

St Brendan's Primary School 1581

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

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Account Name : St Brendan's School

Newsletter No 25

August 16, 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.



You are invited to come to the

St Brendan's Primary School Father's Day breakfast on:

Friday, 30th August, 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, 23rd 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.



BOOK WEEK Dress Up Day and Parade

When: Monday, 19th 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.



Dates for the Calendar		
Term 3	AUGUST 2024	
Week 5	Friday 16th	Year 2 Buchan Caves Excursion 9.10am Class Mass Year 3 Blue & Year 3/4 Red 2.30pm Assembly: Year 5 Blue
Week 6	Monday 19th	BOOK WEEK PARADE
	Tuesday 20th	9.10am Class Mass Foundation BOOK WEEK - 2nd hand Book Shop
	Wednesday 21st	Kids Roar Melbourne Stars Cricket Excursion—Years 3 & 4
	Thursday 22nd	Kids Roar
	Friday 23rd	9.45am Nursing Home visits Calvary Year 6R/Opal Year 6B VicSpell Competition—Zone 6.00pm Confirmation
Week 7	Monday 26th	Andrew Chinn workshops
	Tuesday 27th	9.10am Class Prayer Year 1 Father's Day Stall
	Wednesday 28th	Father's Day Stall
	Friday 30th	Father's Day Breakfast 9.45am Nursing Home visits Calvary Year 3B/Opal Year 3/4R
	SEPTEMBER 2024	
	Sunday 1st	Father's Day
Week 8	Tuesday 3rd	9.10am Class Prayer Year 6
	Friday 6th	9.10am Class Mass Year 4/5 Red & Year 5 Blue 2.30pm Assembly: Foundation
Week 9	Monday 9th	10.00am - 2.30pm Division Athletics at Howitt Park
	Friday 13th	9.45am Nursing Home visits Calvary Year 1B/Opal Year 1R 11.30am Foundation Pet Safety Incursion 3.15pm—4.30pm Working B
Week 10	Friday 20th	The Big Picnic 9.10am Whole School Prayer 1.30pm GHC Assembly: Year 4/5 Red 2.15pm Term 3 Ends



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

Fri 16th Aug	St Brendan's School Class Mass Yr 3 Blue & Yr 3/4 Red in the Church all welcome	9.10am
Sat 17th Aug	St Dymphna's	Buchan 9.00am
	St Joseph's	Swan Reach 5.00pm
Sun 18th Aug	St Brendan's	Lakes Entrance 9.00am
	St Colman's	Orbost 11.00am
		Mallacoota 3.00pm



Tuesday 27th &
Wednesday 28th

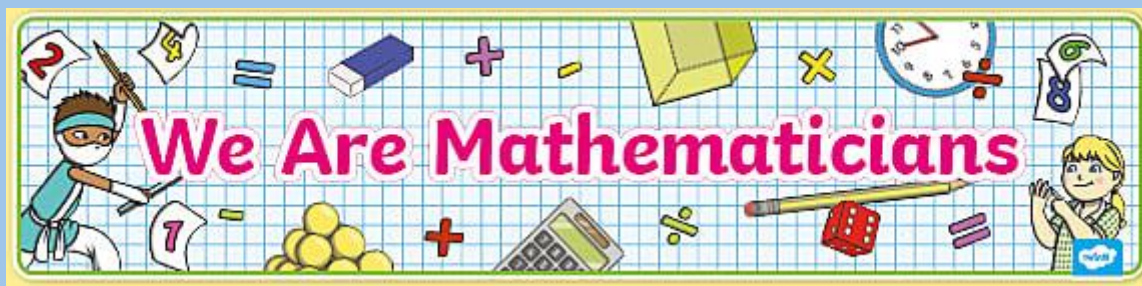
August

\$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.



CONGRATULATIONS to the following **mathematicians** for challenging their brains.

St Brendan's had **38 students**, from years three to six, who entered the Australian Mathematics Competition. We are proud of all the students who entered for their persistence and look forward to receiving the results in Term Four.

