

St Brendan's Primary School 1581

40 Golf Links Road, Lakes Entrance 3909
Ph: 03-51552712 Fax 03-51554565

Website : www.lakesent.catholic.edu.au
Email : principal@lakesent.catholic.edu.au
Internet Banking : BSB 083 879 A/C 695096861
Account Name : St Brendan's School

Newsletter No 12
May 3, 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.



 **St Brendan's**
Catholic Primary School

YOU'RE INVITED TO

Mother's Day

BREAKFAST

Please join us on
Friday, 10th May at 8.00am in
the Mary MacKillop Hall.
We would really love to see you
there!

For catering purposes please return the reply slip to school by **Monday, 6th May.**

followed by the

St Brendan's Athletics Carnival

Dear Families and Friends,

We all had a proud moment on Thursday of last week when our school captains Piper Crawley and Harry Strong read out a poem written by the year six cohort at the ANZAC day ceremony. The poem reiterated the words of the guest speaker from the Sale RAAF Base and both Piper and Harry read with absolute clarity. We were thrilled to have been offered that opportunity.

The year three and four camp was a tremendous hit in week two of term. The weather was perfect, the activities provided plenty of action and new experiences and the students got along famously. The instructors from Karoonda Park went to great lengths to praise our students for their respectful and well-mannered behaviour and the staff could not have been more proud. Next week we are off to Ballarat for the year five Sovereign Hill camp.

Respectful Relationships – School TV <https://lakesent.catholic.schooltv.me/newsletter/respectful-relationships>

Initiating conversations about respectful relationships with children is crucial for their emotional and social development. By addressing topics like kindness, empathy, and communication, parents create a foundation for healthy interactions. These discussions promote awareness of boundaries, consent, and mutual understanding, fostering a safe environment where children can thrive. Teaching respect from an early age equips kids with essential skills to navigate friendships and romantic relationships, building a future based on empathy and equality. Open dialogues about respect empower children to recognise and value their own feelings and those of others, cultivating a positive and harmonious approach to all relationships.



"Respectful relationships promotes respect and gender equality and helps students learn how to build healthy relationships. It prepares students to face challenges by developing problem-solving skills and building resilience and confidence."

Dr Michael Carr-Gregg

We are all looking forward to our Mother's Day breakfast followed by the athletics carnival on Friday, 10 May. We have the Mother's Day stall taking place on Tuesday and Wednesday mornings of next week. Many thanks to all the people who have volunteered to help with the stalls. Also, Denis Huffer, an Athletics Australia accredited coach will be here for two days prior to the carnival to prepare the students for the big day. Let's hope for good weather.

Please join us at 2.30pm on Friday, 3 May for the School Captain's assembly. They are always a lot of fun.

Kind Regards,

Matthew Hamer

Dates for the Calendar

Term 2	MAY 2024	
Week 3	Friday 3rd	2.30pm Assembly—School Captains
Week 4	Monday 6th	Year 5 Camp - Sovereign Hill
	Tuesday 7th	Year 5 Camp - Sovereign Hill 9.00 - 11.00am Mother's Day Stall
	Wednesday 8th	Year 5 Camp - Sovereign Hill 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)
	Tuesday 14th	9.10am Year 6 Class Prayer Year 3/4 Inform & Empower
	Thursday 16th	3.30pm Parent meeting First Communion—Hobby Room
	Friday 17th	District Winter Sports
Week 6	Tuesday 21st	9.10am Year 4 & 4/5 Class Prayer
	Friday 24th	9.10am Whole school Mass - Mary Help of Christians 2.30pm Assembly - Year 2 Blue
	Sunday 26th	First Communion Commitment Mass
Week 7	Friday 31st	9.10am Year One Class Mass
	JUNE 2024	
Week 8	Tuesday 4th	9.10am Foundation Class Prayer
	Thursday 6th	Regional Cross Country—Drouin 3.30pm First Communion parent/child workshop—Hobby Room
	Friday 7th	9.10am Year Two Class Mass 1.40pm Science Afternoon
Week 9	Monday 10th June	Kings Birthday Holiday

Mother's Day Stall

**Tuesday 7th &
Wednesday 8th May**

\$1 - \$10 gifts

Raffle Tickets 50c each



Parents who have previously indicated they will help with the stalls, your attendance would be much appreciated from 9.00am - 10:30am on these dates.

