

NEWSLETTER 10

ST BRENDAN'S CATHOLIC PRIMARY SCHOOL



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.



ANZAC Day March - Saturday, 25 April

RE: ANZAC Day March - Saturday 25 April.

We will gather at the RSL club at **10.30am** on Saturday, 25 April.

Students are expected to wear their sports uniform.

This year our School Captain Winter Thomas and Cultural Diversity Leader Georgia McGuinness will represent our school by reading a poem they have written. They will then be laying the wreath on behalf of the school.

We hope to see you at the ANZAC Day March.



MOTHER'S DAY STALL

Tuesday 5th & Wednesday 6th May
\$1 - \$5 gifts
Raffle Tickets \$1.00each

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.



Please join us to celebrate

MOTHER'S DAY BREAKFAST

8 MAY

Please join us on Friday, 8th 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, 4th May.
If you are in the position to be able to donate, could you please indicate below, we would really appreciate donations dropped to the office before Thursday, 7th May.

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



Reminders:

- Catholic Mission and Religious Education School Review Parent Survey - on PAM
- St Brendan's Parish Pastoral Plan 2026 - Questionnaire - sent via email



www.lakesent.catholic.edu.au



principal@lakesent.catholic.edu.au



03 5155 2712



40 Golf Links Road, Lakes Entrance, VIC, 3909

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

Dear Families and Friends,

It was a very pleasing start to the term with students and staff so happy to catch up with one another. The din in the staffroom at Monday's briefing was warming to hear and the students' respect of their peers is evident in the calm classrooms and friendly play apparent across the school. This term, we welcome Mrs Duran's son Dalton to St Brendan's who has begun in Year One/Two Red.

Our school participated in the Victorian Registration and Qualification Authority compliance review this week. Not surprisingly all criteria was met. We will take part in an External Review process later in the year which is another requirement of the accreditation cycle.

Understanding and managing emotions: why it's important- <https://raisingchildren.net.au>

Understanding and managing emotions is important for development and wellbeing during childhood and adolescence. Children and teenagers who can understand and manage their emotions are more likely to:

- express emotions by speaking calmly or in other appropriate ways
- bounce back after feeling strong emotions like disappointment, frustration or excitement
- control impulses
- behave positively – that is, in ways that help with getting along with others, staying safe and developing well.



And this is good for children because it helps them learn, make friends, become independent and more.

Your child's ability to understand and manage emotions develops over time. When your child is young, they'll need help with understanding emotions. This mostly involves recognising and naming emotions, which lays the groundwork for managing emotions as your child gets older.

As your child grows, they'll learn more strategies to manage their emotions without your help.

Understanding and managing emotions is also called emotional regulation. It's an important part of your child's [self-regulation](#)

Parents, please be aware there are a couple of surveys we have sent out to you via email. The Catholic Identity and Religious Education CIRE survey is a part of our School Review process this year, and the information collected will assist us in developing our Strategic Plan for the next four years. The other survey comes from the St Brendan's Parish. St Brendan's Parish are endeavouring to create a Parish Pastoral Plan for our specific community, to be put into action over the next five years. An essential part of the process for developing this plan is to give everyone in our Parish a chance to have input. The survey is due on Tuesday, 5 May.

Next week, Hannah Neal has organised for Denis Huffer to conduct athletic lessons for all our students. This is a wonderful opportunity to prepare for the athletics carnival which is rapidly approaching. Denis Huffer is a registered Level 2 Athletics Australia coach with Over 40 years of coaching experience in a variety of sports with roles as Australian Sporting Commission Sporting Schools Athletic Coach, Little Athletics Victoria program in schools (LAPS) and Athletics Victoria (AV) Development Squad Coach.

We are all looking forward to some laughs during Crazy Hair Day on Friday, 1 May. This day is a free dress day with a gold coin donation going to the Leukemia Foundation.