YEAR 3	YEAR 4	YEAR 5	YEAR 6
Emmet Cartwright William Bire Ollie Connally Lucas Rickman Daniel Alwyn Harrison Rebeiro Elise Mahony Madison Silver	Harper Morgan Maddox Milburn Ivy O'Donnell Remy Albert Winter Thomas Evie McMeeken Jordan Morrison Willow Watson Isla Strong Lincoln Evans	Olivia Cheng Shaurya Sahay Emilia Stewart Noah Waite Lucas Brownnett Kiara Bownds Leon Alwyn Shaylee Edwards Brock Voigt Lacey Lee Elan Jakobi	Leo Drew Ashantii Hooper-Byrne Isobel Mills Archer Rickman Huzaifa Kashif Cooper Kennedy Keelie Silver Harry Strong Indi-Rose Upton

#CBCA2024

Reading
is
Magic



THE CHILDREN'S
BOOK COUNCIL
OF AUSTRALIA

Children's Book week®

17-23 August 2024

Monday 19th August

- 9:10 • Book Week parade, all students dress as their favourite book character
- Recess • Travelling magical principal reads to Foundation
- Lunch • Lunch Art with Ms Thompson

Tuesday 20th August

- All day • Second hand book shop (donations welcome)
- Recess • Travelling magical principal reads to students in Years 3 and 4
- Lunch • Mandarin story time with Mrs Hamer

Wednesday 21st August

- Recess • Travelling magical principal reads students in Years 4 and 5
- Lunch • Lunch Art with Ms Thompson

A special surprise for the junior students # watch this space!

Thursday 22nd August

- Recess • Travelling magical principal reads to students in Year 2
- Lunch • Mandarin story time with Mrs Hamer

Friday 23rd August

- Recess • Travelling magical principal reads to students in Years 1 and 6
- Session 5 • Students visit buddy classes to read and share stories about authors studied

Daily Events



Book Tasting

Students will have an opportunity to explore different text to identify which ones they will read at a later date

Trivia

Students in year 1 Red will run a daily quiz. Prizes to be won!

Most Magical Book that I've read

Students will add their favourite books to a whole school display

Religious Education

This past week was exciting and busy for St Brendan's. Bishop Greg was welcomed with a tour of our school as part of his visit to Lakes Entrance and Orbost. Bishop Greg had the opportunity to meet, greet and chat to the students. Bishop Greg even gave us an answer to Year 1's Religious Education big question. On Friday we got to see Bishop Greg again, this time leading us in prayer at our whole school Mass celebrating Mary MacKillop. There he explained some of the items he had with him, such as the crozier and taught the students to sing many responses during the Mass. There was a lovely opportunity to take photos with the school leaders after Mass.



Coat of Arms and Motto



Portrait of Mary MacKillop by Mia Borg

On Friday the 10th of August we had a Mass with Bishop Greg and Father Hiep to celebrate Saint Mary MacKillop and the students who will be receiving their Sacrament of Confirmation on Friday 23rd of August. We wish all candidates a big congratulations for taking a big step in their life to do their Confirmation and get closer to Jesus and God. Bishop Greg taught us all about his Crozier and how it was like what a Shepperd used to help round up sheep. When the sheep tried to run away the shepherd would get the sheep back by putting the Crozier on the sheep's head and bringing them back to him.

We also learnt about Mary Mackillop, how she helped the poor and the ones dissenting away from god. She always said "Never see a need without doing something about it". Bishop Greg did a couple of readings from the bible. He read some of Luke's readings and some of John's readings which made the whole Mass amazing. We are so grateful for Bishop Greg for coming to our school and our church. Bishop Greg got all dressed up for us. He had a big nice hat and big gown that was all gold and had a big cross in the middle of his gown. The whole Mass was beautiful and we thank Bishop Greg and Father Hiep for leading our Mass.

