

St Brendan's Primary School 1581

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Newsletter No 25
August 22, 2025



We gather on Gunaikurnai Country. We pay our respects to their Elders; past, present and emerging.
We also acknowledge the ongoing living culture and connection to Country of all First Peoples.



FATHER'S DAY BREAKFAST



You are invited to
come to the
St Brendan's Primary
School Father's Day
breakfast on:
Friday, 5th September,
8.00-8.40am at the
Mary MacKillop Hall.
We would really love
for you to come along!

For catering purposes could you please return the reply slip to school
by Friday, 22nd August.

Tickets for the Father's Day raffle will be available in the morning, with
the raffle prizes drawn after breakfast.

We look forward to seeing you there. Please wear your footy colours.



GOOD LUCK TO OUR CONFIRMATION CANDIDATES



FRIDAY, 22ND AUGUST AT 6.00PM AT ST BRENDAN'S CHURCH. ALL WELCOME!

Dear Families and Friends,

I could not believe what I saw today when almost every child at St Brendan's burst through the gates dressed immaculately for the **Book Week celebration**. What joy! Thank you, parents for the effort you went to, sending your children dressed up so that they could have conversations with everyone they bumped into about their character. It really set the tone for the day and in some way is the ultimate team builder. The events of the day were very well-prepared by the teachers, and I imagine all children went home with plenty of stories to share.

A great day was had last week at the **District Athletics carnival**. Our Sports Coordinator, Hannah Neal facilitated the running of the event and in perfect weather it was most enjoyable. Our competitors were well prepared for their events as we had done training at school, they performed admirably, and they came steaming home in the relays. Fiona Yates commented that she could not remember a more respectful group of students and we are proud to say that twenty-five are now progressing to the Division competition.

Why children and adults need vitamin D: <https://raisingchildren.net.au/>

Children need vitamin D for **bone growth and development**. So do babies developing in the womb. Vitamin D helps us absorb calcium. Serious vitamin D deficiency in children can cause rickets, delayed motor development, muscle weakness, aches and pains, and fractures. Vitamin D deficiency in adults has been linked to osteomalacia, osteoporosis, some cancers, heart disease and diabetes. If women don't get enough vitamin D during pregnancy, their children are at greater risk of developing rickets later in childhood. This risk is reduced if children get enough vitamin D after birth.

Vitamin D and sunlight

Children need sunlight on their skin for their bodies to make vitamin D. They get most of their vitamin D this way. Scientists aren't sure exactly how much sun children in Australia need for good levels of vitamin D. But we do know that the amount of sun your child needs depends on **your location in Australia and the time of year**. It also depends a bit on your skin colour. People with very dark skin need 3-6 times more sun to make vitamin D than light-skinned people



Amity Thomson, Sadie Williams, Ivy Lay and Josie Neal will make the **Sacrament of Confirmation**. This is always a very intimate celebration with member of our parish community. Please join us at 6pm tonight in the church. Bishop Greg will preside over the Mass and his words of wisdom during the homily always strike a chord with the audience.

Kind Regards,

Matthew Hamer



		Up Coming Events
	AUGUST	Term 3
Week 5	Friday 22nd	6.00pm Confirmation
Week 6	Monday 25th	Inform & Empower: Year 1 11.30am VIC SPELL @ Paynesville PS
	Tuesday 26th	9.10am Year 1 Prayer
	Friday 29th	9.10am Year 6 Mass 2.30pm Assembly: Foundation
	SEPTEMBER	
Week 7	Tuesday 2nd	Father's Day Stall Book club due back
	Wednesday 3rd	Father's Day Stall
	Thursday 4th	6.00pm Lions Public Speaking - Mechanics Hall
	Friday 5th	8.00am Father's Day Breakfast 9.10 Whole School Mass: Pilgrims of Hope Jubilee
	Sunday 7th	Father's Day
Week 8	Monday 8th	School Nurse visit - Foundation Division Athletics
	Tuesday 9th	School Nurse visit - Foundation
	Wednesday 10th	School Nurse visit - Foundation
	Thursday 11th	9.10am 4 and 4/5 Prayer
	Friday 12th	Pyjama Day 9.10am Foundation Mass 1.35pm Science Afternoon
Week 9	Friday 19th	The Big Picnic 9.10am GHC Assembly: Year 4/5 Red 2.15pm Term Ends



