# St Brendan's Primary School 1581

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

Website: www.lakesent.catholic.edu.au Email: principal@lakesent.catholic.edu.au

Internet Banking: BSB 083 879 A/C 695096861 Account Name: St Brendan's School Newsletter No 6 March 15, 2025



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



# **Supporting School Events**

As in previous years we will not be running a formal Parents and



Friends committee in 2025.

Alternatively, it is the School Advisory

Committees recommendation that

we provide families with a list of

events taking place over the course of

the year requesting that families select

one or two events they can assist with.

Prior to this event taking place,

volunteers will be contacted by the

school with more details.

This initiative supports the school by spreading the workload and ensuring our students can enjoy all the opportunities we have in place. Please remember, all volunteers must have a current Working With Children Card which has been presented to the school office.

The survey can be found on PAM. You will have a new alert listed, highlighted in red, "Connect Surveys - Supporting School Events". Follow the prompts to complete. Please select one or two of the events named that you can assist with. Your help is greatly appreciated.





The activities that you can come and simon help at school with:

Easter Raffle Prizes Taco Tuesday

Mother's Day Stalls Mother's Day Breakfast

Athletics Day Father's Day Stalls

Father's Day Breakfast **Graduation** 

		Up Coming Events
Term 1	MARCH 2025	
Week 7	Friday 14th	2.30pm Assembly: Year 6R
Week 8	Tuesday 18th	NAPLAN Year 3 & 5
	Friday 21st	9.10 Class Mass Year 6 Harmony Day
Week 9	Wednesday 26th	Kinect Dance Disco (Yr F - 2—4.30pm - 5.30pm) ( Yr 3 - 6—6.00pm - 7.00pm)
	Friday 28th	9.15am St Brendan's Cross Country
	APRIL 2025	
Week 10	Tuesday 1st	Class Prayer: Foundation
	Wednesday 2nd	Class Prayer: Year 4 & 4/5
	Friday 4th	9.10am GHC Assembly - Year 6 Blue 11.30am Stations of the Cross 2.15 Term Ends
Term 2		
Week 1	Monday 21	Easter Monday
	Tuesday 22nd	9.00am Term 2 commences Year 3 Camp
	Wednesday 23rd	Year 3/4 Camp
	Thursday 24th	Year 4 Camp
	Friday 25th	ANZAC Day

# 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 cares 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.





Tues 18th March: St. Brendan's Lakes Entrance No Mass Wed 19th March: St. Colman's Orbost No Mass Clergy Reflection Day.

Fri 21st March: St. Brendan's Lakes Entrance 9.30am Stations of the Cross after Mass.

St. Colman's Orbost 11.00am Stations of the Cross.

Sat 22nd March:St. Brendan'sLakes Entrance9.30amSun 23rd March:St. Brendan'sLakes Entrance9.00am3rd Sunday of LentSt. Colman'sOrbost11.00 am

St. Colman's Orbost 11.00 am St. Joseph's Swan Reach 5.00pm

Vietnamese Mass.

EXPOSITION AND BENEDICTION: (After Friday 9.30am)

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

ST. BRENDAN'S - ROSARY: 1st Saturday of the month 8.45am before Mass.
Next Rosary Morning 5th April. 2025

VISITATIONS: Please contact the Parish Office to request a home visit or to raise any other concerns in confidence. ph: 5155 5232 / 0468 840 349 or email <a href="mailto:stbrendan@bigpond.com">stbrendan@bigpond.com</a>

## PARISHES IN PARTNERSHIP

# Smoking Ceremony By Callum Yates and Anton Whelan

On the 4th of March our school, St Brendan's Catholic Primary School, held our annual smoking ceremony. It took place in our Indigenous garden, where we all gathered as a school. We invited Aunty Sandra, an Aboriginal elder from our community to run the Smoking Ceremony. She taught us about what the Smoking Ceremony means and why we have them.

We learnt that a smoking ceremony is where an elder of the Indigenous community burns gum leaves and everyone takes turns to walk around the smoke and cleanse themselves with it. The Indigenous belief is that the smoke cleanses you to get rid of the bad spirits of the past and bring good energy for the future.



# **Ash Wednesday Mass**

# Written by Shaaurya & Maddi

On Wednesday, 5th of March the whole school went to church in honour of Ash Wednesday Mass. Father Hiep mixed ashes with water in a little bowl and placed it on our forehead in the shape of a cross.

A group of foundation students carried gifts and students from grades 1-6 participated in the readings. It was great to see everyone come together and be a part of our Ash Wednesday Mass.

Before Mass, we also learnt about a special prayer called the 'Eucharistic Adoration'. When we went to Mass, we had to genuflect (kneel on the right knee) briefly before taking our seat, this is an extra sign of respect.