By Savannah Guillot and Grace Neander



**This is the Crozier that
the bishop had at the
mass**

RAYGUN THE OLYMPIC BREAK DANCER 3/4 Red

This week in $\frac{3}{4}$ Red we have been talking about bullying, what it is, and how it affects people. We tied it into the recent events at the Olympics and the world's response to Raygun the Breakdancer. Here are a few of the students' responses.

She was just trying to represent what Australia is -
Indie Whelan



She had a lot of pressure on her and it's not fair that they bullied her online - **Lenni McLeod**



I think that it's not very nice because we don't know what she was trying to do - **Willow Watson**



If you were Raygun you wouldn't want to be bullied. So treat others the way you want to be treated - **Tahlia Woodward**



If you knew what she was going through and how bad it made her feel you wouldn't make fun of her -
O'Shae Cook



It's just her way of dancing and she shouldn't be bullied about it - **Ava Corrie**



This is the first time Breakdancing has been in the Olympics and its more like art than the other sports - **Georgia McGuinness**



Indigenous Sessions

In our Indigenous sessions this term the students are learning about The Bunjil Creation Story. The students are connecting The Bunjil Creation Story and spirituality to the Catholic Church.

The students were engaged in the story, then with that inspiration they created masterpieces using a variety of natural materials to create their own Bunjil.



**EVERYONE
BELONGS**

**Bullying No Way
National week of action**

12-16 August 2024

When we all feel like we belong, bullying struggles to find a place. The theme is about embracing who we are, respecting everyone's differences and standing up against unkindness.

Belonging means we all have a role in preventing bullying.



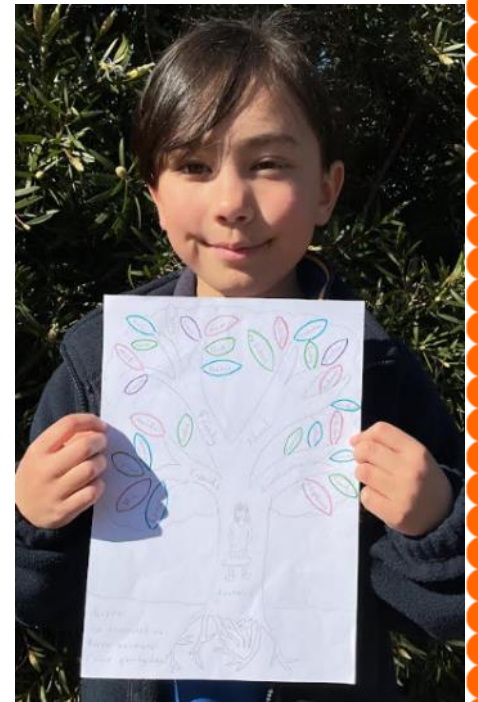
Everyone Belongs by Year 2

Year 1 students, linked together by kindness



“When someone has many connections to people and places, they feel safe, happy and supported. The more connections they have, the better they are at coping with challenging situations in their life. Being connected and having people to talk to or to ask for help are great ways to prevent bullying.”

Year 3 students





Do you qualify for free home internet?



Our helpful team can check for you. Scan the QR code or call **1800 954 610** for more information.

Get back to school ready with the School Student Broadband Initiative

Children who can access online learning at home as part of their education are more likely to engage in classroom activities.

With broadband internet access your family will be able to access fast internet at home, which supports children to build their digital skills, learn how to safely use the internet and participate in a world that is more dependent on digital technology.

There is still time to sign up for the School Student Broadband Initiative (SSBI):

- For any families signing up now, this offer means free internet until 31 December 2025.
- For families who have already connected with SSBI, their free internet will automatically be rolled over until 31 December 2025.

