

9 October, 2026

NEWSLETTER 30

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.



Swimming Lessons

Foundation, Year 1, 2 & 3

Water Safety and Survival Program times for
Foundation, Year 1, Year 2 and Year 3.
Monday 12th - Friday 16th October

Year Level	Deprture from school time	Lesson start time	Lesson finish time
Foundation	11.25am	11.45am	12.30pm
Year One	12.10pm	12.30pm	1.15pm
Year Two	12.50pm	1.15pm	2.00pm
Year Three	1.40pm	2.00pm	2.45pm

Children are to wear their bathers under their uniform each day. It would be considered appropriate for children to wear their sports uniform for the duration of the swimming program. Children should bring the following in a plastic bag, clearly labelled, which they will carry to the pool:

- Underwear -Towel -Goggles
- Brush/Comb -Water Bottle

Parent helpers who hold a current Working With Children registration will be required to walk the children to and from the pool. We need at least one helper per day. Please inform your class teacher if you can help. Thank you.



Friday 16th
October
Survival Day
Please send your child with a t-shirt and shorts to swim in.

Good Luck to our Regional Athletics Team competing at Newborough on Wednesday



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,

Welcome to the start of Term Four and the last term for our wonderful year six leaders. We finished Term Three with the most enjoyable day. A celebratory Golden Honour Assembly followed by the most perfect setting for our Big Picnic. The students played superbly together, and I couldn't help thinking that they would surely remember this day for years to come.

This week has begun equally well. The grounds have been a bit soggy, but the play has continued in the dry patches. Classes have picked up where they left off and swimming has run smoothly thanks to the vigilance of our staff. Naturally, your child will grow tired as next week's swimming continues so please ensure they are getting their rest.

Calming down from strong emotions: why children need help: <https://raisingchildren.net.au/>

From around 2 years old, children start developing many new emotions. These include strong emotions like frustration, anger, embarrassment, guilt, shame and excitement. These strong emotions can sometimes be overwhelming for children. Children often need help to calm down from these strong emotions because they:

- are still developing all their skills, including skills for managing strong emotions
- don't always have words to talk about strong emotions, especially in the toddler and preschooler years
- might react more strongly to things because of their temperaments
- can find it hard to calm down if they're tired or hungry, in busy places like shopping centres, or at exciting events like parties.

Helping children calm down: 5 steps

Here are 5 steps you can take to help your child calm down from a strong emotion:

1. Notice and identify the emotion.
2. Name and connect the emotion to the event.
3. Pause and say nothing.
4. Support your child while they calm down.
5. Address the issue.



Of course, there is plenty happening on the school calendar with District Athletics for the year five and six students today and Regional Athletics on Wednesday for Ivy O'Donnell (hurdles/800m), Winter Tomas (shot put), Jesse Gilbert (hurdles), Maddison Silver (triple jump/100m), Shiloh Eisman (1500m/800m), Lucas Rickman (long jump/triple jump), Harvey Masoud (1500m), August Neal (1500m/800m), Jesse Downing (discus) and Kade Watson (800m). Then on Thursday of next week, we will host the First Reconciliation parent workshop at 3.30pm in the parish hobby room.

Our numbers for 2027 foundation positions are filling up. If you know of somebody who is interested in their child attending St Brendan's next year, please pass on this message. We are very much looking forward to the Foundation Orientation days taking place November, 11, 18 and 25.