*\$10 is a sufficient amount for students to bring for their gift and there is a limit of \$5 per student for raffle tickets. If students are buying for a grandparent they may have more money.

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

Fr Hiep is on leave from 22nd April till 17th May

Welcome this weekend to Fr Peter Kooloos

Saturday 4th May	St. Joseph's	Swan Reach	5pm
Sunday 5th May	St. Brendan's	Lakes Entrance	9am
	St. Colman's	Orbost	11am





ANZAC Day



On Friday the 25th April, part of our school met at the RSL car park to celebrate ANZAC Day. As a school we marched down to the ANZAC day service and sat respectfully waiting for our chance to speak. A Lieutenant Commander from the RAAF read a speech and then it was our turn to speak. We read out a poem that the Grade 6's wrote to honour the ANZAC veterans. When we went up it was scary at first but as soon as we started reading all the worries went away. Towards the end we got to lay a wreath representing the school. It was great to see so many people from our school and the community show up. It was an amazing experience for us to get the opportunity to read a poem dedicated to the ANZACs. We would like to thank the RSL for running the ANZAC day service and the guest speakers for coming to the service. Hopefully next year our school will get the opportunity to read again.

By Piper Crawley & Harry Strong



ANZAC Day Poem

We are here today to celebrate and honour the sacrifice made by our ANZAC veterans. This poem is dedicated to their memory.

WE HONOUR OUR:

Veterans
Brave and Resilient
Sacrificing, Suffering, Dying
For Honour and Mateship
Empire and Nation
Lost Innocence
Soldiers

WE REMEMBER:

Australians
Tough and Ingenious
Striving, Enduring, Coping
For Mates and Family
Freedom and Peace
Quiet Strength
New Zealanders

WE PRAY FOR:

Families
Grieving and Yearning
Hurting, Longing, Remembering
Their Sacrifice and Pain
Loss and Bereavement
Future Lost
Youth

Together: Lest We Forget

Year 3 & 4 Camp - Karoonda Park



We went up to Gelantipy and we ate chicken and vegetable soup, roast lamb and pudding, I really liked the lamb.

When we had free time some people played gaga, football and other things. For activities I did rock climbing and made it up 3 levels. There was a wonky course that I made it half way up. We also made damper in camp ovens with Bec. The damper was delicious with butter. I didn't drink the billy tea.

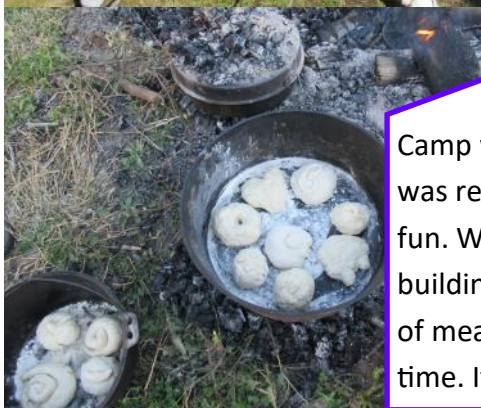
I had so much fun, it was excellent, the best camp ever. - **Billie**



At camp we went bush cooking and we made damper. We used flour and water. To make it you put three cups of flour into a mixing bowl, then you put one and a half cups of water in, you mix it for one minute. After that you mix it with your hands to make a ball. We put the ball in the camp oven and put the oven in the hot coals for 45 minutes. After that it's ready to eat. - **Zari**



Last week, we went to Karoonda Park for camp. My favourite activity was rock climbing, it was up on a big wall, there were 5 different parts of the rock wall. It was so fun! You should go there now! It is up past Buchan. - **Lenni**