Kind regards,
Matthew Hamer



Term 2 - Up Coming Events

	MON	TUE	WED	THU	FRI
WEEK 1	Apr 20	Apr 21	Apr 22	Apr 23	Apr 24 Apr 25 We will gather at the RSL club at 10.30am on Saturday 25 April ANZAC DAY
WEEK 2	Apr 27	Apr 28 Nagle Leaders visit	Apr 29	Apr 30 3.30pm First Communion parent workshop	May 1 Crazy Hair Day and Free Dress
WEEK 3	May 4 Full Winter Uniform	May 5 Division Cross Country Mother's Day Stall 2.10pm Year 5 Inform & Empower	May 6 Mother's Day Stall 5.00pm Year 5 camp meeting	May 7	May 8 Mother's Day Breakfast St Brendan's Athletics
WEEK 4	May 11	May 12 9.10am Year 5 Class Prayer	May 13 5.00pm Year 6 camp meeting	May 14	May 15 2.30pm Assembly - School Captains Catholic Education week begins
					May 10 HAPPY MOTHER'S DAY

TERM 2 Week 7: Friday 5th June - Student Free Day
 Week 8: Monday 8th June - King's Birthday Holiday

Issue 3 Open Now! Earn a \$5 DISCOUNT CODE Included with order confirmation

SCHOLASTIC Book Club

Providing Value to Families

Book Club

ORDERS ARE DUE Thursday, 7th May

SCHOLASTIC Book Club

Tues 28th April: St. Brendan's Lakes Entrance 9.30 am
The words of God and Communion Service.

Wed 29th April: St. Colman's Orbost No Mass

Fri 1st May: St. Brendan's Lakes Entrance 9.30 am
The words of God and Communion Service
Calvary Nursing Home L/Ent No Mass

Sat 2nd May: Rosary St. Brendan's Lakes Entrance 8.45 am
St Brendan's Lakes Entrance 9.30 am
St. Joseph's Swan Reach 5.00 pm

Sun 3rd May: St. Brendan's Lakes Entrance 9.00 am
St. Colman's Orbost 11.00 am

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 **2nd May 2026**

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 10th May (Mother's Day)** after Mass in Hobby Room.

**PARISHES IN PARTNERSHIP
 WEEKLY MASSES & LITURGY TIMES**

SCIENCE



The Foundation students recently enjoyed a fun and engaging science activity exploring the fun of bubble blowing! Children watched while we mixed the bubble mix and then experimented with different bubble wands and techniques, creating colourful bubbles of all shapes and sizes. Laughter and excitement filled the room as students created long snakes of bubbles., Along the way, they also developed important skills such as coordination, observation, and perseverance. It was wonderful to see students learning through experimenting, sharing smiles, and enjoying science lessons.



WINTER UNIFORM

This is an important requirement and must be worn by every child each day. Your support in this matter is paramount to its effectiveness. We pride ourselves on our uniform and need the support of all families in ensuring that this policy is strictly adhered to. Generally summer uniform is worn in Terms One and Four and winter uniform is worn in Terms Two and Three. There is changeover period for uniforms at the beginning of Term Two and Term Four.

UNIFORM ITEMS - AVAILABLE FROM NICK'S IN BAIRNSDALE MOST ITEMS ARE REGULATION, MEANING THAT THE SCHOOL HAS DETERMINED THE STYLE OR MANUFACTURE.



BOYS WINTER UNIFORM		GIRLS WINTER UNIFORM
	Sky blue long/short sleeve shirt	Winter Tunic (Year F,1,2,3)
	Grey trousers	Winter Skirt (Year 4/5/6)
	Bomber Jacket (with emblem)	Blue long sleeve blouse
	Polar Fleece /Jacket (with emblem)	Bomber Jacket (with emblem)
	Grey socks - above ankle (no logos)	Polar Fleece Jacket (with emblem)
	Black leather school shoes/boots	Navy tights/white school socks – above ankle (no logos)
	Navy 'Midford' Pant	Navy 'Midford' Pant
	Black leather school shoes or buckle/lace-up/T-bar	Black leather school shoes or buckle/lace-up/T-bar

BOYS & GIRLS WINTER SPORTS UNIFORM

- Blue polo shirt with emblem (Short Sleeve)
- Navy track pants without logos
- Bomber Jacket / Polar Fleece Jacket (with emblem)
- White sports socks (above ankle) – below ankle footlet style not acceptable (no logos).
- Running shoes / sneakers (**not skate or fashion shoes**)



(BLACK SHORTS MAY BE WORN UNDER TRACKSUIT PANTS FOR SPORT AND OUTSIDE PLAY.)

