



# BELLBRAE BULLETIN

## Acknowledgement of Country Bellbrae PS



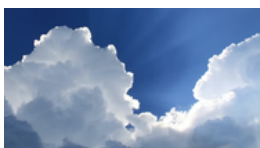
Our school sits in beautiful forest and coastal country, and is the traditional home of the Wadawurrung people. Today we acknowledge the care they have given to this land for thousands of years, and the care they continue to give. We always remember that our community learns and grows on Wadawurrung land and we acknowledge and pay our respects to Wadawurrung Elders past, present and emerging.



Hello everyone.

This year in Year 2, we will be sharing with you Wadawurrung words as we learn them. We will share these words at assembly and with you in our newsletter. We hope to hear them being used in classrooms, in our playground around the school and even in our homes.

This week we have two new words to learn. The first word is turt-barram this is the Wadawurrung word for star. The second word is wurr-wurr, this is the Wadawurrung word for cloud. This term at Bellbrae we will be learning new Wadawurrung words relating to our beautiful surroundings.



Last week we learnt the Wadawurrung words mirri and yim. Mirri is the Wadawurrung word for sun and yim is the Wadawurrung word for moon.

## THIS WEEK FROM THE PRINCIPAL

**Staffing update** - Welcome back to Mr Hurrell, who has been travelling abroad during his Sabbatical Leave, and a big welcome back to Judy who has been on Long-service Leave. We certainly have missed these two well-loved staff members, and it's great to have them back. Last week we also farewelled Mel Swan, who has now qualified as a teacher, and will be pursuing teacher work in local schools. Mel has done a fantastic job as an Education Support worker at Bellbrae, and we are sad to see her leave.

**School Camps** - This term a number of year levels will be going on their annual school camp. This is an exciting opportunity for our students and requires staff members to spend a significant amount of time away from their own families. A big thank you to all the adults who make these events possible, and we hope all the students have fun and enjoy the associated learning and social interactions.

**Swimming Program** - The Swimming Program for F-Four students will take place in the last two weeks of the term. The senior students participate in a contextualised 'Aquatic Survivor Program,' which is beach-based, whereas other year levels travel by bus to pools in Geelong. Mr Semianiw has finalised the times and a bus schedule will be released shortly. The times are as follows: 10:00 - 10:30 Year Two, 10:30 - 11:00 Year One, 11:00 - 11:30 Foundation, 11:30 - 12:15 Year Three, and 12:15 - 1:00 Year Four. Specific details will be made available via Compass.

**New website** - Our new website is now 'live.' Thanks to Mrs Chapman and our ICT guru, Brendan, our website has been updated and has a refreshed and contemporary look. This includes some updated content, new features, drone footage showcasing our facilities, and is easier to navigate. It is accessible at: <https://www.bellbraeps.vic.edu.au/>

**Oval update** - We are making progress on the oval, with Tony completing the long-jump pit and the bench seating as barriers to the fire hydrants. We are still awaiting the VSBA to install the netting behind the western goal posts, the installation of synthetic turf where the grass meets the concrete paving, and some landscaping on the northern boundary. At the end of the year the oval will be 'laser-levelled' prior to the turf being repaired. We are looking forward to the completion of the scheduled work, after what has been a protracted and frustrating exercise!

**Enjoy the upcoming weekend, which marks the half-way point of this term. Time certainly flies when you are having fun!**

**Adrian**

## IMPORTANT DATES & INFO

Tues 15th - Wed 16th August  
Book Week Cultural Incursion

Thurs 17th August  
CBCA Shortlisted Book Live  
Theatre Performance Incursion

Fri 18th August  
Book Week Dress Up Day -  
Character Parade 9:15am  
(Families Welcome)

Tues 22nd - Fri 25th August  
Book Week Author Incursion

Tues 29th August  
Grade 1 - Scienceworks  
Excursion

Fri 8th September  
Grade 5 Science Excursion -  
Surf Coast Secondary College

4th - 15th Sept  
Foundation - Grade 4  
Swimming Program

## 2023 CAMP DATES



GRADE 5 CAMP  
SOVEREIGN HILL  
14TH - 16TH AUG

GRADE 3 CAMP  
WYUNA  
23RD - 25TH AUG

GRADE 4 URBAN  
CAMP  
18TH - 20TH OCT



5261 2660



10TH AUGUST  
GEORGIA SMEDLEY

11TH AUGUST  
LOGAN FISHER

13TH AUGUST  
FRANKIE IRWIN

14TH AUGUST  
AUDREY NEWBOULD

15TH AUGUST  
INDIE STONE

17TH AUGUST  
OWEN MOLLOY

18TH AUGUST  
NAINOA LE NEVEZ

19TH AUGUST  
VIGO VERLAAT

20TH AUGUST  
DIGBY BYRNES

21ST AUGUST  
ERNESTO THEVENON  
CHARLIE HAMILTON  
TULLEAH CLOSE

23RD AUGUST  
ALBY CATIONS  
PIPPA CLYNE



## BELLBRAE PRIMARY SCHOOL

*A community of critical thinkers  
and innovative learners.*

### ENROLMENTS NOW OPEN FOR 2024

CONTACT US TO  
BOOK YOUR  
SCHOOL TOUR:

(03) 5261 2660

[bellbrae.ps@education.vic.gov.au](mailto:bellbrae.ps@education.vic.gov.au)

[www.bellbraeps.vic.edu.au](http://www.bellbraeps.vic.edu.au)

*All enrolments welcome!*

*Foundation enrolments to be submitted  
by Friday 28th of July*

We are still receiving enrolments, so if you're yet to enrol and are thinking of joining us here at Bellbrae PS please see the website for further information or contact our office.

# GRADE 3 BIKE ED

Last week the Grade 3's completed their Bike Education course. The students learned all about bike safety, the hazards they can come across when riding a bike and understanding all the different road signs and signals and what they mean. Everyone had such a wonderful time, with the highlight being our group ride at the Bellbrae reserve. Well done everyone!

Here are some comments from the students on what they thought about Bike Ed.

'It was fun riding up to the reserve because we all got to see each other and have fun' -Sam

'It was good to spend time with our friends on our bike and learn new things' - Ella

'We all had fun learning how to be safe on our bike' - Max

'I wish there was another week of that' - Nixie

A huge thank you to Mr Semianiw, Mr Schmidt and Mr Reid for putting together such a great Bike Ed program.

