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 7 March 21, 2025



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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.



St Brendan's Cross Country Friday 28th March Timetable

Parents are welcome to come and watch the cross country.

Please sign in on arrival. Thank you.



Onsite coffee van available

Starting Times (Approximate times)
9:15-9:45
9:45-10:15
10:15-10:35
11:15-11:40
11:40-12:05
12:05-12:25
12:25- 12:55

Welcome Families and Friends,

Well, we have successfully completed another year of NAPLAN. Students in years three and five displayed excellent strategies for assessment and seemed to cope comfortably with the format. Thank you, parents, for ensuring the children came to school focused and well-rested. NAPLAN results have been provided on an inconsistent basis over the last few years, but we expect to have the feedback by early Term Three.

Once again, our school has teamed up with The Resilience Project to deliver a well-rounded curriculum which meets many of the Victorian Curriculum 2.0 Personal Capabilities requirements. Through education, events and wellbeing resources, The Resilience Project focus on the key pillars proven to cultivate positive emotion: Gratitude, Empathy and Mindfulness (GEM), along with Emotional Literacy, Connection and Physical Health. Please take the time to chat to your child about GEM and ask them daily, *What are three things you are grateful for?*

Raising Girls - https://lakesent.catholic.schooltv.me/newsletter/raising-girls



It is no surprise that girls today are transitioning to puberty a lot earlier than they

did a century ago. The physical, psychological and emotional changes that occur during this time can be challenging for girls, but also their parents. Some parents and carers may feel uncertain about how best to support their daughter through the ups and downs of adolescence. With the rise of social media and technology, mental health difficulties in girls are increasing as often they are faced with online images that make it difficult to see themselves as acceptable. Many being exposed to sexualisation and innuendo from a very young age. Girls need positive role models in their lives to step up and help them shine with self-respect and confidence.

Raising Boys



"All teenagers need to emancipate themselves from their parents. What we've discovered is that when they're very close, getting away becomes more difficult, especially for girls, and to facilitate that she becomes far more challenging as a result. Communication therefore becomes fundamentally more important."

Dr Michael Carr-Gregg

A group of dance instructors will arrive at St Brendan's CPS next week to run dance workshops and a couple of discos on Wednesday night. We have had a very busy beginning to the school, year and we are keen to provide a new experience for our students. Kinect2dance come highly recommended. We are still requiring a couple of parents to assist with the disco supervision. If you have an hour to spare, please call the office.

We hope to see you at school for our cross-country carnival cheering on your House on Friday, 28 March. The students have been training for the run during their lessons in physical education so they should be well-prepared. We have arranged for an onsite coffee van for you to enjoy.

Kind Regards,

Matthew Hamer

		Up Coming Events
Term 1	MARCH 2025	
Week 9	Tuesday 25th	5.00pm Year 3—4 Camp Information Evening Block B
	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
	Thursday 3rd	Easter Raffle wrapping
	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—Karoonda Park, Gelantipy
	Wednesday 23rd	Year 3/4 Camp—Karoonda Park, Gelantipy
	Thursday 24th	Year 4 Camp—Karoonda Park, Gelantipy
	Friday 25th	ANZAC Day
Week 3	Friday 9th	Mother's Day Breakfast St Brendan's Athletics Carnival

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 25th March:	St. Brendan's	Lakes Entrance	9.30 am
Wed 26th March:	St. Colman's	Orbost	9.30 am
Fri 28th March:	St. Brendan's	Lakes Entrance	9.30am
	Stations of the Cro	ss after Mass.	
	St. Colman's	Orbost	11.00am
	Stations of the Cro	SS.	
Sat 29nd March:	St. Brendan's	Lakes Entrance	9.30 am
	St Brendan's	Lakes Entrance	5.00 pm
	Celebration Mass f	or Jubilee of Volunteers	
	St. Joseph's	Swan Reach	No Mass
Sun 30th March:	St. Brendan's	Lakes Entrance	9.00 am
4th Sunday of Lent	St. Colman's	Orbost	11.00 am

EXPOSITION AND BENEDICTION: Not during Lent.

