



Term 1 | Week 6 | March 2022

## PRINCIPAL'S MESSAGE



### **Let's Pray with our Children throughout Lent!**



Pope Francis has set aside today, March 2, as a Day of Prayer and Fasting for Peace in Ukraine. At our Ash Wednesday Liturgy today, Father Tomy said to our children that Lent is a time where we can all pray more.

As we begin our Lenten journey, let's encourage our children to set aside some time where they can talk to God.

Encourage your children to pray for those less fortunate and for strength in their own lives. The Fast Life (see below) has some great ideas to make us all better human beings; maybe talk through it with your children and encourage them to pray for these qualities. Imagine a world where people lived like this.

As Pope Francis reminds us, "It is prayer that transforms this day into grace, or better, that transforms us: it quells anger, sustains love, multiplies joy, instils the strength to forgive...".

Have a great fortnight,  
Craig McNee  
Principal

# RELIGIOUS EDUCATION

Wednesday, 2 March 2022 is Ash Wednesday. Ash Wednesday is the beginning of the season of Lent. You will see the Priest's vestments and the colour used on prayer tables and on the altar is purple, which represents a time for preparation and waiting. Lent lasts a period of forty days. It is a time of prayer, fasting and almsgiving (giving to others). Through prayer we come closer to God. Fasting joins us in solidarity with the poor. Almsgiving (giving) is a sign of our commitment to justice.

## The Fast Life

Fast from judging others;  
Feast on Christ dwelling in them.  
Fast from fear of illness;  
Feast on the healing power of God.  
Fast from words that pollute;  
Feast on speech that purifies.  
Fast from discontent;  
Feast on gratitude.  
Fast from anger;  
Feast on patience.  
Fast from pessimism;  
Feast on hope.  
Fast from negatives;  
Feast on encouragement.  
Fast from bitterness;  
Feast on forgiveness.  
Fast from self-concern;  
Feast on compassion.  
Fast from suspicion;  
Feast on truth.

Fast from gossip;  
Feast on purposeful silence.  
Fast from problems that overwhelm;  
Feast on prayer that sustains.  
Fast from anxiety;  
Feast on faith.

- Author Unknown



**Pastoral  
Discernment**  
Central Coast

As part of the 35th anniversary of our Diocese of Broken Bay, Bishop Anthony Randazzo invites the community of the church on the Central Coast to journey forward together as pilgrims and missionaries. Religious Educators, Alli Foskett and Jacqui Fletcher would like to extend an invitation to our community to listen to their thoughts about strategies for evangelisation, parish renewal and discipleship, ensuring a sustainable and thriving community, celebrating what we are doing well and what might the future look like for our Church on the Central Coast. Bishop Anthony is eagerly awaiting our thoughts.

[Link to a video outlining the project](#)

Please join us at 6 pm, Monday 7 March 2022 via [this link](#)

Password: SBLM

# THE COMMUNITY COTTAGE



## *Who are we? & What do we do?*

Lake Munmorah Catholic Schools Community Cottage, more commonly known as **The Cottage**, supports the Early Learning Centre, St Brendan's and St Brigid's School community. The Cottage has staff available to help, listen, provide support, and link with external agencies, no matter how big or small the issue or problem may appear.

Within The Cottage is the School Counsellor, Family Liaison Officer, and Family Support Advocate. We run a range of programs for students and parents: playgroup, transition support, resilience programmes, emotional regulation, financial counselling support, 123 Magic, Circles of Security, and support groups. We are also creating links with external agencies that can help support families, including CatholicCare, Interrelate and Youth Mental Health.

To be able to refer through to The Cottage for assistance just complete the form [wellbeing support for students and parents](#) or you can email The Cottage on [thecottage@dbb.catholic.edu.au](mailto:thecottage@dbb.catholic.edu.au)

### **Natalie Ross - School Counsellor**

Natalie Ross is a Registered Psychologist and her role at St Brendan's is School Counsellor. Natalie can support with individual counselling for students across a range of areas including anxiety, grief and loss, behavioural concerns, parental separation, self-harm/suicidal ideation and safety planning, and relationships/social communication. Natalie can also conduct educational and mental health assessments with students and make recommendations for appropriate support and interventions.

