

7 August, 2026

NEWSLETTER 23

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.



TERM 3 ASSEMBLIES DATE CHANGE



No Assembly today, Friday 7th August

Next Assembly: Friday 28th, August

Items by: 3 / 4 Blue and 3 / 4 Green

Assembly: Friday, 18th September

GOLDEN HONOUR ASSEMBLY

Item by: 3 / 4 Red

PUPIL FREE DAYS

**THURSDAY, 13TH &
FRIDAY, 14TH AUGUST**



*We wish Georgia
and Ivy all the
best as they
celebrate their
Confirmation on
Saturday night
in Bairnsdale*



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

Term 3



Aug 8

6pm
Confirmation
Mass
Bairnsdale

MON

TUE

WED

THU

FRI

WEEK 5

Aug 10
School Review

Aug 11
School Review
9.10am Year 5 Inform &
Empower

Aug 12
School Review

Aug 13
Pupil Free Days

Aug 14
Pupil Free Days

WEEK 6

Aug 17
Bullying No Way Week

Aug 18

Aug 19

Aug 20
Eastern District Athletics

Aug 21
9.10am Year 1 / 2 Class Mass
Foundation Excursion

WEEK 7

Aug 24
Book Week Parade

Aug 25
9.10am Foundation Class
Prayer

Aug 26

Aug 27

Aug 28
9.10am Year 5 Class Mass
2.30pm Assembly - 3 / 4 Green
& 3 / 4 Blue

WEEK 8

Aug 31
9.10am Year 3 / 4
Class Prayer

Sep 1
Father's Day Stall

Sep 2
Father's Day Stall

Sep 3

Sep 4
Father's Day Breakfast
Science Afternoon

Sep 6
Father's Day

TERM 3

Week 9: Monday 7th September - Division Athletics
Week 10: Friday 18th September - End of Term 2.15pm

Medical Information Update



Parents and carers are required to update your child's medical information via PAM every year their child attends our school. The information you include on these forms will allow us to maintain our records and put in place any plans to assist in managing their medical conditions. Information about students' medical conditions are recorded to ensure we are able offer the relevant care while they are at school. It is important to inform the school of any changes to your child's medical information and or needs as soon as possible so we can maintain accurate and up-to-date records. Parents or carers of students diagnosed with Asthma, Allergy, Anaphylaxis, Diabetes and Epilepsy must also provide a personalised condition specific action plan completed and signed by their doctor. **Action plans must be updated each year.**

Asthma Plans Reviews

If you are aware your child's plan is over 12 months old please make an appointment to have the plan reviewed. Please supply the school with an updated plan and update your medical profile on PAM.

The school will be contacting parents in the coming weeks regarding out of date plans and out of date ventolin.

Our school **Health Care Needs Policy** states:

3.2 Student Health Support Plan Review

Student Health Support Plans will be reviewed:

- when updated information is received from the student's medical/health care practitioner
- when the school, student or parents, guardians and/or carers have concerns with the support being provided to the student
- if there are changes to the support being provided to the student, or
- on an annual basis. The advice received from the medical/health care practitioner is reviewed annually unless it is agreed that the annual review of the plan is not required. In this case, the principal (or their delegate) may request updated medical information.



Tues 11th Aug:	St. Brendan's	Lakes Entrance	9.30 am
Wed 12th Aug:	St. Colman's	Orbost	9.30 am
Fri 14th Aug:	St. Brendan's Healing Mass	Lakes Entrance Lakes Entrance	9.30 am 10.00 am
Sat 15th Aug:	Rosary St Brendan's St Brendan's Solemnity of the Assumption St. Joseph's	Lakes Entrance Lakes Entrance Blessed Virgin Mary Swan Reach	8.45 am 9.30 am 5.00 pm
Sun 16th Aug:	St. Brendan's Baptism for Aurora Legg. St. Colman's	Lakes Entrance Orbost	9.00 am 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 **5th September 2026**

VISITATIONS: Please contact the Parish Office to request a home visit or to raise any other concerns in confidence. phone: **0403 572 474** or email stbrendan@bigpond.com

MORNING TEA Morning tea **Sunday 9th August 2026**, after Mass in hobby room.