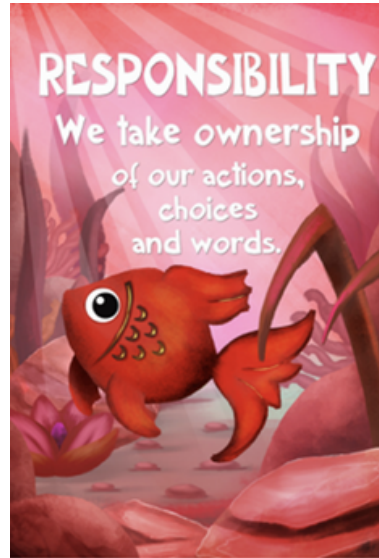


# VALUES AWARDS



Our whole school focus next week will be showing our school value of Resilience – we solve problems together. All classes will engage in teaching and learning activities that explore:

- Identifying problems together.
- Determining solutions to problems, together.
- Agreeing on solutions to help solve problems, together.



Our whole school focus for Term 3: Week 6 will be showing our school value of Responsibility- We keep our hands and feet to ourselves. All classes will engage in teaching and learning activities that explore:

- We are aware and respectful of other peoples' personal space.
- We refrain from touching others, unless when it is acceptable during games like tag.
- We line up, leaving space in between others.
- We keep to ourselves when we are learning on the floor or at our tables, in the classroom.

RUFUS WILSON	FA	ASPIRE	For being determined and always giving your best effort with your writing.
BEAU BITMEAD	FB	ASPIRE	For the fantastic effort you are putting into your reading and being a leader during library sessions. Keep up your love of books, Beau!
LAYLA THOMPSON	FB	ASPIRE	For the independent way you approach all class activities. Layla, you are a very welcoming student & an excellent team player! Keep up your sparkle.
RILEY KNIGHTS	FC	RESPECT	For always being such a helpful and honest class member. You're amazing, Riley!
IMOGEN PAGE	FC	ASPIRE	For challenging herself in Writing and sounding out new words. Well done Immy!
THOMAS EQUID	FD	ASPIRE	For challenging yourself in your learning, particularly in your writing. Great job Thomas!
LUCIA JOHNSON	FD	ASPIRE	For putting your best effort into every task you do. Fantastic work Lucia!
ROCKY OTERO CLARK	1A	ASPIRE	For being kind and helpful to his class mates and enthusiastically encouraging and celebrating other's successes.
PATRICK CURTIN	1B	ASPIRE	For his enthusiastic attitude to learning and the care he takes in completing his work.
BEA BEA MACDONALD	1B	RESPECT	For acting with kindness and care at all times. Bea bea knows what it means to be a good friend and is always inclusive and kind to others.
ADDIS HEANE	1C	ASPIRE	For always facing challenges with a smile and a positive attitude!
AIDAN TAKLE	1C	RESILIENCE	For bouncing back from challenges and having a 'can do' attitude.
ARCHER DRURY	2A	ASPIRE	For researching and publishing a brilliant Information Report on Great White Sharks. Well done Archer!
EVIE SCOWN	2A	ASPIRE	For working hard on improving her neatness when writing and producing a great Information Report on Bilbies. Well done Evie.
MAEVE COLLINS	2B	RESPONSIBILITY	For always making excellent choices and taking charge of your own learning. Keep up the great work!
TEDDY COLE	2B	ASPIRE	For always putting in your best effort to complete work tasks to the best of you ability!

JAMES ROGERS	2C	ASPIRE	For always completing each task with enthusiasm and a huge smile on your face. Well done, James.
COCO LEGGETT	2C	ASPIRE	For following teacher instructions and independently returning to class at the end of recess and lunch! Well done, Coco.
BONNIE CORCORAN	3A	ASPIRE	Well done for taking on new challenges and trying different things this week. You have demonstrated some amazing resilience. Well done!
LAKEN KNITE	3A	ASPIRE	Well done for aspiring to do your best in reading groups this week. You wrote a wonderful text summary and I am very proud of you. Keep working hard and well done!
ALICE TARIK	3B	ASPIRE	For the amazing growth that you have demonstrated towards achieving your learning goals. You should be so proud of your efforts! Congratulations, Alice! :)
FREYA DOOLAN	3B	ASPIRE	For your amazing enthusiasm towards achieving your learning goals, and for your insightful contributions to our whole class discussions. Congratulations, Freya! :)
EDEN INGRAM	3C	ASPIRE	Well done Eden for always trying your best and having a go at some challenging maths tasks lately.
ANNABELLE CURTIN	3C	RESPECT	Well done Annabelle for being such a kind person and for coming into class each day with a smile.
POPPY HAMILTON	4A	ASPIRE	Poppy is able to work with anyone in the class when solving problems, gives everything a go and challenges herself to do better in all aspects of school life. Well done.
ISABEL HAZEL	4A	RESILIENCE	For giving everything a go and is learning from the feedback.
EVIE DE PRADA	4B	ASPIRE	For making a great effort with your Book Week door poster. Keep up the amazing work!
TYLER CORMACK	4B	RESPONSIBILITY	For feeding and caring for our worm farm this week. Thank you for being so responsible!
MISCHA RAY	4C	ASPIRE	Always trying her best in class, no matter what the activity is. Great work Mischa!
GEORGIA SMEDLEY	4C	RESILIENCE	Developing your problem solving ability when working with others. Great work Georgia!
AIDAN HAWKEN	5A	RESPONSIBILITY	For displaying great leadership skills throughout his week as class captain. Great work, Eden!
LOLA RYAN	5A	ASPIRE	For always taking on feedback positively and striving to achieve her best. Keep up the good work!
ASHLEN SCOWN	5B	RESPONSIBILITY	For always completing your role of library monitor by helping Fran and taking care of the library spaces. Thank you for giving up your recess and lunch times Ashlen!
HAZEL BOYD	5B	RESPECT	For demonstrating kindness when helping others in our class to successfully 'age' their paper for their Sovereign Hill character letter. They look amazing. Thank you Hazel!
MILEY HOGAN	5C	RESILIENCE	For maintaining a positive attitude through the various learning challenges faced.
INDI SCHMIDT	5C	ASPIRE	For always trying her best, even when tasks get tricky!
KOA DAVIES	6A	ASPIRE	For the thought and effort you are putting into classroom discussions and work you complete. You give a positive perspective and lead by example. Well Done Koa!
AUBRY PRIEST	6A	ASPIRE	For the increased focus you are putting into all of your learning. You ask questions and put time and effort into getting the most out of your learning opportunities. Well done Aubry!
ARCHER BUCKLAND	6B	ASPIRE	For showing fantastic enthusiasm and resilience during our maths task of the Commonwealth Games.
DAVID GOW	6B	RESPONSIBILITY	For appropriately being a part of classroom discussions and setting a positive example for your classmates. Well done!

