



Term 1 | Week 10 | March 2022

## PRINCIPAL'S MESSAGE



As the Term draws to a close, I would like to thank all in our community for a terrific start to the year!

We have managed to have a few community events and it has been great having families back together. Let's hope we can have a lot more as the year progresses.

We have had some disruption to classes due to Covid but credit to the Staff of St Brendan's who have worked tirelessly to ensure that your children continue to succeed! Remember, we are all in this together for the success of our children - continue to keep in contact with your child's teacher so that we get the best from our children.

Have a great break and see everyone next Term,

Craig McNee  
Principal

# RELIGIOUS EDUCATION

A poster for Children's Liturgy. It features a photograph of a church with a rainbow in the sky, a large white cross, and a clock face with the text "Children Aged 4-12". The text "COME JOIN US" is written vertically on the right. Below the main title "CHILDREN'S LITURGY", it says "SATURDAY VIGIL | ST BRENDAN'S CHURCH | 5 PM".

**TERM 2 DATES:**

- 30 April
- 7 May
- 14 May
- 21 May
- 28 May
- 4 June No Children's Liturgy (St Brendan's Family Mass)
- 11 June
- 18 June No Children's Liturgy (First Eucharist Mass)
- 25 June

**CHILDREN'S LITURGY**

SATURDAY VIGIL | ST BRENDAN'S CHURCH | 5 PM

## Children's Liturgy

We are very excited to let you know that we will be having Children's Liturgy in Term 2 at the 5:00 pm Saturday Vigil Mass at St Brendan's Catholic Church.

Mrs Jacqui Fletcher, Miss Alli Foscett, Mrs Maureen McDonnell and Mrs Jo Spek will be facilitators. We hope you can come along and join us!

## Reconciliation

**Next Wednesday, 6 April 2022**, children in our school and parish will be receiving God's great love and forgiveness through the Sacrament of Reconciliation at 3:30 pm at St Brendan's Church. There will be a **practise on Monday, 4 April** in the Church.

We keep these children in our prayers as they journey towards this beautiful encounter with Christ.

### A Prayer for our Reconciliation Candidates

Loving God help us to teach our children that you love us totally and unconditionally.

Help us to encourage our children to grow in love and to learn how to say sorry, knowing that you always forgive.

Give us the courage to pray with our children and to share our faith with them as we journey together.

We ask this through Christ our Lord.

Amen



## Are you interested in becoming a Catechist?

Do you enjoy working with children? Toukley/Lake Munmorah Parish are in urgent need of five new Catechists in the Parish, to teach Catholic scripture in local public schools. You can either lead a class or be a helper for one of our current Catechists.

Classes run once a week for approx. 30 minutes.

If you've ever considered this rewarding Ministry, please speak with Fr Tomy or Fr Baby after Mass or contact the Parish Office for more information at

[toukleyparish@bbcatholic.org.au](mailto:toukleyparish@bbcatholic.org.au) or ph 4396 4455.

Training & support provided. We'd love to hear from you!

# THE COMMUNITY COTTAGE



## Self-care is not selfish

When we hear self-care we often think of diet, exercise, and physical health as important; however, there are **eight dimensions to self-care** to optimise overall holistic wellbeing.

As a parent, we often put our children's needs before our own. This means we sacrifice our wellbeing and personal needs for our children. Understandable as we make our children our priority. However, this can be counterproductive and negatively affect our children. It is hard to be the best parent you can be if your life is out of balance. This is why self-care is important, especially during the school holiday period.

Here are some suggestions for self-care practice in the dimensions:



- **Emotional** – practise gratitude, identify and recognise your emotional triggers, establish clear boundaries, positive self-talk, notice when you are being negative or down on yourself.
- **Spiritual** – find a sense of meaning and purpose. You may pray, read sacred texts, join a bible study group, meditate, spend time unplugged from life's distractions or time outdoors.
- **Intellectual** – reading books, playing a challenging game, learning a new language, listening to intellectually engaging podcasts, learning how to play a musical instrument, or working to pick up a new skill. As little as 30 minutes each day of intentional intellectual engagement can have a positive effect.
- **Physical** – eat healthy (lots of fruit and vegetables, maintain a consistent exercise schedule, practice good sleep hygiene, get outdoors, and reduce your exposure to stressful situations.
- **Environmental** – take regular breaks, organise and declutter your space, improve air quality with potted plants indoors, and reduce unnecessary noise.
- **Financial** – set realistic financial goals/budgets, plan for short- and long-term needs, try not to compare your financial situation to others, and ask for professional help with sorting out challenges.
- **Occupational** – working in a supportive and healthy environment, creating connections with your co-workers and supervisors, and maintaining a healthy work/life balance.