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



Social Justice Team



WINTER WARMER SOUP KITCHEN



This term, St Brendan's is holding a Winter Appeal to support the people at the Jemmeson Street Drop-In Centre.

As part of this appeal, our Year 6 students, teachers, volunteers, and members of our parish community will be working together to make warm, healthy soup for people in our community who need a nourishing meal during the winter months.

We are also asking families to donate food items to help us make the soup. Every contribution, big or small, will make a real difference.

Thank you in advance for your generosity and support. Together, we can help make a positive difference in the lives of others this winter.



SUGGESTED ITEMS TO DONATE:

- onions
- carrots
- potatoes
- pumpkin
- garlic
- celery
- cauliflower
- tin tomatoes
- tin black beans
- tin kidney beans
- tin corn
- tin lentils
- tin veg
- stock- vegetable, beef, chicken
- stock cubes- vegetable, beef, chicken
- dry soup packet mix
- dry barley, lentils
- pasta
- rice

Any contribution no matter how small is greatly appreciated.

Please bring to school office.



Confirmation Practice



On Tuesday the 4th of August, Ivy and I went to St Mary's Catholic Church in Bairnsdale to practice for our Confirmation. The church was really big and had so many rooms. There were paintings on the walls of the church and all of the statues and altars were made of marble. During the day, we were split into two groups, half of us went to tour around the church and the other half went into the parish centre and made Christmas cards for those who are less fortunate. We also all practiced our readings and the order we would go up to Bishop Greg. There are 34 candidates, including Ivy and I, doing their Confirmation. Our favourite part of the day was the bell tower, where we climbed up 107 stairs.

We are so grateful for Emma and Mrs Supple for taking us. Thank you, we had an amazing time. Hopefully you did too!

By Ivy O'Donnell and Georgia McGuinness



BOOK WEEK DRESS UP DAY AND PARADE



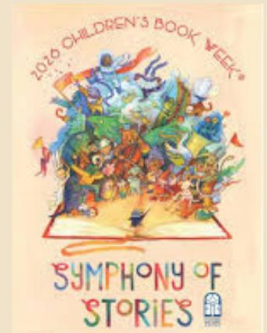
WHEN: MONDAY, 24TH AUGUST

TIME: 9.10AM

WHERE: MARY MACKILLOP HALL



EVERY YEAR WE HOLD A BOOK WEEK CHARACTER PARADE TO CELEBRATE CHILDREN'S BOOK WEEK. STUDENTS DRESS UP AS BOOK CHARACTER FOR THE DAY. COSTUMES DON'T NEED TO BE ELABORATE AND YOU ARE NOT EXPECTED TO GO AND PURCHASE NEW OUTFITS - IN THE PAST YEARS, SIMPLE COSTUMES HAVE OFTEN BEEN THE STAND OUT. PLEASE CONSIDER SAFETY AND COMFORT IN CREATING OUTFITS. APPROPRIATE FOOTWEAR IS A MUST.



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.



In this edition of SchoolTV - ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a commonly diagnosed neurodevelopmental condition that affects how children regulate attention, impulses and activity levels. While many children can appear restless, distracted or forgetful at times, ADHD involves ongoing patterns that may impact learning, behaviour, organisation and relationships. These challenges can sometimes lead to frustration at home and school, particularly when a child is trying hard but struggling to meet expectations.



For families, understanding ADHD means recognising that these behaviours are not simply a matter of effort or discipline. ADHD is influenced by a combination of neurological, biological and environmental factors that affect how a child's brain processes information and manages self-control. With the right support, structure and strategies, children with ADHD can develop the skills they need to succeed and thrive.