# BOOK WEEK NEWS

BPS Book Fair is nearly here! Monday 14 – Thursday 17th August

We are excited to have the Lamont Book Fair at Bellbrae Primary next week. This is our first time running a Lamont Book Fair – they are a Melbourne based, family owned business.

The fair acts as a fundraiser for the school – giving back a percentage of sales in the form of vouchers to purchase books and resources for our library and classrooms.

The fair will have a huge range of fiction, non-fiction and picture story books, along with a small number of stationary items. There will definitely be lots of graphic novels which currently very popular in our library. There are 6 trolleys of books and one whole trolley has items for \$5 or less. Each class will have one 30 minute viewing session where students are invited to peruse the books available and can chose to write a wishlist to take home to parents for consideration to purchase. If students opt to make a wishlist, they will be encouraged to have at lease one item from the \$5 or less trolley on their list. There is no obligation to buy anything from student wishlists.

There will be the option for cash sales at the fair or online credit card purchases made at home. \*We do not have an EFTPOS machine at the fair\* our mobile reception is too poor in the building for it to work.

Mon 14/8 & Tue 15/8: Class Viewing sessions

Wed 16/8: During recess or lunch individual year levels will be called up to make cash purchases & collect orders made online the day before.

3.30 – 4.30pm Cash Sales & Collection of online purchases

Thur 17/8: 8.30–8.50am: Collection of online purchases made by midnight Wednesday. \*No cash sales\*

Recess & Lunch: Cash sales and collection of online purchases

3.30 – 6.30pm: Cash sales and collection of online purchases \*\*\*LAST CHANCE FOR CASH SALES\*\*\*

\*\*\*LAST ONLINE ORDERS MUST BE MADE BY MIDNIGHT THURSDAY 17/8\*\*\*

Fri 18/8: Recess: Collection of online purchases only – orders must be made by midnight Thursday 17/8.

Lunch: Book Fair Pack up and return.

Due to our Book Week Dress Up Day and preparation for the assembly there will be no order collections before school Friday 18/8.

Apologies to Grade 5 students parents who will be on camp for the first three days of the fair. The fair was booked prior to the camp date being finalized and unfortunately we were unable to change the date.

The online purchase link will go up as soon as the fair begins Monday 14/08 – this is controlled by Lamont. We will notify families via compass when this link is live.

Please don't hesitate to be in touch if you have any queries

[Frances.Cunninghameeducation.vic.gov.au](mailto:Frances.Cunninghameeducation.vic.gov.au)



# BOOK WEEK NEWS

LAMONT BOOK FAIR 14TH-18TH AUGUST

**AN INVITATION  
TO OUR BOOK FAIR!**

**Where:** Bellbrae Primary School  
BER-Gr4/Library/OSHC building

**Date:** Wed 16 & Thur 17 August

**Time:** See newsletter spiel/compass

**Don't miss out!**  
Every purchase supports our school!



[www.lamontbooks.com.au](http://www.lamontbooks.com.au)



# THEIR CARE



**TheirCare**  
where Kids love to be!

**Bellbrae Primary School**

Social, enjoyable & fun experiences for children

Develop creativity, life skills & confidence through play

Qualified, caring & engaged staff

Exciting & thoughtfully developed programs

Healthy & Yummy food provided each day



Bookings now open!

	Monday - Friday Hours of Operation	Fees before Child Care Subsidy*	Out-of-pocket fees after Child Care Subsidy**
Before School Care (BSC)	7:00 AM to 8:45 AM	\$24.90	\$2.49
After School Care (ASC)	3:30 PM to 6:30 PM	\$34.71	\$3.47
Pupil Free Day	7:00 AM to 6:30 PM	\$71.68	\$7.17
Holiday Program***	N/A	N/A	N/A

\*Standard fee costs **before** Child Care Subsidy | \*\* Standard fee costs **after** maximum Child Care Subsidy | \*\*\* Standard fee costs **excluding** incursions/excursions

## Cancellation Fees

(No Child Care Subsidy applied to Cancellation Fees)

**BSC/ASC** within **48 hours** of session start time: **\$4.00**

**Holiday Program** within **5 days** of session start time: **\$10.00**

**Same day cancellation fee is out-of-pocket session fee.**

## Late Booking Fees

(Child Care Subsidy is applied to Late Booking Fees)

**BSC/ASC** within **48 hours** of session start time: **\$4.00**

**Holiday Program:** book less than **5 days** from the session start time fee is **\$10.00**

## Late Pick-up Fees

(Child Care subsidy does not apply to Late Pick-up Fees)

**\$1 per minute** after service close time.

To register visit [theircare.com.au](http://theircare.com.au)



Service Phone number:  
0448 752 111

Your service Coordinator will be available during session times.

Save up to **90%** With the Child Care Subsidy!



TheirCare support team is available between 6.30am - 9pm weekdays (Eastern Standard Time) on **1300 072 410** or [info@theircare.com.au](mailto:info@theircare.com.au)





## THE THRIVING KIDS & PARENTS SCHOOLS PROJECT Online Parenting Seminar Series

Are you interested in learning practical strategies to help your child:

- ✓ Manage everyday worries
- ✓ Build healthy peer relationships
- ✓ Thrive now and into adolescence

You are invited to attend **3 FREE** evidence-based seminars

**Interactive and online seminar package**  
**90 - 120 minute seminars:**

Register via the project website

[CLICK HERE](#) or scan the QR Code



**Power of Positive Parenting (Triple P Seminar)**

Practical strategies to support children's social and emotional development.

**Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar)**

Skills and strategies to support children manage their emotions and overcome challenges.

**Keeping Your Child Safe from Bullying (Resilience Triple P Seminar)**

How to maintain good communication with the children in your care develop positive relationships, and address conflict and bullying.

Contact details:  
QLD: thrivingkidsandparents@uq.edu.au  
VIC: thrivingkidsandparents@monash.edu  
SA: thrivingkidsandparents@adelaide.edu.au



## MELI

### Bringing Up Great Kids

#### Come and join us at the Bringing Up Great Kids program

The Bringing Up Great Kids Program is a 6 week supportive program for parents of children aged 12 months - 12 years.

The program aims to:

- Support parents with the skills to enhance their communication with their children
- Promote positive interactions between parent and child
- Encourage the development of children's positive self-identity

#### PROGRAM DETAILS

LOCATION	Kurrabee Myaring Community Centre 12 Merrijig Drive Torquay
DATES	July 27 - August 31 2023
DAY/TIME	Thursdays 12:30pm - 2:30pm
CONTACT	To book your place please contact reception on 5226 8900 or email <a href="mailto:groups@meli.org.au">groups@meli.org.au</a>

Scan QR code to register your interest →



[E Smart Update 7 \(2023\)](#)

## Defining cyber bullying.



# Cyberbullying

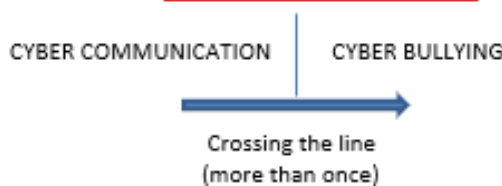
Cyberbullying is when someone uses the internet to be mean to a child or young person so they feel bad or upset.

eSafety helps prevent and deal with cyberbullying and its impacts. We do this by providing information, education and resources, and by investigating and helping to fix the most serious cases of cyberbullying.

It is important to understand when the line has been crossed. At Bellbrae Primary School, our boundary is set very clearly; **any more than once is considered to be cyber bullying** – that is, if you receive more than one negative, derogatory, explicit email, picture, text etc. it becomes an incident of cyber bullying.

The person is given the chance after one incident to stop the behaviour (it may indeed be a miscalculated error of judgement that wasn't intended to harm the individual). If they make a conscious decision to send material for a second time, then it is considered to be cyber bullying and a trusted adult should be told. Remember to keep the evidence and report it.

### Differentiating Communication



## What you can do

If someone is being really mean online, first of all it's a good idea to:

- **tell a trusted adult** and ask them to help you – you could show them this page about cyberbullying
- **change the settings** on your device or online account so you don't see so many messages, posts or comments from the person who was mean – find out how in [The eSafety Guide](#).

If you need cyberbullying material removed:

- **report it** to the social media site, gaming site or other app that was used to send, post or share the harmful content (this can be the fastest way to get it removed) – find reporting links for most sites, games and apps in [The eSafety Guide](#)
- **check our tips** about [how to take care of yourself if you are cyberbullied](#).

For more information, please visit;

<https://youtu.be/4z16VLmaXis>



<https://www.esafety.gov.au/esafety-information/esafety-issues/cyberbullying>

Mr O'Donnell  
Year 4 & eSmart Coordinator



Safeguarding our children's  
future together

## **We are becoming eSmart!**

Parent information

Our school has registered with eSmart to help us build and maintain a supportive and connected whole school community and be smart, safe and responsible users of technology.

eSmart provides a proven framework that helps us examine how well we're doing at reducing the risks of anti-social behaviour, both online and offline, and how we're supporting students to thrive. eSmart then offers resources and guidance to fill in any identified gaps.

We look at six areas across our whole school's operations:

- School Organisation
- School Policies and Procedures
- Values and Behaviour
- Teacher Practices
- Curriculum
- Parent and Community Partnerships.

Throughout our eSmart journey, we can access free resources, online training and shared examples of how schools and parents meet the challenges of teaching and parenting in the digital world.

eSmart helps us build on our strengths and current knowledge and ensures that we keep doing the best for our students, our staff and our families.

We will share more information with you about any eSmart programs that your child may be participating in – as well as free parent webinars about navigating the ever-changing online world – via our school newsletter and/or our Facebook page.

When we are confident that we've put all the recommended actions in place, we will become an eSmart School – and you'll see a new sign on our school celebrating our achievement!

Our school's eSmart Coordinator is: \_\_\_\_\_





## BELLBRAE BUSINESS DIRECTORY

*Proudly supporting Bellbrae Primary School*

# NOW LIVE



Showcasing great local businesses



Check out the site to find out how these local businesses can support you.

[www.bellbraebusinessdirectory.com.au](http://www.bellbraebusinessdirectory.com.au)

## THIS WEEK WE SHOWCASE:



### Endurance Martial Arts

*Sports, Recreation, Activity*

0422 353 723

View [Business](#)

View [Discount](#)



### Brett Essing Landscapes

0418 334 141

View [Business](#)

**CLOSING DOWN SALE**



**CLOSING DOWN SALE**

### Torquay Stockfeeds is

**Closing Down. Closes  
end of September.**

View [Business](#)

If you are a business that would like to sign-up to the directory, visit our [website](#) and complete the registration form on the [Contact Us](#) page.

# A NOTE FROM THE OFFICE

Term 3 Volunteers – Please contact the office if you are unable to attend 😊

## Term 3 - Canteen – Please sign in at office 12.30pm

Thursday 13 <sup>th</sup> July	Tammy Greene
Friday 14 <sup>th</sup> July	Chris Tulloch
Thursday 20 <sup>th</sup> July	Joanna Hilbert
Friday 21 <sup>st</sup> July	Sheree Seiffert
Thursday 27 <sup>th</sup> July	Jemma Ugrin
Friday 28 <sup>th</sup> July	Bianca Aquilina
Thursday 3 <sup>rd</sup> August	Aushra Hennessy
Friday 4 <sup>th</sup> August	Cath Hobson
Thursday 10 <sup>th</sup> August	Melanie Giddins
Friday 11 <sup>th</sup> August	Emma Sydenham
Thursday 17 <sup>th</sup> August	Julia Backhouse
Friday 18 <sup>th</sup> August	Jess Heane
Thursday 24 <sup>th</sup> August	Cheryne Bird
Friday 25 <sup>th</sup> August	Anne Cullen
Thursday 31 <sup>st</sup> August	Annie Mullen-Walsh
Friday 1 <sup>st</sup> September	Carl Larsen
Thursday 7 <sup>th</sup> September	Karen Palmieri
Friday 8 <sup>th</sup> September	Marine Young
Thursday 14 <sup>th</sup> September	Anthea Warlond
Friday 15 <sup>th</sup> September	Laura Spencer