Check your eligibility for free **nbn** broadband until the end of 2025 now:

Contact the National Referral Centre on **1800 954 610** (Mon – Fri, 10am – 6pm AEDT) or visit anglicarevic.org.au/student-internet

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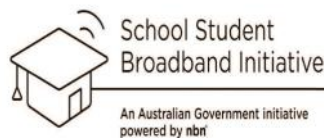
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Collecting Students from School Grounds – Child Safety As you would understand, child safety is the number one priority for schools. As circumstances evolve, we want to ensure we have the best possible practice in place. Please note the following requirements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

Collecting from the church gate – (New arrangements)

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.

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 organize 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.

**U
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M**

Just a reminder that all students should now be in Full Winter Uniform.

Girls - Winter tunic or skirts or navy 'Midford' pants. Navy tights.

Boys - Long pants

Track pants on sports days at the start of the day. Shorts can be worn underneath.

Student should bring a jumper to school everyday - don't forget to label your uniform!

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.



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 **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.



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 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



BOOK WEEK - Monday 19th August - Friday 23rd August
Second Hand Book Shop

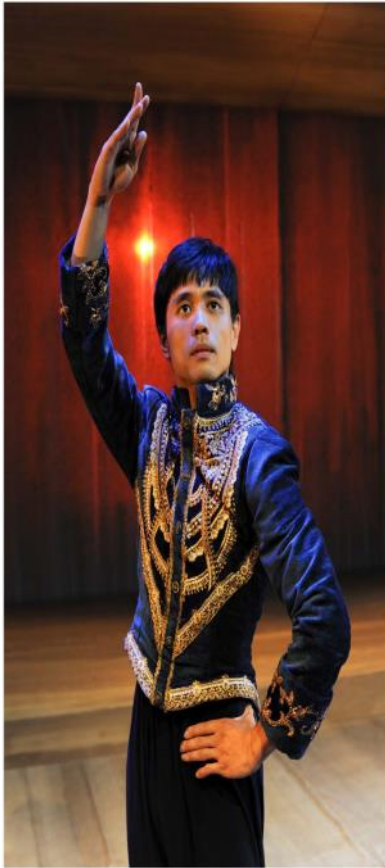
We are having a second hand book stall as one of our book week activities.

If you have any preloved books that you are willing to part with, please send them along to school before the 16th August.

All students will have the opportunity to visit the book shop and bring home a preloved book of their choice.

picture books
junior fiction
senior fiction
non-fiction.





THE PEASANT PRINCE

LIVE AT THE FORGE THEATRE!!

Thursday 22nd August, 6.00pm

The children's version of Li Cunxin's iconic autobiography, *Mao's Last Dancer*, *The Peasant Prince* is an extraordinary production of a remarkable story - of a peasant boy turned dance giant. It will inspire and enthral young audiences.

The Peasant Prince tells the remarkable true story of a 10-year-old peasant boy's journey from impoverished rural China to the international dance scene. This is a story of courage, resilience and unwavering hope.

Audiences will be captivated by this very personal story, truly a 20th century fairytale.

Click on the link below to book your seat:-

<https://www.trybooking.com/CLVCI>

*Please note that the production contains themes of racism and simulated violence
Suitable for audiences 7-12 yrs*

The Forge Presents.....

THE LIBRARIAN

Friday 13th September
6.00pm

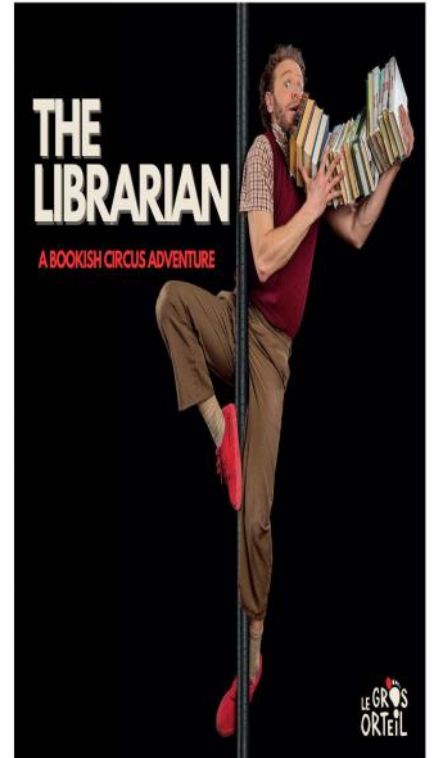
At first glance, Paul-Emile Dumoulin seems like just a regular librarian. He is serious, proud and very orderly. Every book is in its place on his impeccable shelves. The only problem? As soon as Paul-Emile gets his nose in a book, reality disappears, giving way to the slightly crazy worlds he discovers between the pages.