As we enter the second week of Lent we continue to strengthen our understanding of Lent. Lent is a time to become more prayerful, saying sorry and being thankful. Lent lasts for 40 Days and is a time to give something up or try to start doing something to make you a better person. The reason why we give something up for 40 days is because Jesus went in the desert for 40 days and 40 nights. Lent is a time to remember the great love God has for us.



















At Bakers Delight, we're all about our local community, so this Easter we'd like to offer your school, club or organisation the opportunity to bring some additional delight to your network with our Easter Fundraising Drive!

# **HOW DOES IT WORK?**

THE RRP OF OUR HOT CROSS
BUN 6 PACKS ARE

\$10.00



WE WILL PRICE OUR HOT
CROSS BUN 6 PACKS TO
YOUR ORGANISATION AT

\$7.00



AND SUGGEST SELLING THE HOT CROSS BUN 6 PACKS FOR

\$10.00



RAISING \$3.00 FROM EVERY HOT CROSS BUN 6 PACKS SOLD!



We'll provide you with forms to gather all your orders.

## Need more convincing?

We pride ourselves on maintaining the highest possible quality products by using only the finest ingredients. We will happily provide free samples of our baked fresh daily Hot Cross Buns.

# Interested in fundraising with us?

If you wish to organise a Bakers Delight fundraising drive, simply contact us or visit us in-bakery to start the conversation.

Matthew Stephenson

Bakers Delight Lakes Entrance

Shop 4, Lakes Entrance Shopping Centre, 371 Esplanade,

Lakes Entrance

T: +61 3 5155 5941

Bakers LVVEour Delight LVCALS...

ORDER FORMS HAVE
BEEN SENT OUT TODAY.

PLEASE RETURN BY:
MONDAY 24TH MARCH

# Lunch orders are available on a Friday and are supplied by Mamma Vu's Kitchen.

- All orders will need to be in by Thursday
   morning before 12pm for lunch on Friday
- NO LATE ORDERS will be accepted
- Please make sure that all orders are on a brown paper lunch order bag with the correct money
- Siblings will require one bag each
- Name and class needs to be clearly stated on the bag

Please see attached menu and please take note of prices.



# Lunch

# Order

## 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	

### DRINKS

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



#### **HOT FOOD**

Fried Rice	\$7
Fried Pork Gyoza (6pc)	\$7
Spring Rolls (4pc)	\$7
Chicken Hokkein Noodle	\$10
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



Do you have a current health care/pension card?

Did you know you can get a discount on school fees?

Please contact the school office for more information.

# FINANCIAL ASSISTANCE

#### INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

#### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child

The annual CSEF amount per student is:

- \$154 for primary school students
- · \$256 for secondary school students

#### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments: your child has started or changed schools this year.
- changed family circumstances: such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure

## MORE INFORMATION

For more information about CSEF visit: https://www.vic.gov.au/camps-sports-and-excursions-fund



1 | Department of Education

# **2025 SCHOOL SAVINGS BONUS (SSB)**

The School Savings Bonus is a State Government initiative designed to assist families with cost-of-living pressures.

Under this funding, each eligible student is entitled to a \$400 bonus for application towards activity levies and uniform purchases from approved supplier.

Within our school, all CSEF applicants are eligible to receive this funding.

All families who have a Centrelink Health Care Card and have not applied for CSEF in the past are encouraged to contact the school office and initiate an application this year.

Please refer to the below link for more information:

https://www.vic.gov.au/receiving-school-saving-bonus#non-government-school-information



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

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

Collecting from the church gate - (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.

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

## Collecting from the administration office

Please enter the gates and collect your child from the junior classroom area or your child from years Three to Six may meet you just inside the gates. Students are not to leave the grounds and cross the car park area without an adult walking with them.

If dropping students off in the morning, you must also

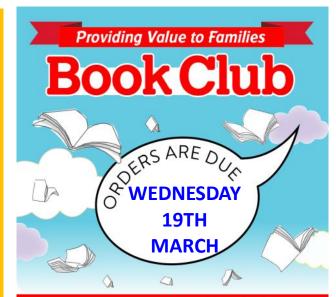
If dropping students off in the morning, you must also walk them into school. Please do not use the disabled parking bay without permission to do so.

## **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.

Regards, Matthew Hamer Principal



# SCHOLASTIC Book Chib

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.





**Uniform** - Together with The Athlete's Foot, Bairnsdale, we have a new School Rewards Program that is a great fundraising opportunity for St Brendan's. \$5 from every pair of shoes purchased is being donated back to your school. This applies to the whole family across our fantastic range of school, sports, work and casual.