## Term 3- Sick Bay Washing – Friday afternoons

Friday 14 <sup>th</sup> July	Shelley Cardwell
Friday 21 <sup>st</sup> July	Sally Riley
Friday 28 <sup>th</sup> July	Lucy Maddock
Friday 4 <sup>th</sup> August	Emma Thompson
Friday 11 <sup>th</sup> August	Jennifer Hope
Friday 18 <sup>th</sup> August	Kristy Foran
Friday 25 <sup>th</sup> August	Tania Bartlett
Friday 1 <sup>st</sup> August	Marney Curtin
Friday 8 <sup>th</sup> September	Sarah Sytema
Friday 15 <sup>th</sup> September	Sam Coy

## Term 3 - Second Hand Uniforms – Any day that suits for ½ hour or so

<b>W/Starting Mon 10<sup>th</sup> July</b>	Alex McDonald
<b>W/Starting Mon 17<sup>th</sup> July</b>	Maudy Tarik
<b>W/Starting Mon 24<sup>th</sup> July</b>	Melanie Sanders
<b>W/Starting Mon 7<sup>th</sup> August</b>	Angela Stanley
<b>W/Starting Mon 14<sup>th</sup> August</b>	Romy Renzow
<b>W/Starting Mon 21<sup>st</sup> August</b>	Bronwen Hart
<b>W/Starting Mon 28<sup>th</sup> August</b>	Leah Graham
<b>W/Starting Mon 4<sup>th</sup> September</b>	Bronwyn Watt
<b>W/Starting Mon 11<sup>th</sup> September</b>	Ellise Perrett



# LUNCH ORDERS



## Canteen

Wednesday, Thursday

ONLINE ORDERS



By 9.30AM DAILY



\*\*\* Reminder to complete your order. You must get to the payment section to complete. If you do not receive a payment confirmation and canteen order number via email, your order will not have been processed. (See below) \*\*\*

Compass  
Canteen order - 20225224000641

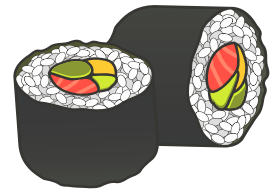
CompassPay  
Payment Confirmation

## Canteen - Specials

Please see canteen menu on the Compass App

## Sushi Tuesdays

Online Only by 8pm Monday Nights [healthysushi.square.site](http://healthysushi.square.site)



## COMMUNITY NEWS



Join Torquay Community House for a delicious and nutritious two course lunch each month, connecting members of our community to share a meal together.

In partnership with Surf Coast Secondary College, students will help prepare and serve a hearty soup and dessert.

Supported by Feed Me Surf Coast.

- |                      |                    |
|----------------------|--------------------|
| <b>May 2</b>         | <b>September 6</b> |
| <b>June 6</b>        | <b>October 3</b>   |
| <b>July no lunch</b> | <b>November 8</b>  |
| <b>August 1</b>      | <b>December 5</b>  |



**When:** 1st Tuesday of each month, 12:00 - 1:30pm

**Where:** Torquay Community House, 14 Price St, Torquay

**Cost:** FREE

**Bookings:** [administration@torquaycommunityhouse.org.au](mailto:administration@torquaycommunityhouse.org.au)

or call us on **03 5261 2583**.

**Please advise any dietary requirements.**



A huge thank you to Ryans IGA for their donation of \$600.00 to our school from their Community Awards program.

This money will be used to provide resources for our students to use.

Your support of our local independently owned IGA in turn means support for our school!

## SING Local Vocals



Local Vocals is coming to Bellbrae Primary!!

Director, Shayne Lowe, firmly believes everyone can sing! Singing within a group, even for strong vocalists, brings along lessons about balance, harmonisation and listening that you just can't learn by yourself. Not to mention the fun of sharing music with others and creating together!

Local Vocals is singing lessons run within a group where we build confidence in singing and work into exploring our vocal ranges and abilities. We work together as a group to learn and grow our vocal skills through a variety of musical styles. Local Vocals is a fun, creative and inclusive space where good vocal techniques are the underlying foundation of all activities.

Shayne began singing in primary school herself and hasn't stopped since! As a qualified teacher, Shayne has been a music specialist teacher and established her own vocal studio while living in Devonport. She has been a vocal instructor and director for over 20 years. Shayne has also been heavily involved in local musical theatre, both in Tasmania and Geelong. Her experience as a Vocal Director has run parallel to her on-stage performances over many years.

Sessions will be available after school beginning in Term Two. Limited places available - first come, first serve. 🎵

To book your spot, contact Shayne directly  
(0429 08 4343/ [sing@singinnowgeelong.com.au](mailto:sing@singinnowgeelong.com.au))

You can find more information about Shayne at [www.singinnowgeelong.com.au](http://www.singinnowgeelong.com.au)

Find us:



@sing.localvocals.geelong

## Welcome to our village!

Holistic, evidence-based care to support perinatal wellbeing.

The perinatal period. Unique and complex.

Having a child is the biggest life transition we will ever face. It requires adjustment in every single domain of our life, including how we view and care for ourselves.

The Perinatal Hub Surf Coast offers specialist perinatal care that is individually-tailored and enables continuity of support from conception through to parenthood, and beyond. Our multidisciplinary team works with infants, children, adolescents, men, women, couples and families.

Wherever you are in your perinatal journey, join our village!

MAKE AN APPOINTMENT TODAY:

Jan Juc Village  
16 Princes Terrace  
Jan Juc

0491 184 788

[www.theperinatalhub.com.au](http://www.theperinatalhub.com.au)



### OUR SERVICES:

- Perinatal Psychology
- Couples Therapy
- Child/Adolescent Therapy
- Acupuncture
- Infant Massage Therapy
- Pregnancy/Relaxation/Remedial Massage
- Pregnancy/Birth/Postpartum Education
- Postpartum Support
- Midwifery/Doula Support
- Play-Based Parent-Child Relationship Therapy



OCEAN Lending helps clients to transfer to the next stage of their lives and accomplish their goals through finance. Our services include home loans, business and commercial finance, franchise finance, car finance and personal loans.