Camp was really really fun, the meals were delicious. We made damper, it was really yum. We also did rock climbing, I made it to the top, it was so fun. We did the night walk and saw lots of koalas, also low ropes and team building. We went yabbing, I almost caught a yabby, we had to put a piece of meat on a thin rope and put it in the dam. We also did gaga in our free time. It was such a fun time. - **Matilda**

Year 3 & 4 Camp - Karoonda Park



Last week we went to camp. The bus ride was fun because we could sit with our friends. We went to Gelantipy. We did rock climbing, made damper, team building, yabbing, a night walk and lots more. There was also a big pig named Penelope, she ate all our scraps. We got to sleep in a cabin with all of the grade three girls. We all participated in the activities, it was a great camp.

- **Tilly**



The best thing about Karoonda Park camp was the low ropes course. I swung across the tyre course, and balanced across ropes and boards. We also did rock climbing, I climbed all of the rock courses that we were allowed to do. I climbed to the top of each one. - **Will**



At camp after the grade 3s left we split into two groups, one group went canoeing and the other went on the flying fox. We swapped after an hour and a half. When we were canoeing we went in groups of 2 or 3, the instructors taught us how to paddle, then we pushed the canoes in the water and paddled around for a bit. After this we played games in our canoes and splashed the kids going over us on the flying fox.

- **Bella**



We went to Karoonda Park, first we had a snack and then we had a little bit of free time. After that we got to see our cabins and set up our beds, we got told who we were sharing a room with. In the afternoon we did some activities, we did bush cooking, low ropes and team building. After tea we went for a night walk, we saw a koala on the fence really close to us, and we stopped to look at the stars. The second day we did rock climbing, yabbing and had our lunch before we went home. I can't wait to go back in grade four to do the flying fox and watch a movie. - **Brok K**

Year 3 & 4 Camp - Karoonda Park

When we were canoeing on camp me and my friends in my boat found it hard to paddle so we switched seats and we listened to our instructors and were able to work it out. We played a game where we collected ping pong balls, our boat collected 14. I really enjoyed it and would like to do it again. - **Angus**



It was very tiring walking up the mountain to do the zip line, there was a lot of waiting but when it was my turn they attached me to the line with a trolley. I went from one platform to the second one and then flew over the kids canoeing in the dam, they tried to splash me. - **Jordan**



The food at camp was extremely yummy, we got to have lasagna for dinner, for lunch we had rolls, and at breakfast time the cook made us nice warm porridge with brown sugar. I got to pretend I was spiderman on the zip line. - **Eli**



The flying fox flew over a creek, some ferns and the dam, Mr Hamer helped us get off at the other end. The kids in the canoes on the dam yelled out to me as I flew over. When I stepped off the edge it felt like I was a bird, it was so exciting. - **Ivy O**

Year 3 & 4 Camp - Karoonda Park



At camp the grade 4s did the flying fox after the grade 3s went home. We had to put on a harness, it was really confusing, then we had to climb up this really big hill that had a lot of steps. We had a couple of goes, it was scary, at first it felt like you were going to drop but you actually weren't. It was really fun, some kids were scared but had a go anyway. It was the best camp ever. - Leanna

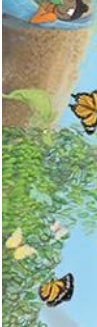
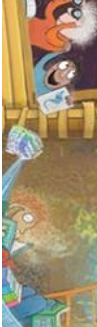


Year 3 & 4 Camp - Karoonda Park



At camp one of the activities was rock climbing and it was my favourite one, I'll tell you why. There were different levels on the wall, there were easy ones and harder ones. I was able to climb to the top of most of them, looking down from the top was scary because I was so high up. When we were at the top we were able to just jump down slowly but surely because we had our harness on and there was a teacher at the bottom helping lower us. - Alexander





The 2024 Victorian Premiers' Reading Challenge is now open and St Brendan's is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 6th September, 2024.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

