	9.00 - 11.00am Mother's Day Stall		
	Wednesday 8th	9.00 - 11.00am Mother's Day Stall		
	Friday 10th	Mother's Day Breakfast St Brendan's Athletics Day		
	Sunday 12th	Mother's Day		
Week 5	Monday 13th	Division Cross Country (TBC)		
	Thursday 16th	3.30pm Parent meeting First Communion—Hobby Room		
	Friday 17th	District Winter Sports		

St Brendan's g St Colman's Catholic Church - Mass Times Saturday 16/3 St Dymphna's Buchan 9:00am

Saturday 16/3	St Dymphna's	Buchan
16/3	St Joseph's	Swan Reach
Sunday 17/3	St Brendan's	Lakes Entrance
	St Colman's	Orbost
Tuesday 19/3	St Brendan's	Lakes Entrance
	Years 4/5	Class-School Mass
Wed 20/3	St Colman's	Orbost
Friday 22/3	St Brendan's	Lakes Entrance
	St Brendan's	Healing Mass
Saturday 23/3	St Brendan's	Lakes Entrance
Sunday 24/3	St Brendan's	Lakes Entrance
	St Colman's	Orbost

5:00pm 5:00pm 9:00am 11:00am 9:30am 9:30am 9:30am 9:30am 9:30am 9:30am 11:00am



Regional Swimming Girls Medley

Written by Savannah, Piper, Keelie and Ruby.

On Thursday this week we represented St Brendan's at the Regional Swimming Carnival at Sale. Our medley team consisted of Savannah, Piper, Keelie and Ruby.

Our first medley swimmer was Savannah who swam the backstroke leg, then followed by Keelie in breaststroke, Piper then swan butterfly. To finish off, Ruby pushed through in freestyle coming in at 7th place.

The competition was tough, but we are so proud of ourselves for representing our school.



Health

In 2024, Health is being implemented as a specialist class along with Art, Mandarin, Physical Education and Science. Health focuses on teaching students how to enhance their health, safety and wellbeing and contribute to building healthy, safe and active communities.

Term one Term two Focus: Nutrition Focus: Relationships Students have been developing an Students will develop an understanding of: understanding of: The role of food and nutrition in Personal identities and the factors that enhancing health and wellbeing contribute to their identities • Skills to make healthy, informed food choices Social skills necessary for respectful relationships Emotional responses and how these impact on relationships RESPEC Term three Term four Focus: The Human Body Focus: Safety and Wellbeing

Personal Strengths



Foundation students have been learning about personal strengths such as being helpful, kind, patient, brave, neat, hardworking, friendly etc. We have focused on naming and describing ways they use these strengths to help themselves and others. We also brainstormed and practised how we could use our strengths while we planted and looked after our snow pea seeds.





Personal Identities

Years 3, 4 and 5 have been learning about personal identities. There are many things that make us who we are: Our likes, dislikes, experiences, strengths and backgrounds. We have explored influences that strengthen and contribute to our unique identities such as family, friends and school. We have discussed how our personal identity can change and grow over time. As we learn new things, have new experiences, and meet new people, our identity evolves. Students have also been developing an understanding that everyone's identity is unique and how we can appreciate and respect the ways people are similar or different to us.





In Health the 4/5s have been learning about identities and we made Identity trees that show our family and traditions, values, strengths and likes.

~ Bella

The leaves are our interests and hobbies and they can change as we get older

~ Lacey





Supporting School Events



As in previous years we will not be running a formal Parents and Friends committee in 2024. Alternatively, it is the School Advisory Committees recommendation that we provide families with a list of events taking place over the course of the year requesting that families select one or two events they can assist with. Prior to this event taking place, volunteers will be contacted by the school with more details.

This initiative supports the school by spreading the workload and ensuring our students can enjoy all the opportunities we have in place. Please remember, all volunteers must have a current Working With Children Card which has been presented to the school office.