Have a great Spring. Looking forward to seeing you around

Kind Regards,
Matthew Hamer

Term 4

	MON	TUE	WED	THU	FRI	
TERM 4 WEEK 2	Oct 12 Swimming Lessons Years F, 1, 2 & 3	Oct 13 Swimming Lessons Years F, 1, 2 & 3	Oct 14 Swimming Lessons Years F, 1, 2 & 3 Regional Athletics- Newborough	Oct 15 Swimming Lessons Years F, 1, 2 & 3 3.30pm First Reconciliation parent workshop	Oct 16 Swimming Lessons Years F, 1, 2 & 3 SURVIVAL DAY FOR SWIMMING LESSONS	
TERM 4 WEEK 3	Oct 19 Division Summer Sports	Oct 20	Oct 21	Oct 22 Year 3 / 4 Marine Mammal Incursion	Oct 23 2.30pm Assembly - School Captains	Oct 25 9am First Reconciliation commitment Mass
TERM 4 WEEK 4	Oct 26	Oct 27 9.10am Year 5 Class Prayer	Oct 28 Regional Summer Sports	Oct 29 9.10am Whole School Mass - All Saints 3.30pm First Reconciliation parent/student workshop State Athletics	Oct 30 No school	
TERM 4 WEEK 5	Nov 2 No school	Nov 3 No school Melbourne Cup Day 	Nov 4	Nov 5	Nov 6 2.30pm Assembly - 5 Blue	

Term 4

Week 4 & 5: Friday 30th October, Monday 2nd November & Tuesday 3rd November (Melbourne Cup Day) - Pupil Free Days
 Week 6, 7 & 8: Foundation Orientation for 2027 on a Wednesday (Allocated times sent out to parents)
 Week 9: Mon 30th Nov, Tue 1st Dec & Wednesday 2nd Dec - Collaborative Conferences
 Week 11: Tuesday 15th December - Year 6 Graduation & Term 4 ends @ 2.15pm

WELCOME BABIES

BABY
CONGRATULATIONS TO
THE THEOLOGOU
FAMILY. ELAINA
(YEAR 1) ON THE
ARRIVAL OF YOUR
DAUGHTER AND
SISTER "OCTAVIA"

TWIN BABY CONGRATULATIONS
TO THE HAYES-SQUIRES
FAMILY. LASHANI (YEAR 4) ON
THE ARRIVAL OF YOUR
DAUGHTERS AND SISTERS
"AMARNI & KALANI"



Tues 13th Oct:	St. Brendan's	Lakes Entrance	9.30 am
Wed 14th Oct:	St. Colman's	Orbost	9.30 am
Fri 16th Oct:	St. Brendan's	Lakes Entrance	9.30 am
Sat 17th Oct:	Rosary St Brendan's	Lakes Ent	8.45 am
	St Dymphna's	Buchan	9.00 am
	St. Joseph's	Swan Reach	5.00 pm
Sun 18th Oct:	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: Every Saturday for the month of October 8.45am
 Next Rosary Morning 17th October 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 11th October 2026 after Mass in hobby room.

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

THE BIG *Picnic*

On the last day of Term 3, we had The Big Picnic at the rotunda, where we had games and activities run by the Year 6 students. There were lots of activities, such as footy, volleyball, soccer, bocce, dancing, tail tag, tug-of-war and walking across the footbridge. There was also colouring, skipping and badminton, and a lucky few even got to go to the park. We all had a fun day in the wonderful sunshine. Thank you to all the staff, teachers and ESOs for making this day possible.

By Indie and O'Shae









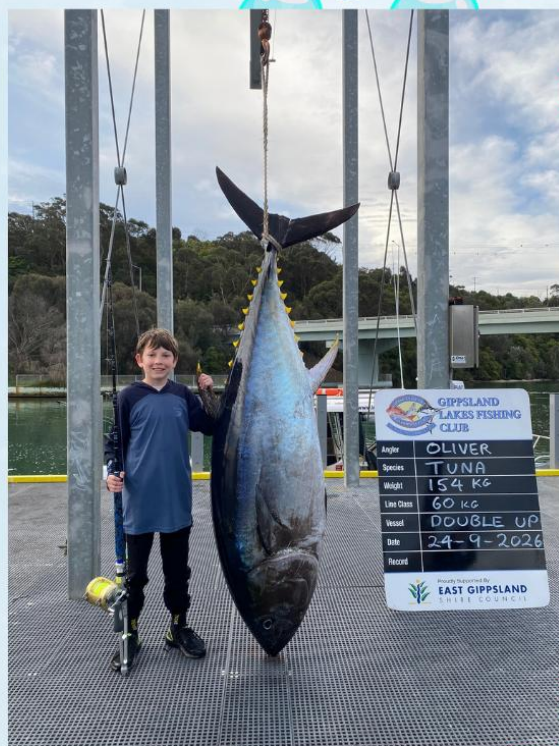
Fun on the Holidays

On the school holidays I went fishing with my Dad and cousin. We were going deep dropping fishing, hoping to catch a Sword fish. We saw so many seals, dolphins and whales along the way.