**If you are facing challenges, feeling stressed, struggling with self-care or just need to talk to someone please reach out to [The Community Cottage](#).**

# SPORT NEWS

## Broken Bay Touch Football

Congratulations to Kai Pay who made the Broken Bay touch football team. Kai will be going to the Polding trials at Port Macquarie. Good luck Kai.



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## Cross Country - New Date - Fri, 29 April Term 2, Week 1

We have had to reschedule the Cross Country due to a very wet track. The Cross Country Carnival will now be held on Friday, 29 April at St Brigid's Catholic College. Original compass permissions for the Cross Country Carnival are valid for this event.

Your child may wear a coloured t-shirt to show which house colour he/she is in or their sports uniform.

Races will begin at 9 am with the 5/6 year girls, then 5/6 year boys, up to the 12 years girls and boys.

Approximate timetable for the day:

- 5/6 years- 9.00 am to 9.20 am
- 7 years- 9.20 am to 9.40 am
- 8 years- 9.40 am to 10.00 am
- 9 years - 10.00 am to 10.20 am
- 10 years- 10.20 am to 10.40 am
- 11 years- 10.40 am to 11.00 am
- 12 years- 11.00 am
- 

These races could be 10 minutes on either side of the intended time.

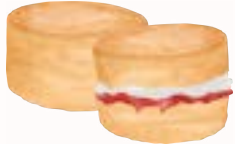
We are extremely lucky that the Yr 9 and 10 PDHPE students from St Brigid's are organising this event. The high school students (under the supervision of their PDHPE teachers) will be marshalling, judging, scoring, setting up the track and packing up. The St Brigid's College hospitality students will be organising a food and beverage service for spectators. Below is a list of food and beverages available on the day. When completing the permission form, kindly indicate what you are likely to order at the Cross Country as this will assist with catering needs.



# St Brigid's Cross Country Morning Tea



Giant cookies \$3  
Scones with jam and cream \$3  
Spinach/ fetta scrolls \$3  
Cinnamon scrolls \$3  
Coffees \$2.50  
Tea \$2.50  
Hot Chocolate \$2.50  
Chai Latte \$2.50  
Milk (lite, full and soy)  
Soft Drinks \$2.50



**Deal: \$5.00 for the choice of drink and food**



Eftpos available.

## CANTEEN NEWS

### Wellbeing Week Meal Deal

The Mexican Meal Deal is available to order through the canteen section on the Compass app.

Get in early as numbers are limited.

Includes

1 x Nachos

1 x Snap Stix Ice Block

1 x Chocolate Cookie

### BIRTHDAY BUCKET



### Lunch Orders

Can you please remember to order your child/ren's lunch, an increasing number of students are coming to the canteen at lunchtime to collect an order that has not been placed. This can be very upsetting for the child involved, and often means they have to wait for Tracey to prepare something for their lunch. Ideally orders should be placed the night before to avoid the morning rush.

Order for your child's birthday through the Canteen section on Compass

# SCHOOL COMMUNITY NEWS



## Kye Shares His Knowledge of Circuits

Kye has been doing some excellent work with circuits and was able to share and explain a complex design he constructed. This particular project enabled the fan to operate. Well done Kye! It is great to see our children having the opportunity to share their skills with others.

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## Chicken Coop - Working Bee

We are aiming to have a working bee in early Term 2 on Saturday, May 14 from 10:30 am - 1:00 pm to resurrect our chicken coop! If you are able to help, please complete this [linked form](#).







## WORM FARM AND BUSH TUCKER GARDEN

At St Brendan's we have been very busy implementing our new sustainability initiatives.

We are very lucky that Mrs Molly Fletcher was successful in obtaining a grant from Landcare to give us a head start.

Last week, we began the first phase of our worm farm project. Together, our aboriginal education and the environmental team assembled and placed each subpod into our bush tucker garden beds.

Stay tuned to see our worm farms being used to divert fruit break into worm food whilst also reducing landfill and nourishing our beautiful native edibles.



# Staff Spotlight



**Name:** Dan Murphy

**Role at St Brendan's:** Class Teacher - 6B

**Birthday:** Oct 31

**Siblings:** One brother and one sister

**Favourite Food:** Burgers

**Favourite Colour:** Green

**Do you have any pets? If so what type of pet?** Yes, a Chocolate Labrador

**What is your favourite thing to do on the weekend?** To ride my motorbike

**What is your favourite hobby?** Gardening (specifically, growing fruit trees such as coffee, olives and citrus)

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**Name:** Victoria (Vicki) Anderson

**My Class:** Librarian

**Siblings:** One sister

**Favourite Food:** Lamb baked dinner

**Favourite Colour:** Red/Orange

**How long have you been teaching?** 42 years

**Do you have any pets? If so what type of pet?** No pets

**What is your favourite thing to do on the weekend?** Catching up with friends and family, reading, binge watching tv

**What is your favourite hobby?** Travelling





# WHAT YOU NEED TO KNOW

## Easter Hat Parade

**Kindergarten - Year 2**

**Thursday 7 April  
Middle Playground  
9:00 am**

Everyone Welcome!