The survey can be found on PAM. You will have a new alert listed, highlighted in red, "Connect Surveys - Supporting School Events". Follow the prompts to complete. Please select one or two of the events named that you can assist with. Your help is greatly appreciated.

Colour Run Lunch	Easter Raffle Prizes
Mother's Day Stalls	Mother's Day Breakfast
Athletics Day	Father's Day Stalls
Father's Day Breakfast	Working Bee
Graduation	

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

LIBRARY BAGS

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.

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.

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 RAISING KIDS IN A DIGITAL WORLD WEBINAR FOR PARENTS & CARERS is taught in primary schools Online al Media Students... ing participate in engaging, interactive live Child & Tween streamed incursions every term. e Home **Online Trends** Explicit/Adult Strengthening Family Communication Teachers... Content are provided with optional lesson ideas St Brendan's Catholic Primary School and follow up activities. Thursday 21 March | 7.30pm AEDT 90 minute presentation Parents... Parents/carers only Exclusive access to resources are given an overview of each session Register to come along: to help open up important bit.ly/21march2024 Carley McGaura Martin McGauran rimary School Teacher Digital Safety Educator conversations. Marty and Carley were simply sensational. Their A few new changes in our home this week entation was relevant, honest and SAVE THE DATE : Parent Webinar INF=RM&EMP3WER SafetyProvider Thursday 21st March, 7.30pm



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.



'Supervisor of the Year' 2023/2024.

As part of our commitment to the ongoing safety of your students, School Crossing's Victoria, together with your local council, is looking for the 'Supervisor of the Year' 2023/2024. Your support of this program will help ensure your Crossing Supervisor is shown the appreciation they deserve. Nominations are open now, and close on Friday 31st May 2024 go to the School Crossings Victoria website <u>www.schoolcrossingsvictoria.com.au</u> and complete an online nomination.

There are seven regions across the state. A winner will be selected in each region, and the overall winner, will be selected from the regional winners.

Vote for our school crossing supervisor: Bruce McKenzie



Holy Week -Easter Masses and Services 2024



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)

Cruck (SEC) 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.eov.au/abo

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

- 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. change of cutody, change of name, concession card number, or new siblings commercing this year.
- Check with the school office if you a



CTORIA

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

ightly Sparkling	\$3
Aineral Water	
ime, Raspberry,	
Vatermelon, Mango,	



HOT FOOD

Но	ney Chicken + Fried Rice	\$10
Ter	iyaki Chicken + Fried Rice	\$10
Ch	icken Oyster Stir fry + Fried rice	\$10
Fri	ed Pork Dumpling (Gyoza)	\$7.5
wit	h plum dipping sauce	

RICE PAPER ROLLS (2 roll + sauce)

Lunch Order

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



Year 3-6 ICT Student User Agreement

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

discover NAGLE

YEAR 7 2025 INFORMATION EVENING 27 MARCH 2024



From 4pm All Welcome **Bookings are essential**

To learn more, please visit: www.nagle.vic.edu.au

Have you thought about a career as a Swimming Instructor?

- Do you harbor an innate love of water?
- Do you want to help save lives?
- Do you want to feel the rewarding experience of building a child's confidence in the water and giving them a skill for life?
- Do you have good communication skills?
- Are you looking for casual hours with a well-paid hourly rate of \$38.82 an hour?
- Are you looking for the flexibility of working during school hours and having school holidays off with the kids?
- Are you after a fun and positive work environment?

NSTRUCTOR

Are you after an opportunity in career progression within a business as your family grows? Well, we would love to speak to you!

Please call in and have a chat with Sam at the Lakes Entrance Aquadome or alternatively call 5155 3333.

For further information on courses please go to the following websites.

https://austswim.com.au/course-listing

https://lsv.com.au/training-all/swim-teacher-training-course/ https://scta.org.au/learn/teacher-courses-aquatics-courses/swim-australia-teacher/





Thursday 21 March

FREE AGES 5 -12 BOOKINGS ESSENTIAL

Orbost Service Cent 2.00 pm - 4.30 pm

Managing Digital Photos

' This session is aimed at intermediate tech users.