UNIFORM REMINDER: STUDENTS ARE REQUIRED TO WEAR JUMPERS AND TRACKSUIT PANTS TO SCHOOL ON SPORTS 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.

HAIR - 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.

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.

E-scooter road rules

<https://transport.vic.gov.au/>

E-scooters that comply with specifications outlined in the Victorian road rules are now legal to use across Victoria.



All riders must follow the rules to keep everyone safe, including always wearing a helmet and never riding on footpaths or while under the influence of alcohol or drugs. Failure to do so could result in hefty fines or even the loss of your driver's licence.

It is against the law to ride an e-scooter on public land if it doesn't meet Victorian device requirements.

- has a maximum speed of 25 km/h when ridden on level ground
- transports one person while the person is standing or seated
- has two wheels (one in front of the other)
- has a footboard between the front and rear wheels
- is steered by a handlebar, and
- does not weigh more than 45kg

•What you must do

E-scooter riders must:

- be aged 16 or over
- wear a helmet
- ride at no more than 20 km/h
- ride on:
 - shared-use paths
 - bicycle paths
 - roads with a speed limit of up to 60 km/h
- use flashing or steady front and rear lights, if riding at night or in low light
- park responsibly in a location that does not disrupt pedestrians or pose a safety hazard
- keep to approved areas if using a hired e-scooter.

WELCOME TO THE RESILIENCE PROJECT™

Families

Why wellbeing?



1 in 4 primary students experience high levels of depression or anxiety. ¹



1 in 3 secondary students experience high levels of depression or anxiety. ¹



2 in 5 adults experience a mental disorder in their lifetime. ²

¹ State of the Nation Report 2024

² Australian Bureau of Statistics: National Study of Mental Health and Wellbeing, 2020-2022.

School wellbeing program

With staggering statistics among children, young people and adults in Australia, The Resilience Project is working to **drive change through a preventative approach by building a culture of wellbeing in schools.**

Based on the evidence-based principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy**, our program equips students with lifelong wellbeing habits and **empowers families to support wellbeing at home.**

The whole-school wellbeing program involves explicit teaching through our **evidence-based curriculum** alongside wellbeing habits being integrated in school routines.

Supporting wellbeing at home

We know that when schools, families and communities **speak the same language around mental health, our young people thrive.** Throughout the year, you'll receive resources to help you develop wellbeing and resilience at home.

Proven impact

Through multiple independent evaluations, students participating in our School Wellbeing Program have shown **measurable improvements** compared to students at schools that aren't involved.



Scan the QR code or [click here](#) to learn more.



The Imperfects podcast

[On this podcast](#), founder of The Resilience Project **Hugh van Cuylenburg**, his good friend **Ryan Shelton**, and only one of their brothers, **Josh van Cuylenburg**, talk to a variety of interesting people who **vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection.** Whether it's in The Vulnerabilitea House, The Academy of Imperfection, or with their resident psychologist, Dr Emily, The Imperfects are here to find some valuable takeaways we can all apply to our own imperfect lives.

Lunch orders are available on a Friday and are supplied by Mama 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 take note of prices.



