



Term 4 | Week 10 | December 2021

## PRINCIPAL'S MESSAGE

THANK YOU!

As this is the last NETMA for the year I would like to offer my sincere appreciation to all members of our community.

I am in awe of what was accomplished this year by our students, working in collaboration with parents and teachers in a rather eventful year. Looking at the data that teachers have gathered we note that, despite the interruptions we have experienced, our children have shown growth.

This growth would not have been accomplished if it wasn't for the hard work of all in our community.

The Leadership Team thank our parents, all staff at our great school, and especially the children who have had the courage to persevere, to make mistakes, and work hard in all areas.

As we head to Christmas, please remember that Jesus is the Reason for the Season - take the opportunity to sit back, relax and thank our Lord for all that we have.

See you in 2022!

Craig McNee  
Principal

# RELIGIOUS EDUCATION

## End of Year Thanksgiving Liturgy

We will be holding our End of Year Thanksgiving Liturgy on Monday, 13 December at 9:00 am. This will be an outdoor liturgy so all of our children can attend to celebrate the Christmas Season and the school year. At the end of this event, we will be announcing our Year 6 Leadership Team for 2022. As we are not able to have parents join us in person, we will broadcast this special occasion to families via Zoom - <https://dbbcatholic.zoom.us/j/68412048161>

### St Vincent de Paul Christmas Appeal

A big thank you to our St Brendan's Community for your generous donations for the Christmas Appeal. We had a member from St Vincent de Paul collect 22 hampers today. Thank you to our Mission Leaders and our Year 4 Mini Vinnies students who helped pack each hamper. This really does put the **Christ** back in Christmas.



# Confirmation

Over the past two weeks, children from our Parish have been making their Confirmation, receiving the Holy Spirit to guide them in their spiritual journey. It is always a privilege to be a part of these special days. We thank Father Tomy, Father Baby, Sister Jennifer, Sister Josie, Lorrie O'Brien (Sacramental Coordinator), our teachers and all the group facilitators for their support in preparing our children. We congratulate them on taking the next step on their faith journey.



**St Mary's**  
Weekdays & Saturday: 9am  
Saturday Vigil: 6pm  
Sunday: 7.30am, 9am,  
6pm

**OUR LADY OF PERPETUAL SUCCOUR**  
Catholic Parish Toukley/Lake Munmorah  
St Mary's Church 458 Main Rd Norville  
St Brendan's Mass Centre 29 Carters Rd Lake Munmorah  
**VISION**  
*To be A Vibrant Eucharistic Community*

**St Brendan's**  
Wednesday & Thursday: 9am  
Saturday Vigil: 5pm  
Sunday: 8am

The Bulletin (and previous Bulletins) can be found on our website:  
<https://www.bbcatholic.org.au/toukley/news-events/parish-bulletins>



Vinnies is here to help. If any family needs help with food, bills and/or housing during this difficult time, please contact our Helpline on 13 18 12 or call your local Vinnies Support Centre.

# STUDENT ACHIEVEMENT

## Semester Two Reports

Semester Two Reports are available for your information. Please celebrate your child's achievements together. If you would like to discuss aspects of the Report, you can book a timeslot through the Compass Conference portal.

As Ms Bath (KB) and Mrs Kiddle (2B) are on leave, you are welcome to contact the school and a member of the Student Achievement Team will book a time with you.

Kind regards  
St Brendan's Student Achievement Team

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## ICAS (International Competitions and Assessments for Schools)

Congratulations to those students who participated in the ICAS Assessments this year, in particular, Ella S who received a High Distinction in Science and Digital Technologies.

Students who placed at either High Distinction, Distinction, Credit or Merit level in each grade include:

Year 6: Ivy R, Ronin M, Bronte S, Arthur H

Year 5: Kiara W

Year 4: Ella S, Ethan T

Year 3: Elsa R, Jacob P

Year 2: Oliver D



# THE COMMUNITY COTTAGE



What a year it has been, we have all done our best and made it to the end. The Community Cottage would like to say thank you for all the support and openness you have shown us as we have started in the community. We look forward to working with you all next year. This week we have included some tips for wellbeing over the school holiday.