Please contact **Scott** 0407 349 246 or [scott@oceanlending.com.au](mailto:scott@oceanlending.com.au) for further information.



Aged 7-22? Do you play violin, viola, cello or double bass?

Any week is Come & Try Week at Bay City Strings.

Bay City Strings has been the home for Geelong's young strings players for more than 30 years. We nurture and inspire young musicians to reach their full potential in a fun and friendly environment.

Would you like to join Bay City Strings? You can join at any time.

We rehearse at St Joseph's College from 4.30-6.00pm each Friday during term with a snack-break mid-way and we are looking for string players of all abilities. We perform a concert at the end of each term.



AMEB grades are a guide to our levels:

Our ensembles cover Preliminary to Grade 2, Grades 3 to 5, and Grades 6+.

A late starter? Don't think you will be the little ones - students are placed in ensembles with consideration to social age as well as musical level and the music is adjusted to suit your level.

Cost: \$165 each term, discount available for families

Any questions, please contact Rachel Anderson 0400 642 328 or email [bcnews@outlook.com](mailto:bcnews@outlook.com)



WOMEN'S HEALTH  
TORQUAY

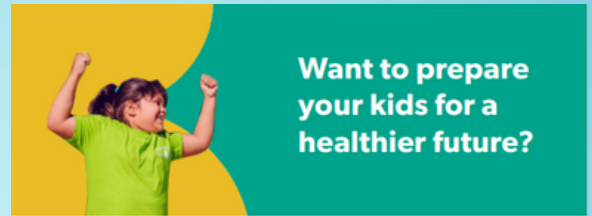
1a Fischer Street  
Torquay  
PH: 03 9828 7550  
[womenshealthtorquay.com.au](http://womenshealthtorquay.com.au)  
Women's Health Torquay –  
Created by women  
for women.

**coerver®**  
COACHING SOCCER SCHOOL

**TERM 3 - REGISTRATIONS OPEN**

MONDAYS- GEELONG LEISURETIME  
CREATIVE PLAYER: 5:15PM - 6:30PM

WEDNESDAY - TORQUAY  
CREATIVE PLAYER: 5:15PM - 6:30PM



Want to prepare  
your kids for a  
healthier future?

## BETTER HEALTH PROGRAM

Is your child...

- Aged 7-13 years old?
- In need of support to improve eating and activity habits?

Better Health Program is a **free**, 10-week, online program for eligible children and families.

There are weekly online sessions, **free** resources, including a Garmin watch, and weekly coaching calls. These are with a qualified health coach who gives you professional advice and helps keep



MONASH University

Sign up today!

[www.betterhealthprogram.org](http://www.betterhealthprogram.org)  
1300 822 953

[Facebook](https://www.facebook.com/betterhealthprogram) [Instagram](https://www.instagram.com/betterhealthprogram) [TikTok](https://www.tiktok.com/@betterhealthprogram) @betterhealthprogram

## Split Point Lighthouse & Eco-Logic Short Story Competition

PRIMARY AND SECONDARY AGED STUDENTS

THEME: SPLIT POINT LIGHTHOUSE, LIGHTHOUSE KEEPER, ENVIRONMENT

WORD COUNT: 300 WORDS PRIMARY, 500 WORDS SECONDARY

SUBMISSION DEADLINE: SUNDAY AUGUST 20TH 2023

PRIZES: GIFT VOUCHER FROM GREAT ESCAPE BOOKS AIREYS INLET TO VALUE OF \$100

FREE LIGHTHOUSE TOUR FOR INDIVIDUAL AND THEIR FAMILY (MAX 6 PEOPLE)

PUBLICATION: WINNING ENTRY WILL BE POSTED ON THE @ECO - LOGIC & SPLIT POINT LIGHTHOUSE TOURS FACEBOOK PAGE.

HOW TO ENTER: EMAIL US A PDF OR WORD DOC: TOURS@ECOLOGIC.NET.AU

EMAIL TO BE RECEIVED BY US BY 5PM SUNDAY AUGUST 20TH 2023

ENTRIES MUST BE UNPUBLISHED, ORIGINAL, AND NOT UNDER CONSIDERATION ELSEWHERE.

VISIT OUR FB PAGE @ECO-LOGIC & SPLIT POINT LIGHTHOUSE TOURS





# COMMUNITY NEWS



## Physiotherapy for Children

- Daytime wetting
- Constipation
- Soiling
- Bed wetting
- Toilet training resistance.



<https://innerstrength.com.au/>  
52297963

**THE SANDS**  
*Torquay*

SWIM LESSONS AVAILABLE FOR 6 MONTH OLDS + LESSONS MON - SAT  
BABY CLASSES TUE, WED & SAT MORNINGS  
CALL 5264333 or email [swimschool@thesandstorquay.com](mailto:swimschool@thesandstorquay.com) for availability

## Financial Resources



### Saver Plus

#### Program includes:

- Matched dollar for dollar savings up to \$500
- Money Minded workshops - Financial Education
- Coaching on budgeting and savings



SCAN ME

#### Eligibility Criteria

- Must be a health/concession card holder;
- Be in receipt of a Centrelink Payment
- Be studying or have a child in school
- Have some regular income from work
- Be 18+ years old



### State Schools' Relief

Provides school uniforms and shoes to those that are unable to afford them.



SCAN ME

#### Eligibility Criteria

- Situations include but not limited to:
- Unemployment
  - Health issues/illness
  - Financial difficulties
  - Independent living and/or homelessness
  - Natural disasters
  - Bereavement
  - Domestic and family violence



### Camps, Sports and Education Fund

#### Funding to attend activities like:

- school camps or trips
- swimming and school-organised sports programs
- outdoor education programs
- excursions and incursions

\$125 per year for eligible primary school students  
\$225 per year for eligible secondary school students.