EAST GIPPSLAND

Bookings are essential as places are limited.

EAST GIPPSLAND

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

FREE BOOKINGS ESSENTIAL





Aqua Run

Race your friends on the inflatable Aqua Run!

Tuesdays and Thursdays

1pm - 3pm 2 April to 11 April

\$3.90 per person plus pool entry

(Pool entry is covered for members) All ages welcome. Children under 5 must be accompanied by a responsible person



Easter Activity Session



Children of ages 5 to 12 are invited along to enjoy Easter stories, craft activities and Easter games!



Phone **5152 4225** or book in person at the library for this **FREE** event. Tuesday 26 March Paynesville Service Centre 3.45 pm – 4.45 pm Tuesday 26 March Orbost Service Centre 3.45 pm – 4.45 pm Tuesday 26 March Lakes Entrance Service Centre 3.45 pm – 4.45 pm Tuesday 26 March Omeo Service Centre 3.30 pm – 4.30 pm Wednesday 27 March Bairnsdale Library 4.00 pm – 5.00 pm Friday 29 March Mallacoeta Service Centre 3.45 pm – 4.45 pm



https://www.playhq.com/basketball-victoria/org/lakes-entrance-basketball-association/0b0c0369/register

Under 10's, 16's & 18's play on a Monday night. Under 12's & 14's play in Thursday nights.

Registration will close on the 5th of April

JUNIOR MIXED REGISTRATION IS OPEN

U 10's - 2015/2016 U 12's - 2013/2014 U 14's - 2011/2012 U 16's - 2009/2010 U 18's - 2007/2008

Start date - 22/4 Cost - \$115.00 + insurance

Please use the link at the top of the post to register

Any questions please text 0475 518 250

PELICANS

GIRLS REGISTRATION IS OPEN FOR

Under 10's - 2015/2016 Under 12's - 2013/2014 Under 14's - 2011/2012 Under 16's - 2009/2010

Start date - 24/4 Cost - \$115.00 + insurance When - Wednesdays

Girls can play in this competition as well as/or the mixed competition on Monday's and Thursday's

To register please use the link at the top of the post If you have any questions please text 0475 518 250



2024 Junior Football

@ LEFNC

Lakes Entrance Junior Football Training 2024 and Parent Information.

Training Starts Wednesday 13th March

Under 11's at 4.30pm, Coach Brett Campisi

Under 13's at 4.45pm, Coach Gerard Kennedy

Under 15's at 5.00pm, Coach Rob Paladino

Training kicks off next week for all age groups for the 2024 season. At the start of each age groups training coaches will be there to give an overview of the season ahead and President Matt Zagami will be able to answer any other questions about registering and playing for Lakes. If parents have any other concerns or can't attend please feel free to contact Matt on 0407170178.







REGISTRATION CLOSES: 28 MARCH START DATE: SAT 20 APRIL (ROUND 1) FINISH DATE: SAT 10 AUGUST (FINALS) HOWITT PARK, BAIRNSDALE 12 ROUNDS, PLUS SEMI-FINALS AND FINALS AGE GROUPS: 7S, 9S, 11S, AND 13S EASTGIPPSLANDSOCCERLEAGUE@OUTLOOK.COM

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.



SCHOLASTIC 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







INDOOR SOCCER

FUTSAL SEASON STARTING 13th MAY 2024

WINTER COMPETITION

Mondays - 12 weeks + Finals Juniors (ages 7+) & Seniors (Men & Women)

Come and Try days & Practice Matches at the BARC 29th April - Juniors 4:30 to 6pm / Seniors 6 to 7:30pm 6th May - Juniors 4:30 to 6pm / Seniors 6 to 7:30pm

 \$120 Juniors (7yo - 15yo) \$150 Seniors (16+)

Early Bird Discount available until 31 March!







info@bairnsdalesoccerclub.com

Plus FV Futsal Reg. & Insura for new players to Futsal in 2024