**FATHER'S DAY
BREAKFAST**



UNIFORM REMINDER

STUDENTS ARE REQUIRED TO WEAR JUMPERS AND TRACKSUIT PANTS TO SCHOOL ON SPORTS UNIFORM DAYS AND LONG PANTS FOR DRESS UNIFORM DAYS. MANY STUDENTS ARE PRESENTING TO THE OFFICE IN THE MORNING, COLD, REQUESTING JUMPERS. PLEASE ENSURE YOUR CHILD BRINGS A JUMPER TO SCHOOL EACH DAY. THANK YOU.

Tues 26th Aug:	St. Brendan's	Lakes Entrance	9.30 am
Wed 27th Aug:	St. Colman's	Orbost	9.30 am
Fri 29th Aug:	St. Brendan's	Lakes Entrance	9.10 am
	Year 6 Class Mass - All welcome.		
Sat 30th Aug:	St. Brendan's	Lakes Entrance	9.30 am
	St. Joseph's	Swan Reach	5.00 pm
Sun 31st Aug:	St. Brendan's	Lakes Entrance	9.00 am
	St. Colman's	Orbost	11.00 am
	St. Brendan's	Lakes Entrance	5.30 pm
	Ecumenical Service - Journey of Hope		

EXPOSITION AND BENEDICTION: After Friday 9.30 am Mass.
ST. BRENDAN'S CHURCH, LAKES ENTRANCE will be open for:
PRIVATE PRAYER from 9am - 4pm Daily
EXPOSITION AND BENEDICTION: St. Brendan's: After 9.30 am Mass on Fridays
RECONCILIATION: Before Mass at Lakes Entrance, Swan Reach & Orbost or by arrangement.
ST. BRENDAN'S - ROSARY: 1st Saturday of the month 8.45am before Mass.
 Next Rosary Morning **6th September 2025**
VISITATIONS: Please contact the Parish Office to request a home visit or to raise any other concerns in confidence. ph: 5155 5232 / 0468 840 349 or email stbrendan@bigpond.com
MORNING TEA Morning tea **Sunday 7th Sep for Father's Day** after Mass in Hobby Room.
All are most welcome.

PARISHES IN PARTNERSHIP

Pat Cronin Incursion:

Written by Leon and Hazel

On the 15 of August, the Pat Cronin Foundation visited our school to teach us about the effects of violence on everyone's lives. Aiden our guide talked to us about all that happened to Pat and the 'Coward punch'. We all walked out with different views on fights, realising how one action without a thought can change an entire community.

In 2016, after his first senior footy game, Pat went out for a couple of drinks with his mates. A brawl later broke out in front of the pub, and Pat went in to pull a friend to safety, when a sudden 'Coward Punch' to the back of his head struck. Pat didn't feel any different for a couple of hours, until he fell unconscious 2 hours later. He was taken to the hospital, but unfortunately, he passed away.

The Foundation taught us about recognising and managing our emotions. They taught us about calming ourselves down after we are very angry and all about why we get angry. They discussed with us how to deal with situations that may involve aggressive people and potentially the warning signs and body language.

The Pat Cronin Foundation embroiders an owl on their shirt, an owl (now called Skipper) that Pat had previously designed a few years prior. Skipper teaches us to:
Be wise, think carefully, and act kindly.

We would like to thank Aiden and the Pat Cronin Foundation team for coming to our school to deliver the "Be Wise" presentation, using Pat's story to illustrate the consequences of violence and encourage students like us to make safer choices.



District Athletics Day



On Thursday, 14th of August, 38 students went through to District Athletics. The events were held at Howitt park in Bairnsdale. A range of schools from all around east Gippsland competed. Kids from age nine to twelve participated in activities such as shotput, discuss, high jump, long jump, hurdles and relay events, as well as all of the running races. Everyone had fun and tried their hardest in all of their events. Everyone's hard work paid off as many students have made it to Division Athletics in Bairnsdale to be held later this term. Good luck to everyone who is making it through to the next level.

A huge thank you to Mrs Neal and Mr Bates who ran the day and made it run smoothly. Well done to Mr Hamer who ran the shot put on the day and thank you to Miss Witherow and Fi for looking after us and making sure we got to our events on time.