### **Rebecca Leahy - Family Liaison Officer (FLO)**

Rebecca provides family support and parent engagement strategies to the school community to build strong family/school partnerships. The FLO facilitates St Brendan's Playgroup and Parent Education initiatives.

The FLO identifies services, agencies and support networks in the community to respond to the complex needs of families and works closely with the school counsellor, Family Support Advocate and other services to provide family support.

### **Amanda Pilley- Family Support Advocate**

Amanda's role is to help support families with various needs and challenges by providing clinical services or referring to internal and external support services. She provides continuity of care by working with families and the school in response to their needs.



# SPORT NEWS



Last Thursday and Friday one of our Year 6 students, Zach, competed at the NSW Surf Lifesaving State Age Championships at Queenscliff/Manly Beach.

Zach has trained 7 days a week for this event for the last year. He always puts 100% into training and competition. On Thursday Zach became the U11 State Board Champion, winning a gold medal in the event. He also made the state final of the swim race, came 10th in the final of the Iron man event and 4th in the final of the board relay with his team mates Kye and Taj.

It was an extremely tough event with over 200 competitors in his event alone. The wind and torrential rain also made it extremely difficult.

Congratulations Zach! All of St Brendan's is very proud of you!



This is the second year in a row Zach has won this board race. His next goal is to win three years in a row!

## Athletics Carnival - March 14

St Brendan's Athletics Carnival is on Monday, 14 March at Mingara Athletics Track starting at 10 am sharp. The 800metre events will be first. Primary and Infants students will be split into groups and then the rotations will follow. The students will be doing running, jumping, throwing and movement activities.

Parents are most welcome to come and watch their children participate. At the moment we have plenty of St Brigid's high school students to assist with the running of the day.

Remember to fill out the permission form (on Compass) for your child to attend the day. All students will be travelling to the carnival by bus. If you have indicated that you will be driving your child from the venue you must report to his/her teacher to get their name marked off the roll.

# SCHOOL COMMUNITY NEWS



## St Brigid's Catholic College Lake Munmorah



# ENROLMENT INFORMATION EVENING

2022

### **Encouraging our students to strive to achieve their best**

*St Brigid's offers a research-based contemporary learning framework, aligned student learning opportunities to NESA requirements and current workplace expectations.*

*A high-quality and well- rounded education is offered, where every student can create their own path in life.*

*Our learning environment, methodology, programs and physical spaces are constantly evolving to give your child an edge for their future.*

### **Tuesday 8 March**

**Join us from 5:30 pm**

- Meet with our Principal
- Learn more about the unique learning experience at St Brigid's and how we maximise the potential of all students
- Talk to our senior leadership who will be available to answer all your questions
- Register on the night for our upcoming school tours where you and your child can see St Brigid's live and in action

### **For More Information**

St Brigid's Catholic College

48 Carters Rd, Lake Munmorah 2259

02 4358 4278 | [www.sbccdbb.catholic.edu.au](http://www.sbccdbb.catholic.edu.au)

**Please register for this event**

<https://compasstix.com/e/k0xq9ubopk>



# St Brendan's Catholic Primary School Lake Munmorah



# Enrolment Information Day <sup>2022</sup>

**Inspiring your child to love learning and be the best they can be**

*Students are the heart of our school! We pride ourselves in building positive relationships, knowing 'every' student and building lifelong learners.*

**Tuesday 22 March  
Thursday 24 March**

**Join us  
School tours from 9am & 5pm**

- Meet with our Principal
- Take a first hand look at our learning environment
- Discover how each and every child has a unique learning experience

## **For More Information**

St Brendan's Catholic Primary School  
29 Carters Rd, Lake Munmorah 2259  
02 4358 1501 | [www.sblmdbb.catholic.edu.au](http://www.sblmdbb.catholic.edu.au)

## **Please register for this event**

<https://compasstix.com/e/dmhhz4qvrn>





# St Brendan's Playgroup



**EVERY  
TUESDAY  
8:30 – 10:00**

**FREE!**

St Brendan's Catholic  
Primary School Hall



## **FUN & CREATIVE INDOOR ACTIVITIES**

Playgroup is for newborn to school-age children and is a great place to get to know other parents and carers in our local community. There is no cost and everyone is welcome!