Children will be making their hats at home.

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## ANZAC Day March

We are hoping your child will join us in remembering the ANZACS at Doyalson RSL on Monday, 25 April 2022. We will be participating in the annual ANZAC Day March which commences at 8:30 am, followed by the main service at 9:00 am. Students are to wear their full summer uniform. We ask that students arrive at 8:15 am and meet with Mrs Jacqui Fletcher, Mr Craig McNee and Ms Alli Foskett on Wentworth Avenue where the march will commence.

If your child suffers from asthma, we ask that they carry their medication in their pocket. If your child suffers from anaphylaxis, please provide one of the teachers with your child's EpiPen prior to the march and ensure you collect it at the end of the main service. Students will be supervised throughout the event.

# TO NOTE

## Labelling Clothing

Please ensure that your child's clothing is labelled clearly so it can be returned to your child if it is misplaced. Please periodically check your child's label to ensure it is still readable. If an item of your child is misplaced and is clearly labelled it will be returned to your child if it is found.

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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 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>7 April</b>	<b><i>Easter Hat Parade - 9 am</i></b>
<b>8 April</b>	<b><i>Holy Week Liturgy - 9:30 am</i></b>
<b>8 April</b>	<b><i>Spirit of St Brendan's Awards - 11 am</i></b>
<b>8 April</b>	<b><i>Last Day Term 1</i></b>

## Term 2

<b>26 April</b>	<b><i>First Day Term 2</i></b>
<b>29 April</b>	<b><i>Cross Country - at St Brigid's Catholic College from 9 am</i></b>
<b>6 May</b>	<b><i>Mother's Day Mass - 9:00 am hosted by Yr. 2</i></b>
<b>16 May</b>	<b><i>St Brendan's Feast Day Mass - 11:00 am</i></b>
<b>18 June</b>	<b><i>First Eucharist Mass</i></b>

## *Children's Liturgy - Saturdays 5:00 pm*

**30 April**

**7 May**

**14 May**

**21 May**

**28 May**

**11 June**

**25 June**

## *Family Mass - Saturday 5:00 pm*

**4 June**

Did you know  
we have an  
OSHC?

**BEFORE SCHOOL CARE  
6.30AM - 9.00AM**

**AFTER SCHOOL CARE  
2.30PM - 6.00PM**

**VACATION CARE  
7.30AM - 6.00PM**

## **ST BRENDAN'S OUT OF SCHOOL HOURS CARE**

We offer a range of activities so that each child can engage in their interests including sports, active play, imaginative play, music, art and craft, games and much more.

**BOOKINGS & ENQUIRIES**

**P: 0408 789 189**

**E: [oshc.lakemunmorah@catholiccaredbb.org.au](mailto:oshc.lakemunmorah@catholiccaredbb.org.au)**

**W: [www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)**

To view St Brendan's OSHC Easter Break itinerary please  
[click here](#)

*CatholicCare*  
Diocese of Broken Bay





# St Brendan's Playgroup

**FREE!**



**EVERY  
TUESDAY**

**DURING SCHOOL  
TERMS**

**8:30 – 10:00**

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.

# SCHOOL HOLIDAY ACTIVITIES

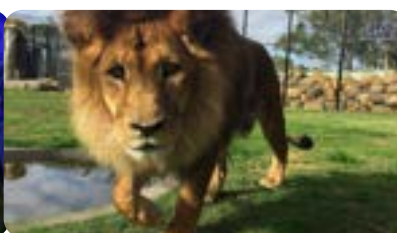
## National Art School - Workshops

Calling all Future Makers: NAS School Holiday Workshops are back!  
11–14 April 2022

Join us this Autumn School Holidays for our new Future Makers Programs!

Our workshops provide young people aged 6–16 with opportunities to engage with artists, art-making and other forms of creative production on-site at NAS and online in your own home.