*Rest, relax, and enjoy some sunshine!*

Some fun things to do whilst on holiday:

- Discover history at The Rock's Discovery Museum – this interactive family fun way of learning history that is unique to the Rock's area. There are even hands-on experiences! They also offer virtual tours if you cannot make it in person – [Learn about First Nation's Culture | The Rocks](#)



- Make a sandcastle at the beach; take a photo and send it to us
- Fairfield Adventure Park – with a massive climbing frame and enclosed slides (shown in the picture), it is specifically designed for older kids
- Go on a treasure hunt – Get Mum or Dad to make a list of items that you need to find or see (don't worry there are a number of ideas online)



- Vera's Water Park – located at The Entrance; fun in the water for small kids
- Avoca Beach Theatre – go back in time sitting in a theatre with plush seats and different movies that other theatres may not show
- Make a cubby house – using sheets, blankets, pillows and chairs
- Explore our backyard in one of the beautiful National Park walks on offer. Plan your trip by visiting [NSW National Parks](#) and Wildlife Service

- Visit Treetop Adventures and hangout in amongst the trees
- Plant a veggie garden – pick your own seedlings and watch them grow
- Visit the Slam Factory at Tuggerah – Slam has been specifically built to cater for skateboarders, scooter riders, BMX and mountain bike riders, rollerbladers and rollerskaters, and everyone else who likes to roll on wheels
- Make your own jigsaw puzzle – ask your kids to do a drawing and then cut it into shapes. Tip: Glue the picture onto cardboard first to give it a solid backing before cutting it out
- Find the wombats and koalas at Blackbutt Reserve



Whilst fun activities are essential for the summer break, here are some actions that support positive mental health over the school holidays.

Encourage your young person to do these regularly:

- Exercise boosts mood and mental health – make it fun!
- Nourish your brain by eating healthy food (after a Christmas splurge) – it will also improve your mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things you enjoy
- Practise positive self-talk – and remember you are not alone
- Seek professional help if needed

The Cottage has a new email address [thecottage@dbb.catholic.edu.au](mailto:thecottage@dbb.catholic.edu.au) (send photos of your Christmas Adventures to us). If you would like to ask a question, raise a concern, ask for some advice, not sure about something, please send through an email and we will get back to you. This email is monitored throughout the school term and is a way for parents and families to be able to contact The Community Cottage easily

to gain assistance and support for any matters.

During the holidays know that there is always support and assistance there for you. The numbers below are available if you need to talk. This sometimes is a very difficult time of the year for people; you are never alone.

**Mental Health Services and Support**

<b>Beyond Blue</b> 24/7 mental health support service 1300 22 4636 beyondblue.org.au	<b>headspace</b> Online support and counselling to young people aged 12 to 25 1800 650 890 (non-fee debt) For webchat, visit: headspace.org.au/headspace	<b>Kids Helpline</b> 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au	<b>1800RESPECT</b> 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
<b>Lifeline</b> 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	<b>Suicide Call Back</b> 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	<b>Mensline</b> 24/7 counselling service for men 1300 78 99 78 mensline.org.au	<b>QLife</b> LGBTI peer support and referral 1800 184 527 (open 10pm daily) qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

Partners: be you, Beyond Blue, Early Childhood Mental Health Support, headspace, Mensline, 1800RESPECT, QLife.

# LIBRARY NEWS

Congratulations to all the students in Kindergarten, Year One and Year Two who participated in the NSW Premier's Reading Challenge. The certificates have arrived and have been distributed.

Thank you to all the parents who have assisted in finding overdue library books and ensuring they are returned. We need to run a stocktake and having all the books back at the end of the year is crucial for this to run smoothly.

Thank you again for your support of our recent Book Fair and Book Parade. All re-orders should have been given to your child but please contact the Office (attention Karen Devlin) if you have a query. Your support of the Book Fair will enable us to buy many new books for the library so thank you for your generosity. The Book Parade was a fabulous event and we are in awe of the creativity displayed on the day.

We wish you a wonderful Christmas and a holiday filled with lots of reading.