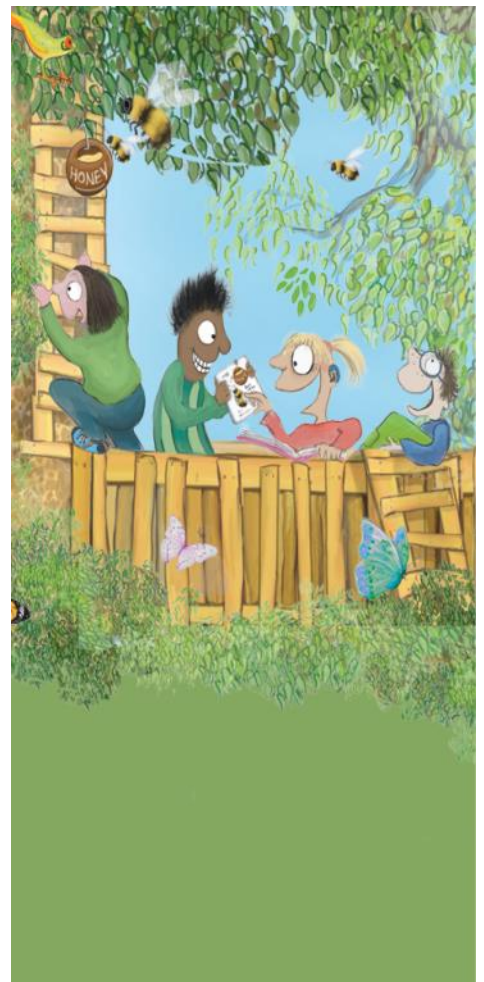
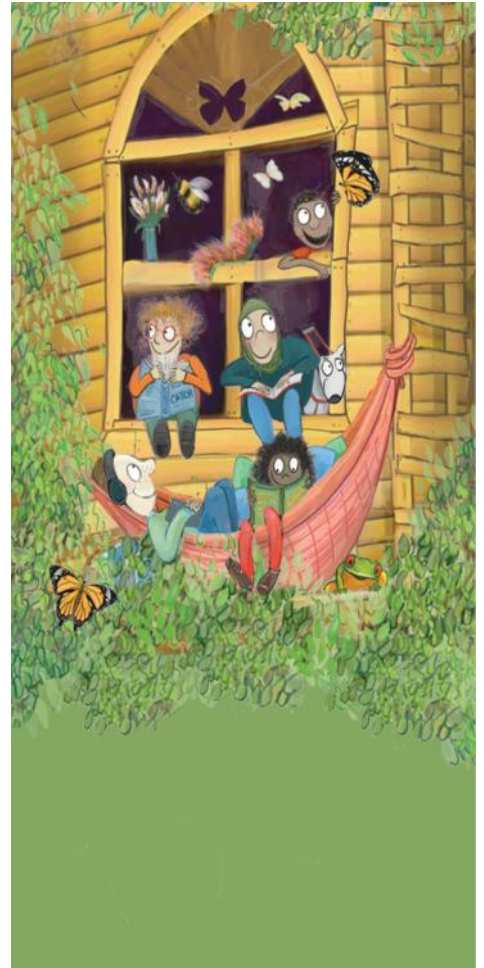
To view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit: vic.gov.au/premiers-reading-challenge

The Premiers Reading Challenge has an online recording system which is intended for students to enter their books at home.

Students wishing to participate, need to send Katrina an email at:

kwykes@lakesent.catholic.edu.au

They will then be emailed their username, password and details to access the online computer system.



SPECIAL REPORT: Trauma Recovery

Trauma in children significantly disturbs their sense of safety and normalcy, leading to substantial emotional and behavioural changes. Such disturbances often result from exposure to traumatic events, which may be exacerbated by continuous media coverage. This exposure can trigger stress, anxiety, and trauma, with varying recovery timelines due to the unpredictable nature of trauma's impact. Observing young people grappling with these effects can be highly distressing for parents and caregivers.

