TERM 4 13/12/202



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.

WADAWURRUNG LANGUAGE









THIS WEEK FROM THE PRINCIPAL

A big thank you to students, staff, parents and the School Council for another successful and enjoyable year at Bellbrae PS.

Once again we have been able to offer our students a wide range of learning opportunities, both within and outside the classroom, which has resulted in meaningful, constructive and enjoyable experiences for our learners. Our performance and attitudinal data has also been fantastic, which is a reflection of the commitment and passion of our staff members. Supportive staff and parents, coupled with our excellent facilities, certainly continues to make Bellbrae a sought-after school to both learn and work in.

At the end of this year we bid farewell to ES members Jaxon and Sophie, as well as teaching staff Mr Morton and Mr Rule. We have a number of staff going on extended leave in 2025, including Mr Hurrell and Miss Barson, while Ms Scott and Mrs Westlake-Kelly will be on Family Leave. We wish them all well and will certainly miss them at school.

Finally, congratulations to all our Graduating Grade Six students. It is always sad to see a cohort leave the school, especially when many of them have been students here since Prep. They have all been fantastic ambassadors for Bellbrae, and many have excelled in their individual pursuits, including academically, culturally and in sport. Our present School Captains and Vice Captains will hand over badges to next year's student leaders at a short assembly that will follow the Christmas Carols next Friday morning.

Have a merry Christmas, stay safe, and we look forward to another great year when you return for Term One.

Adrian



Wed 16th DecemberGrade 6 Graduation

20th December
End of Term
1:30pm End of Day

2025 DATES

Curriculum Days Tues 28th and Wed 29th
(Staff will be on site and the
office will be open for any
queries)

First day of term 1 for students -

Thursday 30th January

Foundation Students - No school on Wednesdays for the month of February.

Monday 10th February
Grade 3 - 6 Swimming

Tues 4th - 7th March
Grade 6 Camp
Grampians Retreat -Dunkeld









INDONESIA DAY

Dear Families, Indonesia Day 2024

On Wednesday Bellbrae celebrated our first ever Indonesia Day! Students had lots of fun dressing up in traditional Indonesian clothing to dance, sing and play a variety of different instruments. Thank you so much to our wonderful school community for embracing the experience by dressing up in Indonesian national colours and for the wonderful enthusiasm students and teachers demonstrated throughout the day. It has been delightful to be able to celebrate our Indonesian learning with you all!

Special thanks to our fantastic teachers for getting involved in the workshops and special crafts with their classes, and finally to Suzanne and Sam in the canteen as well as Belinda and our parent helpers, who served out over 400 delicious Nasi Goreng over the course of the week!

We are already counting down the days to Indo Day 2025! Terima Kasih,

Bu Kelly, Bu W dan Pak Brett









BIRTHDAYS HAPPY BIRTHDAY



14TH DEC
JARRAH YOUNG
OLIVER MAULE

15TH DEC
SADIE ANDERSON

17TH DEC
COOPER HERREEN
HARLEM PEC

18TH DEC
JAMES ROGERS
EDEN BENNETT
BANJO DENT
HAZEL BOYD

19TH DEC
JIMMY DEPPELER

HAPPY BIRTHDAY TO ALL STUDENTS CELEBRATING THEIR BIRTHDAYS OVER THE HOLIDAYS!







ASPIRE

THANK YOU!

NO MORE AWARDS NOW UNTIL 2025.

School Wide Positive Behaviour Weekly Update

Our whole school focus for Weeks 9 and 10 will be showing our school value of Responsibility- We keep our learning spaces tidy (classroom). All classes will engage in teaching and learning activities that explore:

-Keeping our tables clean and tidy.

-Returning things to the right place once we have used them.

-Using the different bins in our classroom correctly.

-Pushing chairs in when we are not using them.

-Understanding that it is a shared responsibility to keep our learning spaces tidy.



E SMART ONLINE SAFETY NEWSLETTER

<u>e Smart update 14 (2024)</u>



Technology (application) update: Minecraft

Minecraft is a virtual building game that allows players to build with a variety of blocks in a 3D environment to create their own world. It is an open world or sandbox game, meaning that players have the ability to create, modify or destroy their environments and they are free to choose how they play the game. Other activities include exploration, resource gathering, crafting objects or items and combat with other players. Players can interact with other players in the Minecraft world and use online chat. In-app purchasing is also available.