On his adventures, the very sensible librarian suddenly turns into strange and silly characters who perform acrobatics, balancing, juggling, break dancing and beatboxing.

This show blends clowning, physical theatre and the circus arts. It invites young audiences to discover the passion of reading and the power of the imagination.

Suitable for ages 5-12, click on the link below to book: -

<https://www.trybooking.com/CNITO>



INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Tuesday, 27 August 2024

9 am to 4 pm

Foreshore car park The Esplanade

LAKES ENTRANCE

For more information, go to servicesaustralia.gov.au/mobileoffice



IMAGINE THE FUN



Join Woolworths Cricket Blast

Designed for kids to learn skills, exercise, and make friends.

Metung Swan Reach Cricket Club invite all 4-9 year olds to join our Blasters program. Our sessions take place at 9.30am Saturday mornings from 12th October until 30th November.

Please contact Mark for more information on 0408088587 or metungswanreachcc@outlook.com



SIGN UP TODAY!

Q Play Cricket

PROUDLY PRESENTED BY



JUNIOR PATHWAY



From Woolworths Cricket Blast through the Junior Cricket stage, all kids can advance their skills and discover how awesome it is to be part of a team through fun game-based activities. The stages have been developed based on academic research, testing and community feedback.

This includes consideration for physical, mental and emotional development. Participation and progression through the stage is based on ability level, therefore the ages are indicative only. Players are encouraged to participate at a stage appropriate for them.

	<ul style="list-style-type: none"> SKILLS BASED FIRST CRICKET EXPERIENCE LEARN THE SKILLS THROUGH FUN, MODIFIED GAMES PREPARE KIDS FOR JUNIOR CRICKET 	<ul style="list-style-type: none"> DURATION 60-90MINS 	<p>LEARN THE SKILLS THROUGH GAMES UP TO 10 YEARS</p> <p><small>Age is indicative only</small></p>
	<p>JUNIOR CRICKET 1</p> <ul style="list-style-type: none"> 7 PLAYERS 10M PITCH 30 OVERS 	<ul style="list-style-type: none"> 40M BOUNDARY DURATION 20-30MINS 	<p>LEARN THROUGH PLAY UNDER 11</p> <p><small>Age is indicative only</small></p>
	<p>JUNIOR CRICKET 2</p> <ul style="list-style-type: none"> 8 PLAYERS 10M PITCH 30/40 OVERS 	<ul style="list-style-type: none"> 40M BOUNDARY DURATION 2-3HRS 	<p>PLAYING THE GAME UNDER 13</p> <p><small>Age is indicative only</small></p>
<p>JUNIOR CRICKET 3</p>	<ul style="list-style-type: none"> 11 PLAYERS 20/30M PITCH 30/40 OVERS 	<ul style="list-style-type: none"> 40M BOUNDARY DURATION 2-3 HRS 	<p>PLAYING AND COMPETING UNDER 14-18</p> <p><small>Age is indicative only</small></p>



Q Play Cricket

PROUDLY PRESENTED BY



MORE RUNS, MORE WICKETS, MORE FUN!

Get involved in all the junior cricket action at your local club this summer.

Metung Swan Reach Cricket Club invite all kids aged 10-16 to come and join our Junior Cricket Academy. Training starts on Wednesday 2nd October with games for U13's on Friday evenings and U16's on Saturday mornings.

For more information call Peter on 0429 442 285 or email metungswanreachcc@outlook.com



SIGN UP TODAY!