SUSHI ROLLS		HOT FOOD	
Salmon & Avo	\$4	Fried Rice	\$7
Avocado	\$4	Fried Pork Gyoza (6pc)	\$7
Cucumber	\$4	Spring Rolls (4pc)	\$7
Tempura Vege	\$4	Chicken Hokkein Noodle	\$10
Teriyaki Chicken	\$4	Honey Chicken + Fried Rice	\$10
Chicken Katsu	\$4	Teriyaki Chicken + Fried Rice	\$10
Panko Prawn	\$4	Chicken Oyster Stir fry + Fried rice	\$10
Tuna & Avo	\$4	Grilled Pork Vermicelli Bowl	\$10
		Grilled marinated pork served over vermicelli noodles with fresh herbs, pickled veg, peanuts, and a light Vietnamese nuoc cham dressing.	
DRINKS			
Lightly Sparkling Mineral Water	\$3		
Lime, Raspberry, Watermelon, Mango,			



LUNCH ORDERS ARE AVAILABLE

ON A FRIDAY

ORDER MUST BE IN THURSDAY



Menu Location: PAM - Knowledge Banks: School Notes/Information & St Brendan's Website



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.



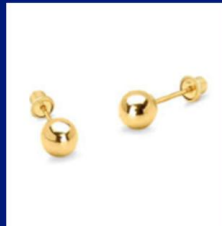
Uniform Reminders



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.



Key Dates for Year 7 2027 Enrolments:

- Applications are now open (online via our [website](#))
- **25 March** – Discover Nagle: Year 7 2027 Information Evening
- **8 May** – Applications Close
- **June** – Enrolment Interviews (dates TBC)
- **27 July** – Offers of Placement made
- **01 December** – Orientation Day

Please note that the Department of Education Application for Year 7 Placement Form is not an application for enrolment at Nagle College.

Families wishing their child to be considered must complete the College's enrolment process.



Join us at our open afternoon and see our kinders in action.

Meet our friendly early childhood teachers & educators, explore our learning spaces and ask any questions.

Wednesday April 29

4:30pm – 6:00pm

- Children's Centre (45 Coates Rd)
3-year-old kinder
- Early Learning Centre (44 Carpenter St)
3-year-old & 4-year-old kinder

- 📍 Tour our indoor and outdoor spaces
- 📍 Meet our educators & teachers
- 📍 Learn about our kinder programs
- 📍 Ask questions about enrolments

Still searching for a kinder spot this year?
Contact us, we might be able to help!



Rhymetime

at your local library

Storytime

at your local library

Bairnsdale Library
Wednesday 10.30am

Lakes Entrance
Service Centre
Wednesday 11.00am

Orbost
Service Centre
Thursday 10.00am

Paynesville
Service Centre
Monday 10.30am

Mallacoota
Service Centre
Tuesday 10.00am



Bairnsdale Library
Tuesday 11.00am

Lakes Entrance
Service Centre
Tuesday 11.00am

Orbost Service Centre
Tuesday 10.30am

Paynesville Service Centre
Tuesday 11.00am

Mallacoota
Service Centre
Thursday 2.30pm



EAST GIPPSLAND
SHIRE LIBRARIES

EAST GIPPSLAND
SHIRE LIBRARIES

NEW!

East Gippsland Shire Council

KINDERGARTEN CENTRAL REGISTRATION SERVICE

Is your child attending a funded
3- or 4-year-old kindergarten in 2027?

From April 2026, families can register
for 3- or 4-year-old kindergarten through
Council's Central Registration Service



Contact the Early Years Team:

earlyyears@egipps.vic.gov.au

[03\) 5153 9500](tel:03)51539500)

Scan the QR Code



NEW!

East Gippsland Shire Council

KINDERGARTEN CENTRAL REGISTRATION SERVICE

The Central Registration Service ensures the process of registration and enrolment is simple, consistent, inclusive and equitable.

It provides a single point for families to register for multiple kindergarten services.

To allocate kindergarten places in line with the Department of Education's Priority of Access criteria.

First round offers open 1 April 2026 & close 30 June 2026. You can complete a pre-registration form at any time.

Scan the QR code or visit our website to complete an online registration form.

Register for kindergarten in 4 easy steps:

1. **Register**- Family completes an online form
2. **Allocate** - Council carefully reviews all registrations and allocates kindergarten places
3. **Confirm**- Families receive a kindergarten offer
4. **Enrol**- Families complete the child's enrolment directly with the kindergarten.