Karen Devlin and Vicki Anderson.

# SPORT NEWS

## St Brendan's Swimming Carnival

Our swimming Carnival is set to proceed **On Tuesday, December 14.**

The Swimming Carnival is operating under COVID restrictions therefore **NO Spectators** are allowed to attend.

Thank you to the helpers who have volunteered your services; we currently have enough helpers for the day.



# WHAT'S HAPPENING

## St Brendan's Family Christmas Picnic

We will be holding a Christmas Family Picnic on Thursday afternoon between 4:30 pm and 6:30 pm on the oval.

Bring along some dinner and join us as we celebrate 2021 and the Christmas Season.

We ask that you park in our school carpark and use the carparks available on Carters Road. Please do not park behind the Early Learning Centre as this will be problematic for parents collecting their children.

Upon arrival, you will be asked to sign-in using our QR codes and show evidence of your vaccination.

Please understand that these processes are to keep our community safe. We ask that **no alcohol** be brought on site.

Don't forget to social distances.

## WHAT YOU NEED TO KNOW

### IMPORTANT - Administration

If you as a parent/carer know that your child/ren will be leaving the school permanently at the end of 2021, you need to notify the school ASAP; if you are moving to a new address a forwarding address needs to be supplied.

You will need to print out your children's Reports as you will not have access to Compass once you leave. This includes all Year 6 students.





# Step-Up Day

On Monday, 13 September we will be having our Step Up Day after recess where your child will meet their 2022 Classroom Teacher and move to the class they will be in for the following year.

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## 2022 Classroom Teachers

Our Classroom Teachers for 2022 are:

The Hive: Mrs Madeleine Loneragan

The Hub: Miss Alli Foskett

Kindergarten Green: Mrs Maureen McDonnell

Kindergarten Red: Fiona Scott

Kindergarten Blue: Laura Lewis (Bath)

1 Green: Mrs Madeline Martin

1 Red: Mrs Sandra Pazaridis

1 Blue: Mrs Maggie O'Brien

2 Green: Miss Rebecca Zietsch

2 Red: Miss Ashlee Montague

2 Blue: Mr Matthew Ward and Mrs Teaghan Bateman

3 Green: Mrs Jessica Maleszka

3 Red: Mr Lee Brown

3 Blue: Mrs Sue Purdue

4 Green: Mr Damien Lobb

4 Red: Mrs Nicole Evans

4 Blue: Miss Elly Dwyer

5 Green: Mr William Granger

5 Red: Mrs Amanda Ward

5 Blue: Mrs Melissa Townsend and Mrs Stephanie Mind

6 Green: Mrs Jaimie Wallis and Mrs Carly Kelly

6 Red: Miss Chloe Lovett

6 Blue: Mr Daniel Murphy

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# Child and Adolescent Mental Health Service (CAMHS)

If you have children 4-11 years we are still offering free support through Calm Kid Central - calmkidcentral.com and use the code CAMHS21

## Support Services

Mental Health Line 1800 011 511

### [Headspace](#)

For access to a variety of youth-friendly local services including GP's, counselling, mental health services, alcohol and other drug services.

Gosford 4304 7870

Lake Haven 4394 9125

### [Lifeline](#) 13 11 14

24 hours telephone counselling

### [Kids Helpline](#) 1800 551 800

8 am till 10 pm telephone counselling

### [Suicide Call Back Service](#) 1300 659 467

24 hours, age 18 and up

### [Yarn Safe](#)

Safe space for Aboriginal and Torres Strait Islander teens to talk about mental health and social and emotional wellbeing.

[brave4you](#) 'The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.'

[ehespace](#) 'ehespace provides free online and telephone support and counselling to young people 12 - 25, and their families and friends. If you're based in Australia and going through a tough time, ehespace can help.'

### [ReachOut](#)

Practical support, tools and tips to help young people get through anything from everyday questions to tough times.

### [MoodGYM](#)

An online program that helps young people and adults learn about cognitive behaviour therapy skills for preventing and coping with depression.

### [Smiling Mind](#)

A modern meditation for young people. It's a unique web and app-based program, designed to help bring balance to young lives.