- available to anyone
- People of all ages can play Minecraft. However, children under the age of 13 are unable to create a Mojang account without their parents' permission.
- Your username, age and country location can be seen by other players in the game. If you do not want to share any information with other players, you may choose to create and/or play on a private server. This is called whitelisting.
- Minecraft are unable to moderate player behaviour or server content. All servers are privately run, and players are responsible for their actions server to server.
- block content...see above.
- change default settings...see above.



For more information, please log onto;

 $\underline{https://esafety.gov.au/esafety-information/games-apps-and-social-networking/minecraft-pocket-edition}\\$

Mr O'Donnell Year 4 & e Smart Coordinator



Meli

Drop-In Service Surf Coast



Meli drop-in service provides free support to families and does not require an appointment or referral.

Our drop-in service provides free support to families who:

- · are experiencing family challenges and need support
- · would like to increase their skills as parents
- · are experiencing mental health or substance use challenges
- need support to reduce adolescent violence and aggression in the home
- may be seeking information or support with referrals to other services

DETAILS			
LOCATION	Kurrambee Myaring Community Centre (KMCC) 12 Merrijig Drive Torquay		
WHO	Parents/Carers/Families		
CONTACT	Family Support Drop-in Monday 8.30am-12.00pm Amy Godfrey		
COST	FREE (no referral required) Support people welcome		
For more in	formation please call Meli		

on 5226 8900.

WELLBEING NEWSLETTER



TERM 1, 2025

All Regional Parenting Service programs along with MELI (formerly Barwon Child Youth & Family (BCYF) and Bethany), Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.

BRINGING UP GREAT KIDS The First 1000 Day

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

BRINGING UP GREAT KIDS

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 years

The program aims to:

- develop parents' skills to enhance communication with their child/ren;
- · promote positive interactions between parents and their child/ren:
- · encourage the development of a child's positive self-

CIRCLE OF SECURITY

Circle of Security is an 8-week supportive program for parents of children aged birth to 5 years.

The program aims to:

- . help parents understand how to build feelings of security for children in their early years
- assist parents with skills to build on the positive relationship with their child:
- · develop confidence in parents to respond to their child in a way which builds a secure foundation for

TUNING IN TO KIDS

Tuning in to kids is a 6-week supportive program for parents of children aged 4 to 10 years.

The program aims to:

- · help parents teach and support their child/ren to understand and manage their emotions;

 support parents in encouraging children to express
- emotions appropriately;
- · maximise children's social, behavioural and learning outcomes.

BRINGING UP GREAT KIDS Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years.

This 6-week program will look at having a better

understanding and being able to support your

- · Finding meaningful ways to stay connected with your adolescent;

 Understand that all behaviour and interaction have
- a meaning attached to it;
- Develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and
- · Develop skills to identify and manage their stress associated with parenting.

STRENGHTENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-we program for parents and their children aged 8 to 12 years. The program aims to build a positive family culture and strengthen family connections.







Parent Education Events

OUR KIDS - Parenting After Separation

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for 6 weeks during school terms. Morning and evening sessions are available

A 5-week program for parents with children of all ages to discover how you can help your family to flourish

Learn about:

- how you can promote resilience;
 increase awareness of your family's strengths;
 create and nurture positive family relationships
- · give feedback to support individual growth.

THE ANXIETY COACH

Reducing Anxiety and Building Resilience in Children

A 5-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "taps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

Tuning in to teens is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- · support parents to connect and communicate with
- assist parents with understanding adolescent development;
 help parents to assist their teen to develop
- emotional intelligence;
 remain empathetic and stay connected.

THE DAD WORKSHOP

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve: · your relationship with yourself;

- your relationship with your partner; your relationship with your kids.

POSITIVE PARENTING PROGRAM

Available online via the Triple P website www.triplep-parenting.net.au/vic-uken/triple-p/

A model for building strong, secure connections. Living with Teens is a 3-week program.

Term 1, 2025

LIVING WITH TEENS

- · what parents need to be able to meet teen's
- what teens need from parents;
- adolescent development.

BUMPS TO BUBS

Bumps to Bubs brings young mothers and mothers-to-be (up to 23 years) with babies 0 to 1 year, together to support the journey of parenting.

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 2 year age group together for

DADS TUNING INTO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 12 years.

The program aims to:

- · help dads to effectively tune in to their child's emotions:
- encourage dads to strengthen their emotional connection with their child; support dads to build skills in emotion coaching to assist their child's individual needs.