Morning tea is provided

\*Playgroup will be held weekly for the rest of the term (Covid restrictions permitting)- Covid safe practices in place.

# Staff Spotlight



**Name:** Molly Fletcher

**Role at St Brendan's:** K - 6 Support

**Birthday:** May 5

**Siblings:** I have two sisters, one older and one younger

**Favourite Food:** Pasta

**Favourite Colour:** Blue

**Do you have any pets? If so what type of pet?** I have a beautiful dog named Reggie

**What is your favourite thing to do on the weekend?** I love going to the beach and going for bushwalks. I also love going out to nice restaurants and enjoying delicious food!

**What is your favourite hobby?** Reading and bushwalking

**Anything you'd like us to know about you?** I absolutely love being part of the St Brendan's community and have been working at St Brendan's since 2014 in various roles. I'm also very excited to be going off on maternity leave to have my first baby but can't wait to be back next year.

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**Name:** Greg Banks

**My Class:** PE Teacher

**Family:** Have a lovely wife Dianne, a lovely daughter Melinda and 2 great sons Mark and Matt. My 3 children all went to St Brendan's and MacKillop. I have 2 amazing grand children Aurora and Ares.

**Favourite Food:** Steak and seafood

**Favourite Colour:** Blue because it reminds me of the ocean

**Do you have any pets? If so what type of pet?** A staffy named Benson

**What is your favourite thing to do on the weekend?** Spend time with my family and grandchildren

**What is your favourite hobby?** I love all sports. But my favourite sport is rugby league. I follow the Rabbitohs.

**Anything you'd like us to know about you?** I love our local area especially the beaches, lakes, coastline and bush. We have an awesome variety of wildlife too. I am grateful I live in such a fantastic environment.





# PARTY! BIRTHDAY BUCKET PARTY!



**\$27.50**

Class Celebration Birthday Buckets are available via the Lunch menu in Canteen on the Compass app. Each bucket contains a snap stix ice block for each child in the class, as well as a slushie OR drink and a bag of chips for the birthday child.

# WHAT YOU NEED TO KNOW

## *Temporary phone number change*

We are currently in the process of switching our phone system to a new model. We have been informed that for a short time when we are calling an external number (for example, a parent's mobile number) from a school handset, the number on the destination handset will be presented as 02 4308 6200 instead of the main school number (02 4358 1501). Return calls can be made to either number.

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## *Fee Statements*

Please be reminded that fee statements come out in the first week of every month. If you have not received one, please check your junk mail folders and especially the email inbox of those listed on your child's Enrolment Form.

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## *Kiss & Drop Signs*

If you are using Kiss and Drop to collect your child/children after school, it is a huge help if you could have your family name displayed on the sun visor of your vehicle - especially on wet days! If you use Kiss and Drop and would like a name sign laminated for you, please complete the form on [THIS LINK](#) and we will send one home for you.

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## *Clothing Pool*

Please direct all requests for items from the clothing pool to The Community Cottage via this [email](#). Your request will be processed and you will be contacted when your items are ready for pick-up. Please do not call the Office for clothing pool enquiries.

The Community Cottage email address is [thecottage@dbb.org.au](mailto:thecottage@dbb.org.au)

# IMPORTANT DATES FOR YOUR CALENDAR

## *Term 1*

<b>4 March</b>	<b><i>K-2 Assembly (via Zoom)</i></b>
<b>14 Mar</b>	<b><i>Athletics Carnival - Mingara</i></b>
<b>22 Mar</b>	<b><i>Kindergarten 2023 - Enrolment Information Sessions</i></b>
<b>24 Mar</b>	<b><i>Kindergarten 2023 - Enrolment Information Sessions</i></b>
<b>8 April</b>	<b><i>Last Day Term 1</i></b>