### [Beyond Now](#)

A safety plan app that can be accessed and edited at any time. A young person can also email it to trusted friends, family or their health professional, so they can offer support when they're experiencing suicidal thoughts or heading towards a suicidal crisis.

### [Breakup Shakeup](#)

An app that provides ideas for fun, easy things to do, to help young people cope after a breakup.

### [Digital Dog](#)

A research group within the Black Dog Institute working to use technology to solve common mental health issues. The team develops and tests a suite of online mobile apps, websites and games to help lower depression, lower suicide risk, reduce stress and promote wellbeing.

## For parents:

[Parentline](#) Heaps of great resources/factsheets to support parents



## Parent and carer webinars

2022

**Join eSafety's expert education and training team for a FREE live webinar.**

### Helping kids thrive online.

This webinar will give parents and carers the strategies they need to help their kids identify risks and develop skills to stay safe online.

It is designed for parents and carers of young people aged 5 to 12 years old.



Register now: [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)

# COMMUNITY EVENTS

## For Sale - Lions Calendars

Calendars for sale via the Compass app from Wed, 8 Dec. \$8 - \$3 from each sale will go to our School and \$5 to support the Lions Club. Calendars have dates relevant to St Brendan's and St Brigid's.



**OCTOBER 2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
39	St Brigid's Vt 10 Camp Day					Lions Club Team Year Book for Bishop Moral Day
2	3	4	5	6	7	8
40	Ladies Day St Brigid's Vt 10 Queen's Birthday Q/D					Lions Club Team Year
9	10	11	12	13	14	15
41	St Brigid's Vt 10 St Brigid's Vt 10 St Brigid's Vt 10 St Brigid's Vt 10		St Brigid's Vt 10 Moral Day		St Brigid's Vt 10 Moral Day	Lions Club Team Year
16	17	18	19	20	21	22
42						Lions Club Team Year
23	24	25	26	27	28	29
43						Lions Club Team Year

**LIONS CLUB OF GWANDALAN INC.**

**2022 COMMUNITY CALENDAR**

Come and visit us at our Lions Den every Saturday of the year from 7am - 11am. Corner Wimbun Cres and Koowang Rd for a giant garage sale and delicious BBQ!

PO Box 5013 Gwandalan NSW 2259  
secgwandalanlions@gmail.com

**STOP PRESS .. STOP PRESS!!!!**

**MAJOR ANNOUNCEMENT - APPEARING AT OUR CAROLS EVENT**

**INTERNATIONAL REGGAE STAR**

**AFRO MOSES**

A Multi-Instrumentalist Singer/Songwriter from Ghana, West Africa, who resides in our peninsula

**LIONS CLUB OF GWANDALAN LIONESSE CAROLS BY THE LAKE**

**SUNDAY 12<sup>TH</sup> DECEMBER**

**5PM - 8PM**

**GATES OPEN FROM 4PM**

**A FREE EVENT FOR OUR COMMUNITY**

*THANKS TO OUR MAJOR SPONSORS -*

**DELTA ELECTRICITY, GWANDALAN BOWLING CLUB, YASMIN CATLEY MP**

BYO BLANKETS TO SIT AND ENJOY THIS YEARLY EVENT BY OUR WONDERFUL LAKE ON THE FORESHORE IN FRONT OF GWANDALAN BOWLING CLUB

Entry via Club Carpark

**VOICES SINGING ... LETS BE JOLLY ..... !!!!!**

Lions BBQ, Food Vans, Dutch Pancakes, Gozleme, Ice cream van, Sno Cones, Coffee Cart!

Showcasing our local talent. EDA Dance Academy, Nikisha Priest, Elvis and Donna, The SATees the GLUBBERS, Lake Munmorrah Singers

**The amazing Toni Stevens - and International Reggae Star**

**AFRO MOSES !!**

Christmas Hamper raffle tickets on sale and will be drawn at the end of the evening

This is a **"leave no trace"** event, please take your rubbish home with you.

Shout out to our local businesses who have kindly donated vouchers, gifts etc for our hampers.