It's important to establish a nurturing environment to help restore a child's sense of security to help promote resilience. Active involvement in their recovery is essential, as is recognising the unique, personalised needs of each child in responding to trauma. Depending on their age, children may present with different symptoms, such as regressive behaviours in younger ones or withdrawal and agitation in older children and teens. It is important to monitor and manage the type of information children may access to reduce their emotional distress.

The brain stores traumatic events as powerful emotional memories, influencing behaviour through mechanisms beyond a child's conscious awareness. By providing young people with support and equipping them with coping mechanisms to handle uncertainty, parents and carers can greatly enhance a child's capacity to recover and build long-term emotional resilience.

This Special Report will help you identify a child experiencing trauma and how you can support them to overcome it.

Here is the link to your Special Report https://lakesent.catholic.schooltv.me/wellbeing_news/special-report-trauma-recovery



SPECIAL REPORT

Trauma Recovery





Authentic Connection Webinar for Parents & Carers

This presentation includes **emotionally engaging stories** and **practical strategies** which will demonstrate the power of embracing **vulnerability, imperfection** and **passion** to build connection.

DURATION
60 minutes

FORMAT
Online Webinar

When: Wednesday 22nd May, 2024

Time: 6:30pm

Where: In the comfort of your own home

A link to join this webinar will be posted closer to the date.

**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



Keeps everyone in the learning loop



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.



Uniform Reminders

JEWELLERY is restricted to the following - a wrist watch, no more than **one** small matching pair of studs or sleepers in the ear lobe - gold, silver or gemstone, a religious medallion on a chain to be worn under clothing.

Fashion jewellery, make-up and nail polish are not permitted.

HAIR is to be kept neat and tidy at all times. Hair longer than collar length, must be **tyed back completely**. This is to help restrict the spread of nits and lice and for student safety. Headband, hair ties, ribbons, scrunchies and clips must be **blue, black or brown**.

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



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.



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.

If you upload photos on social media of school events, be aware of who is in the background. Some parents and caregivers do not want themselves or their children on social media. Thank you for your support.



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.

St Brendan's Parish Office, Lakes Entrance Parish Secretary Position

St Brendan's parish Lakes Entrance requires an experienced bookkeeper to take on the position as parish secretary. Finance experience is essential.

The position is for three days per week from 9.00 am until 4.00 pm.

Tuesday, Wednesday, Friday or Tuesday, Thursday, Friday.

Applicants should include at least one reference.

Interested persons should apply in writing to:

Fr Van Hiep Nguyen

St Brendan's Parish,

40 Golf Links Rd,

Lakes Entrance 3909

Or by email to: paul.hiep296@gmail.com

RAISING KIDS IN A DIGITAL WORLD

**WEBINAR
FOR PARENTS & CARERS**

Social Media
Cyber Bullying
Explicit/Adult Content
Impacts of Screen Time
Child & Tween Online Trends
Online Gaming
Managing Devices in the Home
Strengthening Family Communication

St Brendan's Catholic Primary School

Thursday 16 May | 7.30pm



Martin McGauran
Primary School Teacher
& Digital Safety Educator

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

Register to come along:
bit.ly/may16parents



Carley McGauran
Psychologist & Mum to
3 school-aged kids

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 3yo & 11yo

INFORM & EMPOWER



Do you want to continue playing tennis?

You might be eligible for funding from the **Australian Tennis Foundation** through the **Opportunity Knocks Subsidy Program**.

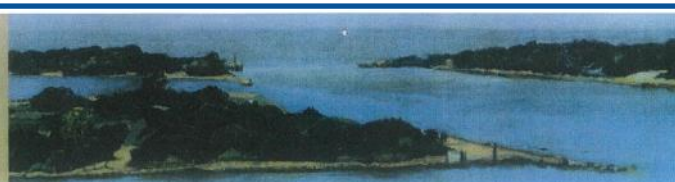
The ATF Opportunity Knocks Subsidy Program is available to children and young people aged between 5-17 years who are facing financial hardship and/or disadvantage.