By Hunta and Sadie





FATHER'S DAY *stall*

TUESDAY 2ND | & | WEDNESDAY 3RD
SEPTEMBER
\$1 - \$5 GIFTS
RAFFLE TICKETS \$1.00 EACH
RAFFLE TICKETS WILL BE AVAILABLE TO PURCHASE AT SCHOOL DURING THE FATHER'S DAY STALLS.
TICKETS WILL ALSO BE AVAILABLE AT THE BREAKFAST ON FRIDAY MORNING - PRIZES WILL BE DRAWN AT 8.50AM

***\$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.

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.
PLEASE CONTACT THE OFFICE IF YOU ARE NOW UNABLE TO ASSIST.



What is an **activity you really enjoy?**

How do you feel when you do this?

THE RESILIENCE PROJECT.



Pyjama Day

FRIDAY, 12TH SEPTEMBER

**Slide into Your Comfiest Cause Yet!
Get ready to cosy up for a cause!**

Gippsland's Biggest PJ Day is back and St Brendan's is joining the fun.

By simply swapping your school uniform for sleepwear for the day, you'll be helping "A Better Life For Foster Kids" provide emergency care packs, essentials, and ongoing support to children who need it most.

- ✦ It's fun.
- ✦ It's feel-good.
- ✦ And it makes a real difference.



We kindly ask for you to bring a gold coin and if possible brand new toiletries items (toothbrush, toothpaste, shampoo, conditioner, soap, bodywash, etc)



**ISSUE 6
OPEN NOW!**

**\$5 Earn a
PROMO CODE**
Included with order confirmation



Providing Value to Families

Book Club

ORDERS ARE DUE
Tuesday
2nd
September

SCHOLASTIC **Book Club**

SCHOLASTIC **Book Club**

Anxiety & Young People

Anxiety is a natural and expected part of growing up. In fact, it plays an important role in helping young people prepare for challenges, stay alert to potential dangers and adapt to new situations. It can motivate them to study for a test, practise before a performance, or tread carefully in unfamiliar settings. However, for many children and adolescents today, anxiety can shift from being a helpful response to becoming intense, persistent and disruptive.



The world young people are growing up in is fast-paced and often demanding. Academic pressures, social expectations, family changes and the constant presence of digital media can all contribute to heightened stress and worry.

When anxiety is left unrecognised or unsupported, it can begin to affect a young person's wellbeing, learning, friendships and self-confidence. That's why it's so important for adult carers to understand how anxiety may present in children. Everyone experiences anxiety differently, and there's no one-size-fits-all solution.

This edition of SchoolTV raises awareness and provides families with practical strategies to help young people manage anxiety in healthy, constructive ways.

Here is the link to your Edition: <http://lakesent.catholic.schooltv.me/newsletter/anxiety-young-people-au>



Anxiety and Young People

A SchoolTV topic supporting
modern-day parenting



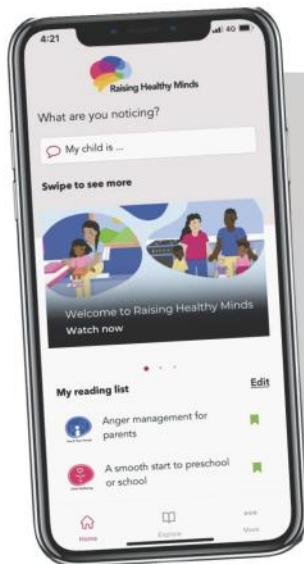


Raising Healthy Minds

Do you have a question about your child's emotions, behaviours and wellbeing?

The Raising Healthy Minds app is a FREE, personalised pocket resource to help you raise confident, resilient children.

Co-designed with parents and experts and funded by the Australian Government, the app offers a mix of quick-read articles, videos and animations designed to support your child's social and emotional wellbeing from birth to age 12.



Download the app from Google Play or the App Store



Find out more about Raising Healthy Minds at raisingchildren.net.au/rhm

The Raising Healthy Minds app is a free, personalised, pocket resource to help parents and carers raise confident, resilient children. Co-designed with parents and experts and funded by the Australian Government, Raising Healthy Minds aims to support children's social and emotional wellbeing with evidence-based information.