SCAN ME

#### Eligibility Criteria

- Parent must be a health/concession card holder;
- Or families on protection/bridging visas, or seeking asylum;
- Or children in out of home care



### Computerbank

Low cost refurbished computers that include various programs including word processing, Google Chrome and PDF Maker



SCAN ME

#### Eligibility Criteria

- Concession/Health Care Card holders
- Students
- Asylum seekers



**Torquay  
Community  
House**

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## TORQUAY COMMUNITY HOUSE

### Term 3 2023 Timetable

#### MONDAY

##### Baby Sensory Torquay

9:00am-3:00pm

##### Little Da Vincis (3-5yrs)

9:30am-10am

##### 'Have A Chat'

##### Community Table

10:30am-12pm

##### Italian for Beginners

12:00pm-1:00pm

##### Life Drawing

7:00pm-9:00pm

#### TUESDAY

##### Story Time Playgroup (1-5-yrs)

9:15am-10:00am

##### Low cost Counselling

11am-1:30pm

##### FREE IT Help with Chris

1pm-3pm

##### Tutoring Worx

4pm-6pm

##### French for children

4pm-5pm

##### Torquay Actor's Studio

Kids 4-6pm

##### FREE Community Lunch

12:00pm-2pm

(1st Tuesday of month)

1 August & 5 September

##### Book Club

7:30pm-9pm

(3rd Tuesday of month)

#### WEDNESDAY

##### Active Playgroup (1-5-yrs)

9:15am-10:15am

##### Still Life with Jenna

10:30am - 1:30pm

##### Guitar for Kids

3:45pm-4:45pm

##### French Intermediate Adults

6pm-8pm

(Fortnightly)

##### Watercolour & Drawing

6.30pm-8.30pm

#### THURSDAY

##### Bells and Beats (0-5 yrs)

9:30am-10am

##### Watercolours with Pat McKenzie

1pm-3:30pm

##### Guitar for Kids

3:45pm-4:45pm

##### Tutoring Worx

4pm-6pm

#### FRIDAY

##### Yoga for Wholeness

9:15am-10:30am

##### My Mates Program (fortnightly)

9:15am-10:15am

##### Friday Art Group

1pm-3:30pm

##### Women's Sharing Shed

1pm-4pm

#### SATURDAY

##### Meditation

8:30am-9:30am

SCAN HERE TO BOOK!



### Term 3 House Programs

#### Little Da Vincis (3-5 yrs)

Art and craft group suitable for preschoolers.

Enjoy lots of fun craft activities including painting, drawing, cutting, and pasting!

**Cost: \$15 per term per family**

**When: Monday 9:30am -10am**

#### Story Time Playgroup (1-5 yrs)

Join Surf Coast SC students for stories and play! Spark your little one's imagination through the wonderful world of books and social connection.

**Cost: \$15 per term per family**

**When: Tuesday 9:15am -10am**

#### Active Playgroup (1-5 yrs)

Get your kids moving and playing, working on fine and gross motor skills!

**Cost: \$15 per term per family**

**When: Wednesday 9:15am -10:00am**

#### Bells and Beats (1-5 yrs)

This half hour is packed full of fun songs and activities to get your little ones singing and moving. Price is per family.

**Cost: \$35 per term or \$5 on the day**

**When: Thursday 9:30am -10am**

#### My Mates Program

Get social with Surf Coast SC Yr 11 & 12 students, help build social skills for transition to workforce. Enjoy a cuppa, cards and chat!

**Cost: FREE**

**When: Fridays 9:15am -10:15am, fortnightly (July 14 & 28, Aug 11 & 25)**

#### 'Have A Chat' Community Table

Come and join us to have a cuppa and a chat for as little or as long as you choose. Everyone welcome!

**Cost: Free**

**When: Monday 10:30am -12pm**

#### Women's Sharing Shed

Newcomers welcome! A place for women to learn new DIY or gardening skills or take time out for a cuppa and a chat.

**Cost: \$10 per term or \$35 per year**

**When: Friday 1pm-4pm**

#### STAY TUNED!

Lots of wonderful one-off workshops coming in Term 3. Visit our website and follow us on Social Media for updates.

#### Italian for Beginners (8 weeks)

Learn the basics of Italian language by joining Edward Aquilina, a Torquay resident and native of the Italian language.

**Cost: \$50 per term or \$35 concession**

**When: Monday 12:00pm-1:00pm**

#### Tutoring Worx

A low-cost tutoring program for Primary and Secondary students who require assistance with Maths and English, and year 11 & 12 students doing chemistry or physics.

40 minute sessions.

**Cost: \$10 per term**

**When: Tues and Thurs 4pm - 6pm**

**Booking essential**

#### IT Help with Chris

Chris can help you with some tips with your PC, laptop and android phones (including Samsung) and some basic issues with ipads and iphones

**Cost: Free**

**When: Tuesday 1pm -3pm**

**Booking essential**

#### Friday Art Group

Bring along what you're working on and paint in your preferred medium. Socialise with other artists, and exchange ideas in a supportive and friendly environment. Easels supplied.

**Cost: \$10 per term or \$35 per year**

**When: Friday 1pm-3:30pm**

#### Watercolour & Drawing

Come and join Colin Peel to develop both watercolour and drawing skills. This class will be suitable for beginners or people expanding their experience in painting in watercolour

**Cost Full Fee: \$120**

**Concession: \$80**

**When: Wednesday 6.30pm-8.30pm**

**Material list for participants to be provided - first session included.**

#### Book Club

Fully booked for 2023.

**Cost: \$10 per term or \$35 per year**

**When: 7:30pm-9pm**

**3rd Tuesday of each month**



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**Enquiries: Call 5261 2583, visit [torquaycommunityhouse.org.au](http://torquaycommunityhouse.org.au), email [administration@torquaycommunityhouse.org.au](mailto:administration@torquaycommunityhouse.org.au) or come and see us!**

**\*All activities held at Torquay Community House unless otherwise specified**



**Torquay Community House**  
Wadawurrung Country  
14 Price St, Torquay, 3228  
Ph: 5261 2583

## Term 3 Programs

### Torquay Actor's Studio

Dynamic drama classes for kids.

**Cost: From \$200 per term**

**When: Tuesday 4-6pm**

**Book with Gabe on 0410 478 559 or  
egan\_gabrielle@yahoo.com.au**

### Little French Wave

French for children

For children prep to year 4 who are orally fluent in French. This is a learn to read class.