My dad thought we'd try for tuna and before we knew it the line was tight. We caught a BIG Pacific blue fin tuna. The fish took us 1 hour to catch with lots of team work. The tuna weighed 154kg hanging on the gantry.

It's a day I'll never forget!
As you read this we are probably still fishing for tuna.

-Oliver Grech



Amazing catch Oliver, well done!

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

A PRAYER TO SHARE

Matthew 28:20

'I am always with you, to the end of the age.'

Jesus tells us that he is always with us. He is there through challenges, easy times, when we get things right and when we make mistakes.

Jesus,
Be with my hands.
Help me use what I have to help others.
Help me remember I can always begin again.
Amen

SIMON Everywhere App



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

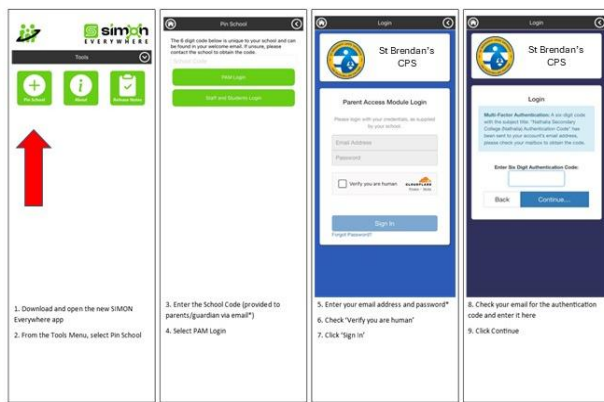
1. On a smart device, download the 'SIMON Everywhere' app
2. Open app and select 'Tools', 'Pin School' and enter the School Code
3. Select 'PAM Login'
4. Enter your username (full email address) and password
5. Tick 'Verify You Are Human' and Sign In
6. Check your assigned email for Multi-Factor Authentication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



YOU'RE INVITED

Whole School Prayer for All Saints Day

Date: Thursday 29th October

Time: 9:10am

Where: St Brendan's Church

All Welcome!



Communication With the School Office

Please ensure that after school arrangement are organised with your child at the beginning of the day. If for some reason your circumstances change, please provide notice to the office before 12.00pm.

A great idea is an after-school routine keychain on your child's bag. It provides a clear, visual reminder of exactly who is picking them up or where they are going that afternoon.



DOMESTIC VIOLENCE AWARENESS MONTH



Nurturing Good Fruit in Our Communities

Week 1: Nurturing Good Fruit in Our Communities

Throughout October, St Brendan's joins with **Shine a Light** to raise awareness and stand in solidarity against domestic and family violence. **Shine A Light** is a Sale Diocese program, developed with Catholic Social Services Victoria, enabling Parish communities to equip themselves with knowledge, tools and

a deeper understanding of how to recognise and appropriately respond to family and domestic violence. Please explore and learn more at: www.cdssale.org.au/sal

In this first week, our reflection focuses on '**Nurturing Good Fruit**', inspired by this Sunday's Gospel. Just as a well-tended vineyard yields a rich harvest, we are each invited to cultivate kindness, mutual support, and dignity within our homes and parish family. When we nurture one another with patience and care, we build a community where everyone can truly thrive.

Nurturing Good Fruit in Our Communities by Jim Quillinan

The message of today's Gospel is clear, violence never works. It may bring some passing satisfaction, the illusion of success, even a sense of winning, but as Jesus' parable teaches, in the long run it doesn't work at all.

The gospel also invites us to nurture what it calls, *the good fruit*, to let go of greed, jealousy, anger, resentment and bitterness and to find ways to nurture within, graciousness, love, gentleness and forgiveness and find ways to be grateful. These are not signs of weakness but of strength and we have to work at them.