The holidays is a great time to check your child's uniform and purchase new items. A reminder that we will be going into Summer uniform on return to Term 4. Check dress length for girls and make alterations before returning.





# A SPECIAL REPORT: Social Media & Comparison Culture

Young people today are growing up in a world where exposure to other people's lives is constant. Through social media and other platforms, they are regularly presented with curated highlights - from flawless holiday photos and academic milestones to the latest fashion trends and fitness achievements. This continuous stream of idealised content fuels what is known as comparison culture, where self-worth is often measured by how someone stacks up against others.

For children and adolescents, who are still figuring out who they are, this culture can be particularly damaging. Constantly comparing their appearance, achievements, or social standing to friends, influencers, and even strangers can lead to unrealistic expectations and a skewed sense of self-worth. This relentless need to measure up can contribute to feelings of inadequacy, self-doubt, and anxiety - undermining both confidence and emotional wellbeing.

It's vital that parents and caregivers understand how deeply comparison culture can influence a child's self-perception and sense of value. Left unchecked, it can foster perfectionism and a dependence on external validation, where a 'like' or comment becomes the measure of their worth.

The good news is, families have a powerful role to play in helping young people navigate these challenges. This Special Report will help you empower your child to build the resilience and confidence needed to navigate today's comparison-driven world and embrace their own unique path.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report:

https://lakesent.catholic.schooltv.me/wellbeing\_news/special-report-social-media-comparison-culture-au

SPECIAL REPORT



A SchoolTV topic supporting modern-day parenting



#### Measles alert

<u>Please be advised of the following health alert from Dr Tarun Weeramanthri the Chief Health Officer.</u> March 4<sup>th</sup> 2025.

There has been two new cases of measles has been reported in Victoria that have not travelled overseas, and have no known links to recent cases of measles. These cases were infectious at multiple locations in Greater Bendigo and metropolitan Melbourne. This means there is now local transmission of measles in the community.

Measles is a highly infectious viral illness that can lead to uncommon but serious complications, such as pneumonia and brain inflammation (encephalitis). There have been 8 cases of measles identified in Victoria in 2025.

A number of populations in Victoria are susceptible to measles, including anyone who is unvaccinated, infants under 12 months of age, immunocompromised people and adults who were born between 1966 and 1992 who may not have received two MMR vaccines in childhood.

**Symptoms** include fever, cough, sore or red eyes (conjunctivitis), runny nose, and feeling generally unwell, followed by a red maculopapular rash. The rash usually starts on the face before spreading down the body. Symptoms can develop between 7 to 18 days after exposure.

Initial symptoms of measles may be similar to those of COVID-19 and flu. If a symptomatic person tests negative for COVID-19 and/or influenza but develops a rash, they should be advised to continue isolating and be tested for measles.

**Infectious period** People with measles are considered infectious from 24 hours prior to the onset of initial symptoms until 4 days after the rash appears. Measles is highly infectious and can spread through airborne droplets or contact with nose or throat secretions, as well as contaminated surfaces and objects. The measles virus can stay in the environment for up to 2 hours.



### A typical measles rash

Anyone who develops symptoms of measles should seek medical care and testing for measles. Call your GP beforehand to advise that you may have been exposed/have measles symptoms. You will be given instructions on what to do next.

https://www.health.vic.gov.au/health-alerts/new-measles-case-in-victoria-4





# LAKES ENTRANCE NETBALL ASSOCIATION

## MONDAY NIGHT JUNIOR COMPETITION

**TERMS 1 & 2** 

9&U - 4 - 5 PM 13&U - 5 - 6PM

- Commencing Monday 24th Feb with two weeks of skills & training for all age groups
- 13&U games begin Monday 17th of March to allow time for grading and teams to be made
- 9&U 20 mins skill sessions + shortened game
- 12 weeks of netball
- Cost: \$70 + Netball VIC annual membership
- Registrations closes Monday March 24th



lakesentrancena@gmail.com





Lakes Entrance Junior Football will be starting training for season 2025 on Wednesday 5th March 2025

All age groups will start from 4.30pm

#### PLEASE NOTE:

Registrations are not currently open and more information will be provided in the coming weeks.

EGJFA DATES OF BIRTH FOR AGE GROUPS 2025

AGE GROUP	START DATE	END DATE
UNDER 11	01/01/2014	31/12/2015
UNDER 13	01/01/2012	31/12/2013
UNDER 15	01/01/2010	31/12/2011

A player must turn 10 in 2025 in order to play in the Under 11s.

We encourage all kids aged under to continue with Superkick/Auskick program.