STEPPING STONES

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

GRANDPARENTING PROGRAM

Being a grandparent is one of the most exciting times in our life. A lot of information and safety recommendations have changed since we had our own young children.

In this session, come together with other grandparents to discuss some of the fun times we share with our grandchildren but to also look at the many guidelines that have changed since we had our own young children.







WELLBEING NEWSLETTER

Parent Education Events Term 1, 2025

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Wurriki Nyal 137-139 Mercer Street, Geelong	Tuesdays 11 Feb – 18 Mar	7.00pm - 9.00pm	Special control of the control of th
The Anxiety Coach	Online via Zoom	Mondays 03 Feb – 03 Mar	7.00pm - 9.00pm	Parenting Secrets Control
Circle of Security	Virginia Todd 9-15 Clarence Street, Geelong West	Tuesdays 11 Feb – 01 Apr	7.00pm - 9.00pm	Regional Parenting Service www.geelongaustralia.com.au/parenting
Grandparenting Program	Virginia Todd 9-15 Clarence Street, Geelong West	Tuesdays 04 Mar– 25 Mar	1.30pm - 3.00pm	Ph: 5272 4741
Parenting your Teen	Online via Zoom	Wednesdays 19 Feb – 26 Mar	7.00pm - 9.00pm	
Bringing up Great Kids	Wurriki Nyal 137-139 Mercer Street, Geelong	Thursdays 13 Feb – 20 Mar	7.00pm - 9.00pm	20.5
Flourishing Families	Online via Zoom	Thursdays 13 Feb – 13 Mar	7.30pm - 9.00pm	□09×302
Our Kids – Parenting after Separation	Family Relationship Centre 1/100 Brougham Street, Geelong	Thursdays 13 Feb – 20 Mar	12.00pm- 2.00pm	Family Relationship Centre www.catholiccarevic.org.au Ph: 5246 5600
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates and times		Drummond Street Services Drummond Street Services ds.org.au/events/







Parent Education Events

Term 1, 2025

Program	Location / Venue	Days / Dates	Time	Bookings
Circle of Security	Armstrong Creek Community Hub 46 Central Boulevard, Armstrong Creek	Thursdays 13 Feb – 03 April	10.00am - 12.00pm	Meli
Tuning into Kids	Meli 16 Ballarat Road, Hamlyn Heights	Thursdays 13 Feb – 20 Mar	10.00am - 12.00pm	Meli, the new name for BCYF and Bethany
Strengthening Family Connections	Meli 16 Ballarat Road, Hamlyn Heights	Wednesdays 12 Feb – 02 Apr	4.30pm - 7.30pm	www.meli.org.au Ph: 5226 8900
Tuning in to Teens	Meli 222 Malop Street, Geelong	Tuesdays 11 Feb – 18 Mar	10.00am - 12.00pm	国第2条第四 第4条集集
To express	your interest for the following programs			
	EDIMOT-POSM			
Circle of Security	Online via Zoom	Tuesdays 11 Feb – 01 Apr	ТВА	CatholicCare VICTORIA Strugthamp format P Landaudra
Circle of Security (Abbreviated version)	Childrens Services Building	Tuesdays 18 Feb – 18 Mar	6.30pm - 8.30pm	CatholicCare Victoria – Warrnambool www.catholiccarevic.org.au
Living with Teens	Online via Zoom	Thursdays 06 Mar – 20 Mar	6.30pm - 8.30pm	Ph: 4344 4588 E: helen.diamond@catholiccarevic.org.au









RESTORING NATURAL HABITAT AND BIODIVERSITY WITH YOUR FAMILY AND COMMUNITY



Make a positive environmental impact:

Help restore local ecosystems and learn about native flora, fauna and fungi.



Held in Friday "Community hour":

- Community hour is Friday's when assembly isn't on (dates to be confirmed).
- Sign out your kids* at the office at 2:30pm.
- Head down to the bike path beside the Great Ocean Road.
- Parents and kids both participate it will be fun.
- Rewilding finishes at 4pm.

Get involved:

Sign up to **Rewilding the Ridgeline WhatsApp group** by contacting James (Patto) Patterson on **0403 943 757**. More details to come.

*Please note that your child might miss out on other Curriculum-

based learning during Community Hour



SPRING

CREEK



Do you need a window cleaner, trades, financial advice, or a real estate agent? Visit the Bellbrae Business Directory to view a list of local Surf Coast businesses that can help you.