Q Play Cricket



ISSUE 6 OUT NOW!

Earn a \$5 PROMO CODE



SCHOLASTIC Book Club

Research tells us there is a clear link between regular reading and social, emotional and physical health.



SCHOLASTIC Book Club

Providing Value to Families

Book Club

ORDERS ARE DUE
Friday 30th
August

SCHOLASTIC Book Club

Thanks for buying
books from



Book Clubs

they help build our
classroom resources



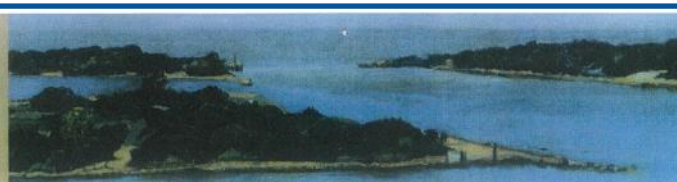
GIRL GUIDES
AUSTRALIA
VICTORIA

Are you a woman over the age of 18? Would you like to have an amazing impact on the lives of young girls, helping them to develop confidence, self-reliance, learn team building and leadership skills, and have loads of fun in the process? Did you answer 'yes' to both questions? Then Lakes Entrance Girl Guides needs you.

The group meets every Monday of the school term at the Lake Tyers Beach Angling Club (opposite Toorloo Arm Primary School) and is seeking someone to support the leaders as they facilitate a diverse weekly program based on the ideas of the girls.

You do not need to have a daughter enrolled in the unit to help out. In fact, if you're a mum of boys it's a great opportunity to hang out with girls for a change! The Guides have loads of laughs at their weekly meetings. Why not join in the fun?

Contact Sue on 0427 281 445 for more details and see how you can become involved.



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

RICE PAPER ROLLS (2 roll + sauce)

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

Lunch Order





come find your awesome

LAKES ENTRANCE PS
TERM 3 AUSKICK
 Lakes Entrance PS
 Wednesdays 3:30pm
 Starting August 7th

nab AFL Auskick play.afl/auskick





Carer Camino
Wellbeing Walking Retreat

Tuesday 29th October to Friday 1st November 2024

Would you like to take some time out to refresh and boost your wellbeing?

Join us for this Carer Camino as we walk the Great Southern Rail Trail from Fish Creek to Port Welshpool over 4 days / 3 nights.

Starting at the Fish Creek Hotel, we will walk 40 km to finish on the jetty at Port Welshpool, walking an average of 10 - 12 km each day (there is a bus available for those who require a pick up along the way).

Morning meditation sessions and afternoon wellbeing workshops will be facilitated. Each person will develop a Wellbeing Plan with simple strategies to care for your wellbeing when you are back at home.

Accommodation will be provided in Foster at the Prom Country Lodge, and meals at local venues.

The Carer Camino is open to carers who live in Gippsland and care for a person who meets the Disability Services Act 1986 eligibility criteria.

Accommodation and food are included at no cost.

Interested? Give us a call on **1300 736 765** or email us at admin@icg.asn.au

Places finalised by Friday 20th September 2024




COME & PLAY!

Netball Australia's Official Introductory Program

Woolworths NetSetGO Centre:
 Lakes Entrance Netball Association

Session Day & Time:
 Wednesday 4:00pm - 5:00pm

Location:
 Lakes Entrance Recreation Reserve - Netball Courts on Rowe Street

Contact:
lakesentranoena@gmail.com Find the link to register on the fb page or scan the QR code.

Further Information:
<https://netball.com.au/netsetgo> Coordinator: Janet Parker 0430480405
 Term 3 Net-Set-Go program starts Wednesday 17th July.









superkick

FIND YOUR FOOTY

Learn through skills and tackle-free, match-based sessions.

WY YUNG & SURROUNDS
SUPERKICK CENTRE

Wy Yung FNC Back Oval
 Thursdays 4:30pm - 5:30pm
 Starts August 15th

play.afl/superkick