You'll find information on topics like dealing with worries and making friends, as well as ideas for day-to-day life, like creating family routines, looking after yourself as a parent, and building strong relationships.

The app offers a mix of quick-read articles, videos and animations aimed at parents and carers of children aged 0-12 years. You can tailor information to the age of your child and opt-in to receive helpful tips.

Raising Healthy Minds provides simple-to-use information at your fingertips with clear actions you can start today.

Download from Google Play or the App Store or go to raisingchildren.net.au/rhm to learn more and raise a healthy mind



When picking up and dropping off your child we ask all parents to observe the following procedures at St Brendan's CPS.

Collecting Students from School Grounds – Child Safety As you would understand, child safety is the number one priority for schools. As circumstances evolve, we want to ensure we have the best possible practice in place. Please note the following requirements for collecting students at the end of the day.

Collecting from the church gate –
Students in years Foundation, One and Two will remain with their class teacher at the end of the day just outside their classroom. The church gates will be open at 3.15pm, at which time parents are required to enter the school grounds to collect their children from the class teachers. This action is in place to avoid situations where students leave the school grounds and run into the church gate car park area without an adult being present.

Please use the appropriate car park entry and exit. Please do not drive across the footpath to enter or exit the car park. We have students and other pedestrians using the footpath.

Collecting from the administration office
Please enter the gates and collect your child from the junior classroom area or your child from years Three to Six may meet you just inside the gates. Students are not to leave the grounds and cross the car park area without an adult walking with them. If dropping students off in the morning, you must also walk them into school. Please do not use the disabled parking bay without permission to do so.

Collecting from car line
Typically, St Brendan's staff are there to organise students into cars at the end of the day. If you wish to park and collect your child, please use the crosswalk and an adult must walk with their child/ren. Drop off at the beginning of the day should take place at the bus stop area.

Thank you for your assistance in this matter.

Regards,
Matthew Hamer
Principal

Thanks for buying
books from

SCHOLASTIC

Book Clubs

they help build our
classroom resources

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.



\$ Seesaw

Keeps everyone in the learning loop

Uniform Reminders

JEWELLERY is restricted to the following - a wrist watch, no more than **one** small plain 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.



THE RESILIENCE PROJECT™

Parent & Carer Hub

When supporting your children's mental health, we know the best outcomes happen when we **work together** and **practise**.

Head over to our **Parent & Carer Hub** to learn more about the **evidence-based strategies** being taught in the classroom, so you can enhance their impact at home. You'll find activities you can practice to support your family's wellbeing.



Scan this QR code to learn more about our **Parent & Carer Hub**.



To learn more about The Resilience project, head to:



The Resilience Project



The Resilience Project



theresilienceproject.com.au



HEAD LICE ALERT

PLEASE CHECK YOUR CHILD'S HAIR TONIGHT!

TO CHECK

Check the scalp for insects or eggs.
Use a fine-tooth comb on wet hair then comb through the hair in sections looking for eggs or lice, repeat over a few days.

TO TREAT

Wet the hair and scalp with conditioner or use chemical shampoo/lotion (containing insecticide) - this will kill the lice and eggs. Using a fine metal comb, or special head lice comb you can get from a chemist, go through the hair in sections to comb the lice and eggs out.

Always re-treat 7-10 days after the first treatment, to kill any head lice that may have hatched from eggs that survived the first treatment.

TIPS

- ✓ Check and treat the hair every night
- ✓ Please tie up long hair for school
- ✓ If your child has head lice please check everyone in the family home
- ✓ Do not share hairbrushes, towels, hats/scarves etc.



As Pilgrims of Hope
Come experience a spiritual journey praying the Rosary with Mary in contemplation with her son Jesus.

St Mary's Parish Bairnsdale invites you to an online community Register for this free weekly ZOOM gathering on Monday nights: 7.00pm - 7.30pm Join us whenever you can!

Contact Michelle to receive a link to participate
Email: stm.michelle@gmail.com
or phone 03 5152 2942

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 below menu and please take note of prices.