This edition of SchoolTV explores how families can better understand ADHD and support children to build confidence, strengthen emotional regulation and navigate everyday challenges more successfully.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

Here is the link to the **ADHD** edition of SchoolTV

<https://lakesent.catholic.schooltv.me/newsletter/adhd-au>



Attention Deficit Hyperactivity Disorder (ADHD)

A SchoolTV topic supporting
modern-day parenting



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	
		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.

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.



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.



ST BRENDAN'S STUDENT LUNCH ORDER			
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
DRINKS		Grilled marinated pork served over vermicelli noodles with fresh herbs, pickled veg, peanuts, and a light Vietnamese nuoc cham dressing.	
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

Webinar: Understanding AI and New Online Risks for Children and Young People

Presented by – The e-Safety Commission



Date Tuesday August 11

Time 12:30-1:15 EST

Register <https://attendee.gotowebinar.com/register/7069053180883379547>

Artificial Intelligence (AI) is becoming part of everyday life for children and young people - from search tools and social media feeds to entertainment, communication and learning. While these technologies can offer opportunities, they can also introduce new and evolving online risks that many families are only beginning to navigate.

CSPV is pleased to partner with the e-Safety Commissioner to explore how AI is influencing children's online experiences and what families can do to support safe and healthy engagement.

This session includes:

- AI companion chatbots and how children may interact with AI in ways that feel personal or emotionally supportive
- Deepfakes and manipulated content, including altered images, videos and misinformation
- AI influencers and generated content, and the ways these can shape attitudes, expectations and online behaviour
- AI-facilitated cyberbullying and other online harms, including how technology can amplify harmful interactions

We encourage parents and carers to join us for this timely and informative session.

Free public transport ceased on May, 31, 2026. **Public transport in Victoria will be half price for all passengers until 1 January, 2027.**

Please find below the website address to purchase a one off \$5 Youth myki to travel on the public bus. If you would prefer to pay as you go, each trip is 0.75 cents.

Please send your child to school with either the myki card or money if they are to catch the Town Bus.

YOUTH MYKI - transport.vic.gov.au/myki

Contact the office if you have any further questions.



The Victorian Premiers' Reading Challenge is now open and we're excited to be taking part!

All children from birth to Year 10 are welcome to join in.

This year's Challenge theme is 'Stories to discover. Stories to tell.' Stories can inspire and challenge us, and help us grow. They open our eyes to new worlds and new ways of thinking.

The number of books read can be varied for everyone's needs.

Children from Foundation 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 complete the Challenge will receive a certificate of achievement signed by the Victorian Premier and former premiers.

To learn more about the Challenge, visit [Premiers' Reading Challenge | vic.gov.au](https://Premiers'ReadingChallenge1.vic.gov.au)

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

Happy reading!



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.

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

¹State of the Nation Report 2024

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

Supporting wellbeing at home

We know that when schools, families and communities **share 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.

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.

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

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 Vulnerability House, The Academy of Imperfection, or with their resident psychologist, Dr Emily, The Imperfects are there to find some valuable takeaways we can all apply to our own imperfect lives.

SIMON Everywhere App



After you've setup your PAM account from your email:

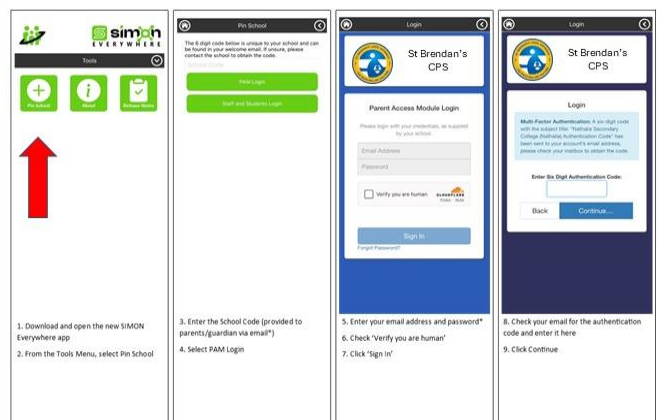
1. On a smart device, download the 'SIMON Everywhere' app
2. Open app and select 'Tools', 'Pin School' and enter the School Code
3. Select 'PAM Login'
4. Enter your username (full email address) and password
5. Tick 'Verify You Are Human' and Sign In
6. Check your assigned email for Multi-Factor Authentication Code, Enter code and press Continue
7. Click Home to view your PAM account.