Contact the Early Years Team:

earlyyears@egipps.vic.gov.au

[03\) 5153 9500](tel:03)51539500)

Scan the QR Code



Week 1 - ANZAC Day

ANZAC Day is about understanding and honouring the experiences of others—especially soldiers and their families.

Empathy

- Reflecting on sacrifice
- Thinking about how others felt during war
- Showing respect and compassion

Gratitude

- Being thankful for the freedoms we have today
- Appreciating the sacrifices made by others

Mindfulness

- Taking quiet moments of reflection (e.g. dawn service)
- Being present and respectful during

GEM + EL Chat



G.E.M.
GRATITUDE
EMPATHY
MINDFULNESS

What's a recent situation where you took the time to **understand** someone else's point of view?

RESILIENCE PROJECT.



nab AFL Auskick

GOOD CLEAN FUN

PLAY.AFL/AUSKICK

LAKES ENTRANCE AUSKICK CENTRE

LAKES ENTRANCE RECREATION RESERVE

FRIDAYS | 5:00PM - 6:00PM

Starting Friday 24th April 2026



AFL PLAY



nab AFL Superkick

ANYBUDDY CAN PLAY

PLAY.AFL/SUPERKICK

LAKES ENTRANCE SUPERKICK

LAKES ENTRANCE RECREATION RESERVE

FRIDAYS | 5:00PM - 6:00PM

Starting Friday 24th April 2026



AFL PLAY

Your Best Gets Better



EAST GIPPSLAND TAEKWONDO

Fitness Self Defence Fun

First session FREE

Ages 6+ welcome!

Tues & Thurs
5:30PM - 7:00PM
St Brendan's
Primary School Hall

egtkd.com.au

egtkd@gmail.com



LOST SOMETHING?



PANDORA BRACELET FOUND IN TOP CAR PARK



Collection from school office

Kids Classes

After School art classes

Thursdays 4:15 to 5:15pm

Various mediums including graphite pencil, chalk pastels, charcoal, coloured pencils, water paint, acrylic paint and air dry clay.

Paxart Studio Lakes Entrance

NDIS Supported

Bookings and enquiries PH: 0408 500 451

Caroline Pax Art Therapy on Facebook



Kids Art Classes

After School art classes Term 2

Mondays 4:00pm to 5:00pm

Various mediums including graphite pencil, chalk pastels, charcoal, coloured pencils, water paint, acrylic paint and air dry clay.

Bairnsdale Neighbourhood House

10 week course \$370

Bookings and enquiries PH: 0408 500 451
Caroline Pax Art Therapy on Facebook



GIRLS COMP REGISTRATIONS!

Now Open!

- Start - 8th May
- End - 11th Sept
- Cost - \$80 Plus BV fees



*Questions?
Please text Junior
Coordinator:
0475 518 250*

JUNIOR MIXED REGISTRATIONS

Now Open!


- 12 Rounds + Finals
- Start - 4th May
- End - 7th Sept
- Cost - \$115 Plus BV fees




*Questions?
Please text Junior
Coordinator:
0475 518 250*

Girls Competitions Registrations NOW OPEN!

New registrations are welcome for both competitions.


 Our Senior Girls competition is at a minimum for girls born in 2015 and over, and is designed for more experienced and older players.

 Our Junior Girls competition is the perfect environment for girls new to the game or looking for the opportunity to gain confidence and grow their skills.

Registrations for both competitions use the link below.

Games are held on a Friday afternoon.

New registrations are more than welcome to message the junior coordinator to discuss the best competition fit for the player.

 No late registrations will be accepted.

To register please use the link at the bottom this post.

Any questions please text 0475 518 250

Juniors Mixed Rego is now open

Cost - \$115 + BV fees

Under 10's, 16's & 19's play on a Monday night
Unser 12's & 14's play on a Thursday night

Age groups

U 10's - 2017 - 2018

U 12's - 2015 - 2016

U 14's - 2013 - 2014

U 16's - 2011 - 2012

U 19's - 2008 - 2010

If you would like you child to play up a grade please text the Junior Coordinator
0475 518 250