ST BRENDAN'S CHURCH, LAKES ENTRANCE will be open for: PRIVATE PRAYER from 9am - 4pm Daily

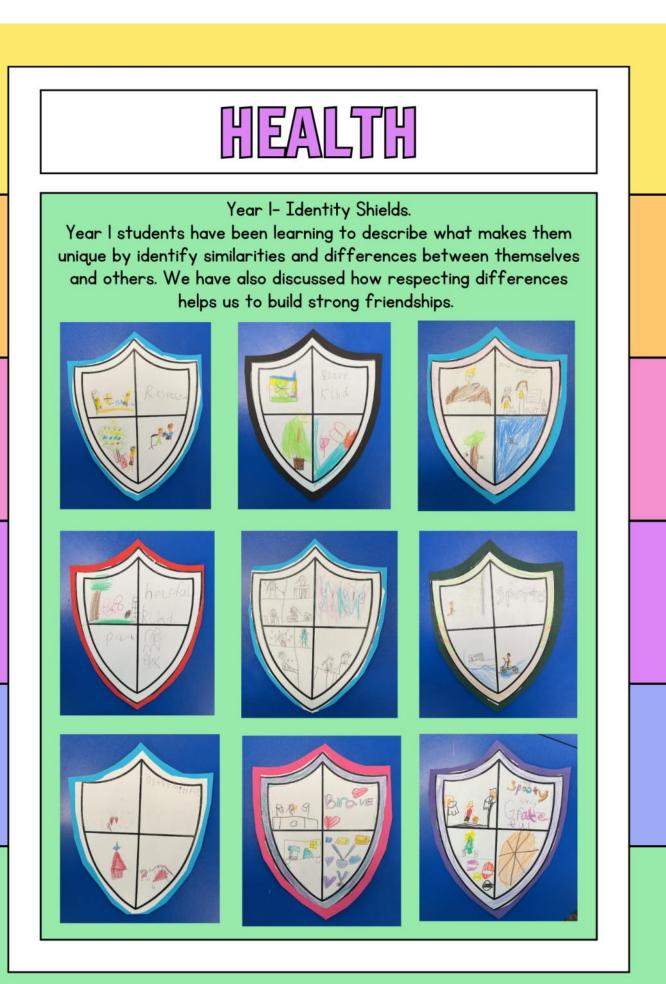
EXPOSITION AND BENEDICTION: St Brendan's: After 9.30 am Mass on Fridays

<u>RECONCILIATION</u>: Before Mass at Lakes Entrance, Swan Reach & Orbost or by arrangement.

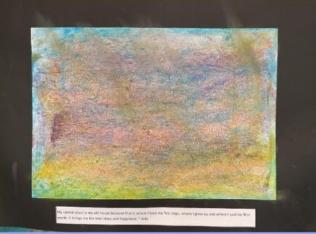
ST. BRENDAN'S - ROSARY: 1st Saturday of the month 8.45am before Mass. Next Rosary Morning Sth April. 2025

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 strendan@bigpond.com MORNING TEA Morning tea Sunday 13th April after Mass in Hobby Room.

PARISHES IN PARTNERSHIP

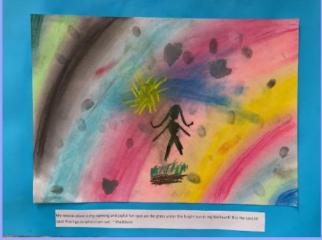


Years 3/4/5 have been exploring how connections to places help shape our identity. They completed an art piece that was a representation of their special place.