Example :

Name _____
Class _____
1 Tuna & Avo sushi roll \$4.00
1 Raspberry drink \$3.00
Total \$7.00
Thank you

Lunch Order



ST BRENDAN'S STUDENT LUNCH ORDER

SUSHI ROLLS

Salmon & Avo	\$4
Avocado	\$4
Cucumber	\$4
Tempura Veggie	\$4
Teriyaki Chicken	\$4
Chicken Katsu	\$4
Panko Prawns	\$4
Tuna & Avo	\$4

HOT FOOD

Fried Rice	\$7
Fried Pork Gyoza (Rice)	\$7
Spring Rolls (4pc)	\$7
Chicken Hokkaido Noodle	\$10
Honey Chicken + Fried Rice	\$10
Teriyaki Chicken + Fried Rice	\$10
Chicken Oyster Stir Fry + Fried rice	\$10

DRINKS

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

LUNCH ORDERS ARE AVAILABLE ON A FRIDAY

Order must be in Thursday

MANY YUMMY OPTIONS!

ADULT BRONZE

11TH & 12TH OCTOBER

WEEKLY SESSION

Assessment day
Saturday 8th
November



Learn new skills



Help and encourage the nipper

For more information contact:

pippi_lee@hotmail.com or

jessica.woodward96@gmail.com

The Forge Theatre presents



The Gruffalo's Child

Wednesday 3 September

6.00pm

If you loved The Gruffalo, don't miss the sequel, which returns following previous sellout Australian tours – now in a new West End production! Join the Gruffalo's Child on her adventurous mission in this magical musical adaptation of the much-loved picture book.

One wild and windy night the Gruffalo's Child ignores her father's warnings about the Big Bad Mouse and steps out into the deep dark wood. After all, the Big Bad Mouse doesn't really exist... does he?

The team behind The Gruffalo, Room on the Broom and The 13-, 26-, 52-, 78 and 91-Storey Treehouses return with The Gruffalo's Child, bringing together physical theatre, music and puppetry to deliver songs, laughs and scary fun for children aged 3 and up, and their adults...



EAST GIPPSLAND UNDER 15's GIRLS ACADEMY

Every 2nd Wednesday June 4th Onwards

Bairnsdale City Oval | 5:00pm Start

Female Football Gippsland invites girls born 2010–2014 to join the Girls Academy — a welcoming, inclusive program for those ready to develop their skills and take on competitive football.

Perfect for players transitioning from mixed teams or new to the game, the Academy focuses on growth, confidence, and enjoying footy in a supportive environment.



REGISTRATION ARE NOW OPEN

<https://www.playhq.com/afl/register/ad2013>

Contact Tom Crellin 0447 295 014
for more information



FREE | BOOKINGS NOT REQUIRED
AGES 5 - 12

EAST GIPPSLAND
SHIRE LIBRARIES

LEGO Club 2025



Junior LEGO enthusiasts are invited to attend our after-school LEGO Club sessions

Head into your local library and flex your creative muscles making the LEGO builds of your dreams!

Donations welcome: the library will gladly accept donations of old or new LEGO brand pieces for our LEGO Club collection.

This is an unsupervised event - attendees must be accompanied by an adult.

Bairnsdale Library
Tuesdays
4.00 pm - 5.00 pm

Lakes Entrance Service Centre
Wednesdays
3.30 pm - 4.30 pm

Orbost Service Centre
Mondays
3.30 pm - 4.30 pm

Paynesville Service Centre
Wednesdays
3.30 pm - 4.30 pm

Omeo Service Centre
Wednesdays
3.30 pm - 4.30 pm

Mallacoota Service Centre
Wednesdays
3.30 pm - 4.30 pm



FREE | NO BOOKINGS REQUIRED

EAST GIPPSLAND
SHIRE LIBRARIES

We're Back!

Rhymetime Returns



Join us for our first Rhymetime session of 2025!

This is a wonderful opportunity for children to explore the magic of stories and the joy of reading. Enjoy engaging tales that inspire creativity and imagination, along with fun songs and rhymes!

Rhymetime sessions are designed for children under 2 years and their parent/carers and run for approximately 30 minutes.

Bairnsdale Library
Wednesday 5 February
10.30 am - 11.00 am

Lakes Entrance Service Centre
Wednesday 5 February
11.00 am - 11.30 am

Orbost Service Centre
Thursday 6 February
10.00 am - 10.30 am

Paynesville Service Centre
Monday 3 February
10.30 am - 11.00 am

Mallacoota Service Centre
Tuesday 4 February
10.00 am - 10.30 am