**Cost: \$22 per class**

**When: Tuesday 4-5pm**

**Book with Florie on 0481 233 714 or  
littlefrenchwave@gmail.com**

### French Intermediate Adults

Put your learning into practice through games, facilitated conversation and listening activities.

**Cost: \$22 per class**

**When: Wednesday 6-8pm (fortnightly)**

**Book with Florie on 0481 233 714 or  
littlefrenchwave@gmail.com**

### Meditation

Learn how to heal your body and still your mind for health and wellbeing. Beginners welcome.

**Cost: Gold coin donation**

**When: Saturday 8:30-9:30am**

**Book with Nikki call/text on 0400 497 024**

### Yoga for Wholeness

Classes combine a balance of Asana (postures), Pranayama (breathing practices), Meditation and Yoga Nidra. BYO mat, cushion and blanket.

**Cost: \$15 per session**

**When: Friday 9:15am-10:30am**

**Book with Bryan on 0457 911 563**

### Low-Cost Counselling

Jan Cheatley is an experienced counsellor offering affordable counselling sessions for the community.

**Cost: \$25/1-hr session**

**When: Tuesday 11am-1:30pm**

**Book via TCH on 5261 2583**

### Watercolours with Pat McKenzie

To extend the knowledge of watercolour painting for individual participants.

**Cost: \$200 for term (9 weeks)**

**When: Thursday 1pm-3pm**

**Book with Pat on 0418 179 554 or  
email patmckenzie8@gmail.com**

### Life Drawing

Observational Life Drawing of a model

**Cost: \$10 per session**

**When: Monday 7pm-9pm**

**Book with Julie on 0412003759 or  
email julieromail@gmail.com**

### Still Life Painting with Jenna Winship

Working with acrylics, suitable for beginners or extending skills.

**Cost: \$410 for term (6 weeks)**

**When: Wednesday 10:30am - 1:30pm**

**Book with Jenna on 0401 652 405**



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House**

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### Guitar for Kids

Lessons introduce kids to music basics and guitar in a fun and easy way. Sarah is a qualified music teacher with over fifteen years experience.

**Cost: \$140 per term**

**When: Wed & Thurs 3:45pm-4:45pm**

**Book with Sarah on 0466 113 138**

### Baby Sensory

Baby Sensory is designed for babies from birth to 13 months old to promote learning and development during this precious first year.

45min classes are packed with a variety of sounds, smells, sights, textures, music, dance, signing, therapeutic games, bonding and massage.

**Cost: \$216 for the term (8 weeks)**

**When: Mondays 9am-3pm**

**For more information and to**

**book, go to**

**<https://www.babysensory.com.au>**

**[/geelong-vic/](https://www.babysensory.com.au/geelong-vic/)**

--- Rooms available for hire ---

More information and booking enquiries

<https://torquaycommunityhouse.org.au/venue-hire/>



Torquay Community House

Wadawurrung Country

14 Price St, Torquay, 3228

Ph: 5261 2583



## GMHBA HEALTHY HEROES PARENTS EVENT

*You're Invited!*

Join us after school on August 14th for an afternoon of FUN, giving parents, carers and children the opportunity to participate in various activities to encourage active involvement in your family's and children's healthy choices and lifestyle.

FEATURING:



## DETAILS

**Who:** Parents, Guardians, Carers and Children

**What:** A FREE event to participate in GMHBA Healthy Heroes activities featuring Geelong Cats AFLM and AFLW players

**When:** Monday 14 August 4pm-5:30pm

**Where:** St Mary's Football Clubrooms,  
Kardinia Park, Latrobe Terrace

**Why:** To encourage children, parents, and carers to LEARN, LIVE & LEAD our key health messages

**RSVP by:** Wednesday 9 August

CLICK HERE  
TO REGISTER

\*Places are limited. Confirmation of ticket will be sent after registration.



## A Celebration Day for Girls

### AUGUST 2023

**Freshwater Creek Steiner School**

@52 McIntyres Rd,  
Freshwater Creek VIC 3216

**Friday 11th August**  
**6.30pm - 8.30pm**  
&  
**Sunday the 13th of August**  
**10 - 4pm.**

Session times are:

**Friday 11<sup>th</sup> August**  
6.30pm - 8.30pm

Mothers/female carers only  
and  
Sunday the 13th of August 10 -  
4pm. (Girls in the morning, then  
mums and girls Day)

### **SUNDAY 13<sup>th</sup> August**

Sun 10am - 1pm  
Daughters only

Sun 1pm - 4pm  
Daughters & Mother/carers  
together

Cost \$165 per mother & daughter  
duo / \$125 [con](#)  
\$240 mother w two daughters

For more info & bookings  
contact:  
Michelle Buggy



For girls 10–12 years  
old with their mother  
or female carer

**At the Celebration Day the girls experience positive menstrual education through lively discussion, fun activities, women's stories and a gentle celebration of puberty.**

Menarche is a signpost of the beginning of a girl's fertile years and the menstrual cycle is an intrinsic aspect of womanhood. Extensive research has shown that for young girls who experience menarche well-prepared, with a positive introduction and emotional support, the result is higher self-esteem, fewer negative cycle related symptoms, favourable overall menstrual perception and easier subsequent births.

As such the positively presented information, activities and conversation around these topics at the **Celebration Day** can have a profound and lasting impact on girls, in conjunction with the ongoing support of mothers, families and other carers. By enabling a healthy and grounded experience of the changes of puberty we deeply nourish girls' self-esteem, self-awareness and positive body-image. In this way we can support a physical and psychological integrity that underpins healthy decision making around relationships, sex and fertility when that time comes, as well as other life choices.

At the **Celebration Day** girls are warmly invited into the time-honoured, nurturing connection and support women have long shared with each other. Many participants report that their mother-daughter relationship is enriched and enlivened as the doors of communication in this key area of female experience and development are opened wide.

The first part of the day is spend with the girls on their own and, just before lunch, the mothers/female carers will join us for the rest of the day (and grandmothers who are available and wish to participate).

*"Since the Celebration Day Sophie has been so chatty and open - asking questions about menstruation and talking about all the changes and experiences of puberty. I'm so pleased."*