My special place is my old house because that is where I took my first steps, where I grew up and where I said my first words. It brings me the best vibes and happiness. ~ Arlo

My special place is my calming and joyful fun spot on the grass under the bright sun in my backyard. It is my speical spot that I go to when I am sad. ~ Maddison



"Places change over time and we help shape the places where we live"



My special place is Mount Taylor. It is special to me because I can see my friends and ride bikes with them there. It makes me feel happy. ~ Jaxon

"When we care for a place, it becomes more special to us and helps us feel like we belong"

Salmon Rocks- It is special to me because I love the ocean and nothing makes me more happy than the ice cold water on my body. Also, the big and small crashing waves are fun to swim or ride over with boogie boards, I love it. It makes me feel really happy and being there makes me feel safe. ~ Winter







My special place is Melbourne. It's special to me because it's where my sister lives and she always makes me feel safe. After we go see her, my family takes me and my siblings to arcades, restaurants and the best hotels. ~ Ivv

My special place is Newmerella because I go to Pony Club there and I love hanging out with family and friends. We go boating down at the lake and go on the biscuit. After we go boating, we go to the pub and have lots of raspberry lemonade. I feel safe and happy there. ~ Isla



Year 6 students have been learning about the different factors that shape our personal identity. We have explored how our personality, experiences, and the people and places around us shape who we are. Students have identified some of their personal strengths and chosen one to create a positive affirmation.







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

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?

Bakers Delight

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

ORDER FORMS HAVE BEEN SENT OUT TODAY. PLEASE RETURN BY: MONDAY 24TH MARCH



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 Thanks for buying books from

Book Clubs

they help build our classroom resources



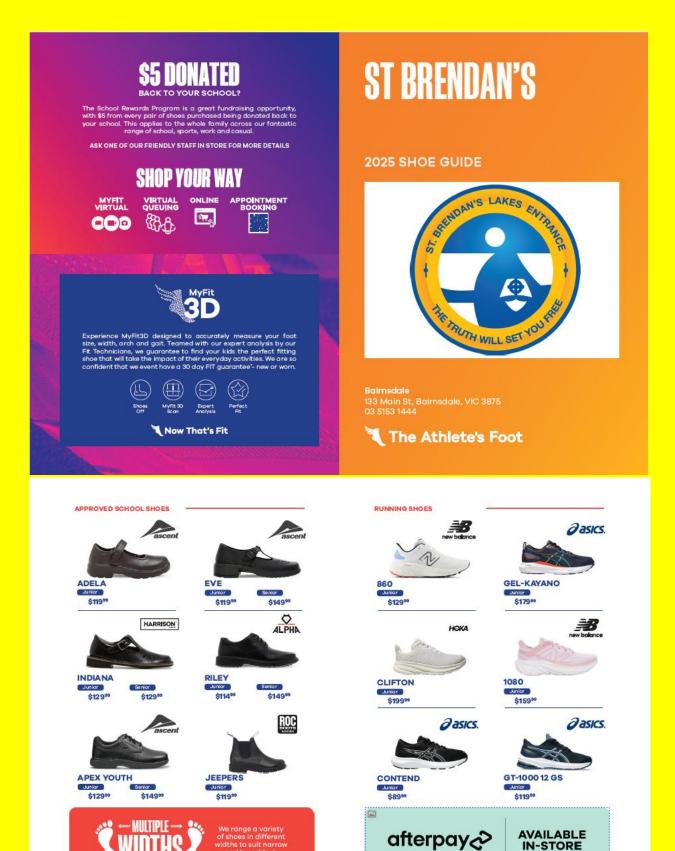
St Brendan's Op Shop has second hand school uniform available. St Brendan's School uniform available \$3.00 per item unless otherwise marked. Open 10am-3pm Tuesday, Wednesday & Thursday.





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.



Clarks, Roc & Harrison 20% OFF discourt pricing valid from 31/12/2024 - 20/02/2025. School styles only. Price displayed is RRP

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



ਾ_ਧ Social Media & **Comparison Culture**



Measles alert

Please be advised of the following health alert from Dr Tarun Weeramanthri the Chief Health Officer. March 4th 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

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

The activities that you can come and 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

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.



Uniform Reminders

<u>JEWELLERY</u> 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.

<u>HAIR</u> 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.