The gospel reminds us that we don't belong to anyone, we are not someone's possession, whether we are married or single. We come to marriage as two people. No matter how close a marriage or a friendship, we always remain individuals. No love or friendship ever fully takes away our separateness, our identity, our individuality. Nor should it. Although we might grow together in our union, we grow as individuals, and not in someone else's shadow.

We don't stop growing, maturing, discovering new ways of viewing life, more things about ourselves throughout life. That doesn't stop when we get married. It is that complexity that makes this relationship intriguing and interesting. Even when we have children, they are not our possessions but rather we are called to care for them and to give them the freedom to grow, to nurture the good fruit.



LAKEs 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



LAKEs ENTRANCE
RUNNING FESTIVAL

SAT
31
OCT



2KM FUN RUN

Cross the footbridge. Race the foreshore. Finish with a grin.



FINISHER'S MEDAL



FOOD TRUCKS



LIVE BANDS

WHEN

Saturday 31 Oct, 5pm

Kick off the festival weekend with the afternoon fun run

WHERE

Lakes Entrance Foreshore

Start: Cunningham Arm Footbridge
Finish: near the Rotunda

WHO

All ages welcome

No minimum age — kids, mums, dads, grandparents. Run, jog or walk!

ENTRY

\$25

One easy lap on a flat concrete path (1 hour cut-off)

Enter today!

lakesentrance.run

Scan the QR to register on Race Roster



PART OF THE LAKEs ENTRANCE RUNNING FESTIVAL - 31 OCT + 1 NOV 2026
Presented by Fit City Events with East Gippsland Shire Council



LAKEs 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.
LAKEs ENTRANCE.**

COME PLAY WITH YOUR MATES!

[Lakes Entrance Cricket Club](#) | lakescc@outlook.com | 0407 704 383

JUNIORS TRAINING BEGINS

16TH SEPTEMBER
4PM
AT OUR HOME GROUND

**ALL SKILL LEVELS, ALL WELCOME,
BOYS AND GIRLS!**

Mates at Lakes

Under 8's registrations are now open!

Please text 0475 518 250 or email juniors@leaba.com.au with any questions!

Registration link:

<https://www.playhq.com/basketball-victoria/register/15db82>



UNDER 8'S
REGISTRATIONS NOW OPEN!

For players born 2020/2021

Start Date - Tuesday 20/10/2026
End date - 23/03/2027
Cost - \$90 plus BV insurance & BA levy if due

Please text 0475 518 250 or email juniors@leaba.com.au with all enquiries

PELICANS
LAKES ENTRANCE

JUNIOR DOMESTIC REGISTRATIONS ARE NOW OPEN!

Registrations are now open for our Spring/Summer Junior Domestic Seasons!

MIXED COMPETITIONS

12 Rounds | \$120

Plus insurance and Basketball Australia Levy

Mondays

U10 — Players born 2018/2019

U16 — Players born 2012/2013

U19 — Players born 2009/2010/2011

Thursdays

U12 — Players born 2016/2017

U14 — Players born 2014/2015

Mixed Registration Link:

<https://www.playhq.com/basketball-victoria/register/98cfa0>

GIRLS COMPETITIONS

9 Rounds | \$90

Plus insurance and Basketball Australia Levy

Fridays

All age groups use the same registration link.

Girls Registration Link:

<https://www.playhq.com/basketball-victoria/register/80a4f9>

The Girls Competition will include breaks to accommodate representative tournaments and long weekends. As a result, it is a shorter, interrupted season.

To recognise the shorter season and continue to grow participation and keep our girls competition strong, girls who register for the Girls Competition can also add the Mixed Competition at a discounted rate.

GIRLS + MIXED REGISTRATION

Add Mixed Competition for just \$50

Girls registered for the Girls Competition can add the Mixed Competition for \$50.

Text 0475 518 250 for the discount code, then use the appropriate age-level Mixed registration link to register.

Girls Competition: \$90 + fees

Add Mixed Competition: \$50 + fees



JUNIOR DOMESTIC MIXED & GIRLS COMPS
Spring/Summer Comp

REGISTRATIONS OPEN!

Please text 0475 518 250 or email juniors@leaba.com.au with any questions!

PELICANS
LAKES ENTRANCE