**WE WILL BE FOLLOWING THE NSW HEALTH ORDERS**

**YOU MUST BE DOUBLE VACCINATED TO ATTEND**

**AND QR CODE IN.**



*Sport NSW and Variety – The Children's Charity NSW/ACT, are delighted to announce the return of Activate Inclusion Sports Days for 2022.*

This program is designed for students aged 5 – 18 years with a physical, sensory or intellectual disability to come along and experience a range of adaptive sporting activities in a fun and inclusive environment.



In 2022, Sport NSW and Variety – The Children's Charity NSW/ACT, will partner with Disability Sports Australia to deliver this adaptive sport and recreation program to both metropolitan and regional NSW.

Since 2016, this program has engaged more than 6 000 participants with physical, sensory and intellectual disabilities. The program focuses on creating a safe environment that inspires students and instils belief that with the right support, they can achieve great things.

The program allows students to participate in sport and active recreation through adapted game play and also fosters strong social engagement for the students with disabilities.

Activate Inclusion Sports Days will be highly relevant this year, following a lack of community engagement and increased social isolation in 2020 due to COVID-19. The program will help keep students engaged and active, with support that encourages ongoing participation.

The Activate Inclusion Sports Days are free for students to attend, and we recommend registering now as spots are limited for each day and traditionally sell out.

To register, simply go to [www.activateinclusion.com.au](http://www.activateinclusion.com.au) and register for the day and event near you. Our Activate Inclusion Sports Day team will then get in contact and send your school an information pack.

For any enquiries, please contact the team at [aisd@sportnsw.com.au](mailto:aisd@sportnsw.com.au).

# SCHOOL HOLIDAY PROGRAMS



**CRICKET BLAST**  
**SIGN UP TODAY**  
Play Cricket

- +Fun for all ages and abilities
- +Learn ball skills and stay active
- +All girls groups where possible
- +Coached by our trained Cricket NSW staff

## Sydney Sixers Holiday Program - Central Coast

**Date:** Thursday 13th + Friday 14th January

**Time:** 9am - 12pm each morning

**Location:** Adcock Park, Gosford

**Who:** Boys and girls groups

**Ages:** 5-11

**Inclusions:** 6 hrs of fun + blast participant pack

**Cost:** \$69

**Register today:**

<https://www.playhq.com/cricket-australia/register/6f9ec7>



CRICKET NSW



Contact

Matt 0478 285 757

Paige 0478 285 758



**VACATION CARE PROGRAM**  
December 2021 & January 2022  
St Brendan's Outside School Hours Care, Lake Munmorah  
Hours: 7.30am - 6.00pm  
P: 0408 789 189 or (02) 43 588 157  
E: [oshc.lakemunmorah@catholiccaredbb.org.au](mailto:oshc.lakemunmorah@catholiccaredbb.org.au)

## Christmas Vacation Care

To access the booking form and itinerary for the December 2021 and January 2022 program please follow this [link](#).



## Central Coast Summer Chess Tournament for ages 6 to 17

**Monday 10 January**

**Entry fee \$20**

**Includes Lunch-pack**

For payment details and food options please contact

Gary Losh

[glosh6090@gmail.com](mailto:glosh6090@gmail.com)

0432 453 726

**Must pre-enter by Wednesday 5 January**

**New Venue** - Coast Community Church, Adelaide St, Tumbi Umbi  
**9.30am – 4.00pm**

**With an educational chess puzzle competition**

**and lots of prizes. Practise puzzles provided on entry.**

**Minimum ability:** Must know how to move the pieces and complete games largely unassisted.

# IMPORTANT DATES FOR YOUR CALENDAR

## TERM 4

9 Dec:	St Brendan's Christmas Family Picnic - 4:30 - 6:30 pm
13 Dec:	Thanksgiving Mass
14 Dec:	Swimming Carnival - Swansea Pool
15 Dec:	Last Day Term 4

2022

## TERM 1

31 Jan - 2 Feb:	Best Start - Kindergarten
31 Jan:	MAI - Years 1 - 6
1 Feb:	Years 1 - 6 Return to School
3 Feb:	Kindergarten Commence