Year 3-6 ICT Student User Agreement

Please read together with your child/ren and return the signed agreement ASAP. Thank you







REGISTRATION CLOSES: 14TH MARCH start date: sat 26 April (round 1) FINISH date: sat 16 August (finals) HOWITT PARK, BAIRNSDALE 12 ROUNDS, PLUS SEMI-FINALS AND FINALS AGE GROUPS: 7S, 9S, 11S, AND 13S EASTGIPPSLANDSOCCERLEAGUE@OUTLOOK.COM

KINA

FIND US ON

FACEBOOK

BAIR

CONTACT

EAST G

AUSSIE HOOPS - TERM 2 (4-6 years skills program) REGISTRATION IS OPEN

Start date - 9/5 Cost - \$20.00 + \$50.00 (for Aussie hoops pack) When - Fridays - 4-4:45pm

(any questions please text 0475 518 250)

Please use the link to register https://www.playhq.com/basketball-victoria/register/3ee59f



UNDER 8's REGISTRATION Please use the link to register https://www.playhq.com/basketball-victoria/register/7d0f44

JUNIORS - REGISTRATION IS OPEN

- 🚳 Start date 5/5
- 🚯 12 rounds + Finals
- 🔯 Cost \$115.00 + insurance
- Registration closes 17/4

 (any questions please text 0475 518 250)
 please use the link at the top of the post to register



Age groups U10's - 2016/17 U12's - 2014/15 U14's - 2012/13 U16's - 2010/11 U19's - 2007/09

JUNIORS MIXED REGISTRATION Please use the link to register <u>https://www.playhq.com/basketball-victoria/register/56a93b</u>

GIRLS COMP - REGISTRATION IS OPEN

Start date - 7/5
 12 rounds + Finals
 Cost - \$115.00 + insurance
 Registration closes - 17/4

 (any questions please text 0475 518 250)
 please use the link at the top of the post to register



Age groups U10's - 2016/17 U12's - 2014/15 U14's - 2012/13

GIRLS COMP - REGISTRATION Please use the link below to register <u>https://www.playhq.com/basketball-victoria/register/353410</u>



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 .

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TOTORIA Deservices

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) chool camps provide children with inspiring experiences the great outdoors. Excursions encourage a deeper idenstanding of how the world works while spots teach amwork, discipline and leadership. All are a part of a althy ourriculum.

F is provided by the Victorian Government to assist le families to cover the costs of school trips, camps

you hold a valid means-tested concession card or are a mporary foster parent, you may be eligible for CSEF. A pocial consideration category also exists for asylum exister and refugee families. The allowance is paid to the shool to use towards expenses relating to camps, cursions or sporting activities for the benefit of your

- The annual CSEF amount per student is: \$154 for primary school students
- \$256 for secondary school students
- For more information about CSEF visit: https://www.vic.gov.au/camps-sports-and-excursions-fund

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 las 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 change of custody, change of name concession card number, or new sibling commencing this year.

Check with the school office if you are unsure



Do you have a current health care/pension card?

1 | Department of Education

MORE INFORMATION

2025 SCHOOL SAVINGS BONUS (SSB)

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

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

As Pilgrims of Hope Come experience a spiritual journey praying the Rosary with Mary in contemplation with her son Jesus.

St Mary's Parish Bairnsdale invites you to an online community Register for this free weekly ZOOM gathering on Monday nights: 7.00pm - 7.30pm Join us whenever you can!

Contact Michelle to receive a link to participate Email: stm.michelleg@gmail.com or phone 03 5152 2942

KIDS & TEENS FTER SCHOO

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

**

FREE | NO BOOKINGS REQUIRED

TEENS CLAY (ages 12 - 18)

MONDAY AFTERNOONS (TERM 1) • Time:5.30pm - 7pm · Session Dates: February 10th -March 31st \$280.00pp

EAST GIPPSLAND

SHIRE LIB

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.

EAST GIPPSLAND SHIRE LIBRARIES

Bairnsdale Library Tuesdays 4.00 pm - 5.00 pm

> Lakes Entrance Service Centre Wednesdays 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



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.

111/// Libraries Change Lives

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