Please join us in supporting the businesses who support us.

Business Categories

- Health
- Trades & Services
- Retail & Hospitality
- Sport, Recreation & Fitness
- Finance & Legal
- Business Services
- Tourism
- Education & Training

- Pets & Animals
- Property & Construction
- Event Services
- Beauty & Massage
- Marketing & Advertising
- Activities & Hobbies

www.bellbraebusinessdirectory.com.au

List your business NOW

via the website



Lunch orders



Canteen

Wednesday, Thursday



*** 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



Sushi Tuesdays

Online Only by 8pm Monday Nights <u>healthysuushi.square.site</u>



COMMUNITY NEWS





+Bringing Joy to Families in the Surf Coast Shire Spread Christmas Cheer – Help a Family in Need How You Can Help

We're calling on our amazing Surf Coast community to make this Christmas unforgettable. Donations of gifts or essential items can bring smiles to the faces of local children.

Gift Suggestions

We welcome gifts for children aged newborn to 18 years. Consider donating:

- Toys & Games: Board games, Lego, beach toys, balls, puzzles
- Gift Vouchers (Mecca, Rebel, JB Hi-Fi, Bounce, Live Wire Park)
- · Books (all ages)
- · Art Supplies: Craft kits, drawing sets
- Beach Gear: Towels, hats, sunglasses
- · Personal Care: Perfume, cologne, skincare packs, deodorant sets
- · Chocolates/Stockings
- Fashion: Backpacks, water bottles, socks, jewellery, make-up packs
- Please include wrapping supplies so families can wrap gifts themselves.





B Bendigo Bank

Community Bank Surf Coast (7)

Drop off points

Community Bank Winchelsea
11 Main Street Winchelsea

Community Bank Anglesea 65 Great Ocean Road Anglesea

Community Bank Lorne
1/32 Mountjoy Parade Lorne

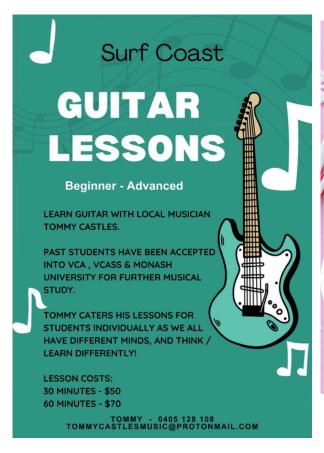
If you or someone you know could use support this Christmas

Ph: Liza 0431204 875

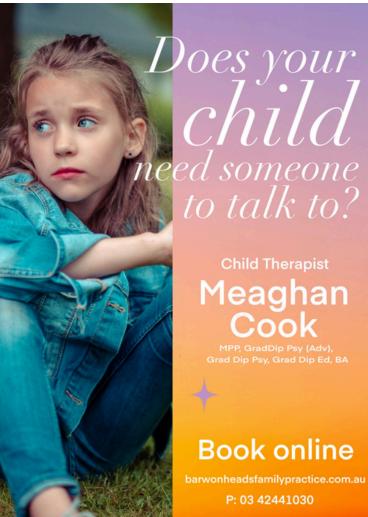
Email: adoptasurfcoaster2024@gmail.com

Adopt A Surfcoaster - Christmas 2024

This service discreet, confidential, and anonymous.









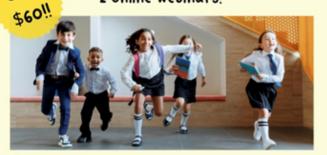
WOMEN'S HEALTH TORQUAY

1a Fischer Street
Torquay
PH: 03 9828 7550
womenshealthtorquay.com.au
Women's Health Torquay –
Created by women
for women.

Ready, Set, Prep!

Only

child's transition into prep in
2 online webinars!



Ready, Set Prepl prepares you to support your child in 2 convenient online webinars. Whether your little one is feeling excited or apprehensive about the move to school, there's no doubt that starting prep is a big transition. These webinars help caregivers understand what's likely to be happening for your child, as you learn about the brain, emotions, anxiety, the nervous system. You will also be offered practical strategies, handouts and resources to support your child and your family in preparing for the school transition.