Contact your local coach
Nigel Carr
0400 003 270

Contact your local club
Lakes Entrance Tennis Club
45 Palmers Rd
Lakes Entrance
play.tennis.com.au/LETC

The Program funds up to \$400 per person per year for coaching fees, plus an additional \$100 per person per year is available for club membership and/or competition fees.

Scan here or click on this link for more information



Friends of the Library Lakes Entrance Book Review Competition

Friends of the Library Lakes Entrance
invite

Primary school students (grades 1-6)
Secondary students (years 7-12)

to

- borrow a book from the Lakes Entrance Library,
- collect an entry form and
- write a short review and
- return the book and review to the Library

All reviews will go into the monthly draw for a gift \$20 voucher for "[Lakes Books and Games](#)" store and be displayed in the Library.

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)	\$7.5

with plum dipping sauce

RICE PAPER ROLLS (2 roll + sauce)

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

Lunch Order

**ST BRENDANS AFTER SCHOOL - SCHOOL OF ROCK
& PRIVATE AFTER SCHOOL GUITAR LESSONS**

After School Of Rock Program
Tuesdays & Wednesdays 3:30pm - 4:30pm
\$10 per week

- 15 minutes of Rock and Roll History/knowledge of the bands we're learning.
- 15 minutes of group bucket drumming (to learn rhythm the fun way!)
- 30 minutes of Group Guitar lessons.
- Each week comes with a video lesson summary to access from home.
- More online lessons for the keen ones to learn as much as they want.

After School Private Guitar Lessons
Tuesdays & Wednesdays 4:45pm - 7:45pm
1:1 - \$30 per 30 minute lesson
OR share the lesson with a mate
2:1 - \$15 per mate 30 minute lesson

- Lessons with the number one aim to make you LOVE guitar, prioritizing lessons for St. Brendans kids, siblings, parents and community.
- Learning songs YOU LOVE with a modern hands on approach to the key techniques and components of guitar.
- Reading tabs, bar chords, power chords, licks, riffs, solos, finger style and the theory you'll actually use.
- Each student will receive an online weekly lesson summary to ensure we move forward each week and for the keen ones to learn as much as they can from home.

Contact For Enquiries -
Kaelan Hercus
0450 299 345
rosie_muso@outlook.com

**BAIRNSDALE
CHRISTIAN
COLLEGE**



Educating
Foundation - Year 10



**ENROLMENTS NOW
OPEN FOR 2025**

At Bairnsdale Christian College, we want every child to grow and develop to their full potential in every aspect of their lives.



For more information or to book a College tour:

admin@bccs.vic.edu.au
(03) 5153 0079
www.bccs.vic.edu.au
101 Bairnsdale-Dargo Rd,
Bairnsdale VIC 3875



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) Plus FV Futsal Reg. & Insurance for new players to Futsal in 2024
- \$150 Seniors (16+)

Early Bird Discount available until 31 March!



SCAN ME
PLAYFOOTBALL.com.au/REGISTER
(search for Bairnsdale Soccer Club)

@bairnsdalesoccerclub

info@bairnsdalesoccerclub.com



EAST GIPPSLAND
SHIRE LIBRARIES

FREE AGES 5 - 12 BOOKINGS ESSENTIAL

April LEGO Club Sessions



Junior LEGO enthusiasts are invited to attend our school holiday LEGO Club session in the new year!

This session will incorporate freestyle creativity - make whatever you'd like!

Come along and unleash your imagination!

The library will gladly accept donations of old or new LEGO brand pieces for our LEGO Club collection.

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

Bairnsdale Library
Wednesday 10 April
4.00 pm - 5.00 pm

Lakes Entrance Service Centre
3, 10, 17, 24 and 30 April
3.40 pm - 4.40 pm

Orbost Service Centre
8, 15, 22 and 29 April
3.30 pm - 4.30 pm

Paynesville Service Centre
3, 10, 17, 24, 30 April
3.40 pm - 4.40 pm

Omeo Service Centre
3, 10, 17, 24 and 30 April
3.30 pm - 4.30 pm

Mallacoota Service Centre
4, 11, 18 and 24 April
3.30 pm - 4.30 pm