Click on a student's name to view their individual profile

The school code was emailed to all users. It can also be found when logged into PAM and can be found when you click on your user icon. Please contact the office if you require assistance.



*This is not the school code.





LAKE ENTRANCE PRIMARY SCHOOL COUNCIL OSHC

Before & After School Care

PROGRAM

Our OSHC is the ideal setting for students to explore new interests or establish lasting friendships, while also having a great time together!

- Homework Assistance
- Creative Art & Crafts
- Exciting Group Activities
- Snacks & Refreshments Provided



**5-12
YEARS
OLD**

LEARN MORE:

(03) 5155 1812 EXT 2

oshc.lakes.entrance.ps@education.vic.gov.au



2026 CHILDREN'S BOOK WEEK

**Symphony of
Stories**

22-28 August 2026



Book Week 2026 Costume Parade



Join us for our Book Week Costume Parade and enjoy a guided library tour, a character scavenger hunt, and a fun craft activity.

We'll also be announcing the winners of the Drawing and Writing Competition.

Bookings Required.

Saturday

**29
August**

10am - 11:30am

**Dress up as a
character from your
favorite book!**



Bairnsdale Library, 22 Service Street
For more information and to make a booking, visit
your local library or phone 5152 4225.



LAKE ENTRANCE CRICKET CLUB JOIN THE FUN!



**BE PART OF
SOMETHING
GREAT!**



- At Lakes Entrance Cricket Club, it's **more** than just cricket.
- It's **mates**. It's family.
- It's making memories that last at Lakes Entrance.

ALL JUNIORS WELCOME!



MAKE MATES
Build friendships and be part of an awesome team.



LEARN & PLAY
Develop skills, have fun and grow your love for cricket.



FAMILY CLUB
A proud community club where everyone belongs on and off the field.



GREAT VIBES
Positive, inclusive and supportive environment for all kids.



FAMILY FUN
BBQs, events and good times for players and families.



JOIN THE SEAGULLS!
Registrations open now
ALL JUNIORS WELCOME!

**MATES AT LAKES.
LAKE ENTRANCE.**
COME PLAY WITH YOUR MATES!

Lakes Entrance Cricket Club | lakescc@outlook.com | 0407 704 383



KIDS IN FISHING 2026

DATE - 22ND AUGUST 2026

TIME - 1PM-3PM

VENUE - LAKE ENTRANCE BASKETBALL HALL

TO DO -

- HOW TO TIE HOOKS & SINKERS
- LURE RIGGING
- BAIT PRESENTATION
- INFORMATION BOOTHS
- CASTING PRACTICE
- & LOTS MORE

NO NEED TO BOOK JUST COME ALONG!

FREE KIDS GIFT BAGS ARE LIMITED

**CHILDREN UNDER 18 ARE REQUIRED
TO BE ACCOMPANIED BY AN ADULT**



Your Best Gets Better
Kids
 WWW.EGTKD.COM.AU

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



CROSS COUNTRY SEASON

Join us for the 2026 Cross Country Season
 2 FREE Trails are available.

SATURDAY'S
 2ND MAY - 29TH AUGUST

**LAKES ENTRANCE
 SECONDARY COLLEGE**

Start at
 9:30AM

*VENUE MAY CHANGE ON CERTAIN DATES

U6 - 500m
U7 & U8 - 1km
U9 & U10 - 1.5km
U11 & U12 - 2km
U13 & UP - 3km



Rhymetime

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



EAST GIPPSLAND
 SHIRE LIBRARIES

Storytime

at your local library

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