Group Therapy Programs

January Holidays

Wonder Chefs (6-16yrs)

Flying Colours (primary-school age) Holiday Makers (primary-school age) Ready, Set, School (prep starter 2025)

Surf Program (8yrs+) Little Sports (<8yrs) Bike Riding Skills (all ages)

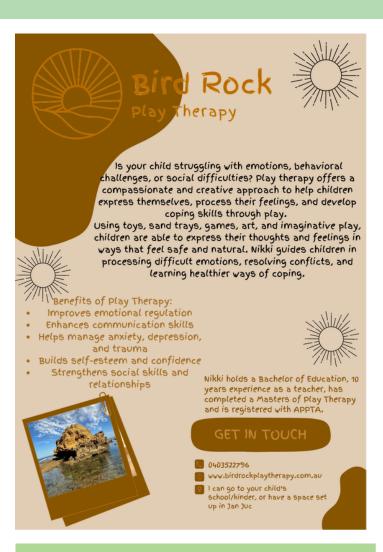
Baking Buddies (primary-school age)

Term 1, 2025

Aquatic Occupational Therapy (all ages) Lego (5-10yrs) **Teens and Tweens Connect** (9-15yrs) Surf (8yrs+) Little Sports/ Circus (6-12yrs) Little Flyers (playgroup) (2-5yrs) **Fun with Food** (5-8yrs) **Super Scientists** (8-12yrs) Fun with Food Jnr (2-5yrs)

All groups are planned and facilitated by our therapists and happen at our clinic in Torquay and in the community

www.flyingstartchildrenstherapy.com.au/groups-and-programs



The School Holiday Juggle is Real!

Can't get a spot in the holiday program?

Our Nannies can help with in home care these holidays

Book a nanny now and enjoy peace of mind knowing your kids are in safe, caring hands. We have a wonderful team of experienced nannies ready to care for your children.







Presented by Anglesea Motor Yacht Club and supported by the local community.

FRIDAY 2024

8KM ROO RUN 4KM ROO RUN 1.6KM GROMMET GALLOP (U 12) RUN + SWIM (8km Roo Run + Rock2Ramp)

4KM Surf Coast Community Cup Family of 4 (combined times)



REGISTER NOW AT WWW.ROORUN.COM.AU

Scan QR Code for race details and entry link

THINK PSYCHOLOGISTS

READY, SET, HIGH SCHOOL!

Monday 13th January - Thursday 16th January 9:00am - 12:30pm

Program Overview:

This 4-day intensive helps Year 6 students transition into high school by mimicking the structure of a secondary school timetable. Each day includes sessions focused on key readiness skills.



Session Topics Include:

Organizing belongings & uniform management Self-care, self-advocacy, & coping with nerves Making friends & conflict management Study skills & maintaining focus Navigating timetables & public transport



Key Features:

Tailored Support: tailored breakout sessions based on goals from parents, therapists, and students. Multidisciplinary Approach: specialised therapists provide individual and group support in their areas of expertise.



Save on Education Costs and Build Lifelong, Life Changing Savings Habits

Join us for an information session Every Wednesday 1pm = 1.15pm

To join please register via link below or scan QR Code

Saver Plus Zoom Information Session Registration Link

For further information email $\underline{=}$ $\underline{enquiriessp@bsl.org.au}$



To be eligible you need to meet these requirements:

Be 18 years or older

Have a current Health Care or Pensioner Concession Care

Be studying yourself, have a child in school or starting

School next year

Get regular income (can be you or your partner)*

Saver Plus supports people to develop life-long savings habits. It's delievered by the Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services. Learn more at www.saverplus.org.au

saverplus.org.au 1300 610 355





MAKE A SPLASH THIS SUMMER AT THE LIBRARY!

We've got your kids covered these school holidays!

Celebrate our 'Make a Splash' theme and check out the exciting range of events to keep kids of all ages entertained.

Sessions range from literacy, STEM, social connections and creative exploration

Scan the QR code for the full details of these events. Events will be listed on our website & available to book 2 weeks before each event.

All events are FREE. Scan the QR code for the complete list of our school holiday sessions for children at this library on our website, including any booking information.





All events are FREE unless otherwise specified.
Bookings essential.
Online www.grlc.vic.gov.au/events.
In person at any library, or phone.

www.grlc.vic.gov.au



JOIN THE HOLIDAY FUN AT

We've got your kids covered these summer school holidays!

Check out the exciting range of our "Make a Splash" themed sessions to keep children of all ages entertained.

Scan the QR code for the full details of these events. Events will be listed on our website and available to book 2 weeks before each event





www.grlc.vic.gov.au