[More Information](#)



### EASTER SCHOOL HOLIDAY PROGRAM

Activities for kids with disabilities or special needs  
9am to 3pm

Please contact us for more details

[www.coastalactiveability.com.au](http://www.coastalactiveability.com.au) | [admin@coastalactiveability.com.au](mailto:admin@coastalactiveability.com.au)

**\$295 per day**

using NDIS Funding

incl. travel/entry fees/supplies

**BOOK NOW ONLINE**

or Ph 4358 8308

**MONDAYS**

**TUESDAYS**

**WEDNESDAYS**

**THURSDAYS**

**FRIDAYS**

WEEK 1	11 APRIL 2022 PCYC Cessnock Indoor rock climbing Indoor gymnastics trampolines foam pit and Sport	12 APRIL 2022 Pokemon Hunt & Lunch at The Entrance PLUS games & mystery pack at The Kids Hub	13 APRIL 2022 Jurassic World by Brickman Australian Museum Sydney Depart Tuggerah 8.15am	14 APRIL 2022 Hunter Valley Zoo	<b>PUBLIC HOLIDAY</b>
WEEK 2	<b>PUBLIC HOLIDAY</b>	19 APRIL 2022 Tye Dye includes white t-shirt PLUS Ten Pin Bowling Bateau Bay	20 APRIL 2022 Mega Creatures @ Hunter Valley Gardens	21 APRIL 2022 Music Therapy with Aaron includes making instruments and music appreciation PLUS Inflatable World	22 APRIL 2022 Dolphin Discovery Cruise Nelsons Bay Depart Tuggerah 8.15am





# Experience a **FREE School Holiday Camp** this April School Holidays

The NSW Government is pleased to announce a series of FREE kids camps for this Autumn School Holidays providing relief to those communities affected by the challenges of the past couple of years.

## Camp info

- 3-day camps inclusive of all meals, accommodation and activities
- Day camps inclusive of all meals and activities
- Age groups vary between camps, 12-15 year or 7-12 year old boys and girls.

## Camp locations

### Centres:

- Berry Sport & Recreation Centre
- Milson Island Sport & Recreation Centre
- Lake Burrendong Sport & Recreation Centre
- Sydney Academy of Sport

## Activities can include:

Kayaking, bushwalks, cooking, craft and much more

**More info and eligibility -**

**[sport.nsw.gov.au/holidaybreak](https://sport.nsw.gov.au/holidaybreak)**  
**or 13 13 02**



Office of Sport





**INCLUSIVE PLAY CENTRE**

**2c Amy Close,**

**WYONG NSW 2259**




 **02 4351 2341**

**CAFE OPEN**  
Coffee, Drinks  
& Food

**Open to  
the public**



**Providing assistance to the community in**

-  **Personal and in-home supports**
-  **Assistance with all your daily living tasks**
-  **Community and Social supports**

 **02 4351 8210**

e [wecare@ds2u.com.au](mailto:wecare@ds2u.com.au)



Registered  
NDIS Provider

**Supporting  
all ages**

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

**Entry fee \$20**

**includes lunch-pack**

Payment details and  
food options, contact  
Gary Losh

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

**0432 453 726**



**When:** Wednesday 20 April

**Must pre-enter by Monday 18 April**

**Where:** Coast Community Church, Adelaide  
St, Tumby Umbi 9.30 am – 4.00 pm

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.



# FESTIVAL OF DEMOCRACY

FREE  
EVENT

MAKE

## Festival of Democracy at the Parliament of NSW

**Friday 22 April**  
9am - 3pm

Celebrate democracy at Australia's oldest Parliament with free, fun activities for children from four to 12 years, and their families.

- Give a speech in the Parliamentary chambers
  - Make craft animals and objects
  - Learn how to vote
  - Visit our heritage rooms
  - Participate in a committee role play
  - Purchase a Democracy sausage
- and more...*



**FREE ENTRY**  
Activities 9am to 3pm

**LOCATION**  
Parliament of New South Wales,  
6 Macquarie Street  
Opposite Martin Place

The public café will be open.

**BOOKINGS ESSENTIAL**



P: (02) 9230 2047 or  
E: [communityengagement@parliament.nsw.gov.au](mailto:communityengagement@parliament.nsw.gov.au)





# Get on & Rock!



## The Music Bus brings music to your school

The Music Bus is the teacher, instruments, curriculum and classroom {the bus!} all in one complete package, and now it's rocking at your school!

Tuition in Keyboard, Ukulele, Guitar, Drums and Singing



## For only \$20 a week! (\$22 for Drums)

The Music Bus offers modern and rock-style courses, using well known songs, backing tracks, games, awards and much more to truly engage with students.

*"It's so great being at school. They're learning something new each week and the rapport the teacher has with the kids is wonderful."*

Sarah, Parent, NSW

# BOOK NOW!

Phone 1300 168 742 or  
Visit [WWW.themusicbus.com.au](http://WWW.themusicbus.com.au)

**Limited space available so be sure not to miss out.**