FEMALES MAY PLAY IN UNDER AGE FOOTBALL UP UNTIL THE AGE OF 14

For any enquiries to contact Junior President Matt Zagami on 0407 170 178

Registrations are not currently open and more information will be provided in the coming weeks. Please enter oval from caravan park entrance and park as their is limited parking at Bowls Club entrance due to cricket & netball training sessions. We look forward to seeing you all there.



# ENROLMENTS YEAR 7 2026

Nagle College is an active and proud Catholic learning community that provides a rich holistic education to the young people of East Gippsland.

Applications for Year 7 in 2026 will open on Monday 31 March 2025.



#### **ENROLMENTS TIMELINE**









Enrolment Interviews Offers of Placement Made



# **DISCOVER** NAGLE

YEAR 7 INFORMATION EVENING

### WED 2 APRIL 2025

We welcome you and your family to learn how Nagle College can support your child's secondary school journey.

There are 3 sessions: 4.00pm, 4.45pm & 5.30pm

Sessions are limited.

Bookings essential.

For further information, visit our website: www.nagle.vic.edu.au



# A FREE WEBINAR Digital media literacy & safety

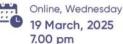
Supporting Primary & Secondary students

Join us for an exclusive webinar featuring two of Australia's leading experts in youth wellbeing and cybersafety as they provide invaluable insights into how to support young people navigate the online world safely and responsibly.

This webinar is Part I of a two-part series. In this session, topics include:

- New Social Media Regulations
- Cyberbullying
   Exposure to Hate Speech
- Online Safety and Fraud

Suitable for: Parents, grandparents, carers, educators, school leaders.





#### Dr Michael Carr-Gregg

Renowned child and adolescent psychologist, Michael has years of experience working with young people and families and was Chair for the Cybersafety Committee.



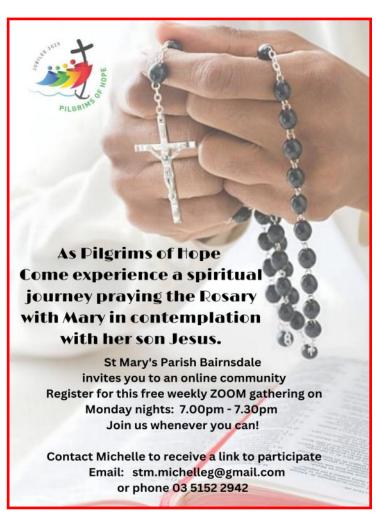
### Susan McLean

As Australia's foremost cybersafety expert and founder of cyber Safety Solutions, Susan will offer proactive strategies to help keep young people safe.



Don't miss out. FREE event. Scan to register.

EASTC019032





An after school art alternative? Saltwater is safe, inspiring space for your kids & teens to learn the fundamentals of clay and the process of pottery - all while keeping social and exercising their creative flow. Over eight weeks we're covering all the basics of wheel throwing, hand building, and glazing. Monday eves over an 8-week-term for youth's aged 6-17 years.

Designed for complete beginners, or the experienced potter, this is the perfect way to begin your child's ceramic journey. Guided term sessions by one of our amazing instructors.

#### KIDS CLAY (ages 6 - 12)

MONDAY AFTERNOONS (TERM 1)

Time:4.00pm -5.30pm

Session Dates: February 10th March 31st
\$260.00pp

#### TEENS CLAY (ages 12 - 18)

MONDAY AFTERNOONS (TERM 1)

Time:5.30pm - 7pm

Session Dates: February 10th March 31st
\$280.00pp

visit our website for more details of contact us via the details below.



the saltwater creative co 66 marine parade, lakes entrance, VIC www.thesaltwatercreativeco.com - 0448 669 063

FREE | BOOKINGS NOT REQUIRED AGES 5 - 12

# LEGO Club 2025



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

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

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

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

# SHIRE LIBRARIES



Lakes Entrance Service Centre Wednesdays

4.00 pm - 5.00 pm

3.30 pm - 4.30 pm **Orbost** 

Service Centre Mondays 3.30 pm - 4.30 pm

Paynesville Service Centre Wednesdays 3.30 pm - 4.30 pm

Omeo Service Centre Wednesdays 3.30 pm - 4.30 pm

Mallacoota
Service Centre
Wednesdays

FREE | NO BOOKINGS REQUIRED



# We're Back!



# Rhymetime Returns



# Join us for our first Rhymetime session of 2025!

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

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

**Bairnsdale Library** Wednesday 5 February 10.30 am - 11.00 am

Lakes Entrance
Service Centre

Wednesday 5 February 11.00 am - 11.30 am

Orbost
Service Centre
Thursday 6 February
10.00 am - 10.30 am

Paynesville Service Centre

Monday 3 February 10.30 am - 11.00 am

Mallacoota Service Centre Tuesday 4 February 10.00 am - 10.30 am





