



# BELLBRAE BULLETIN

## Acknowledgement of Country Bellbrae PS

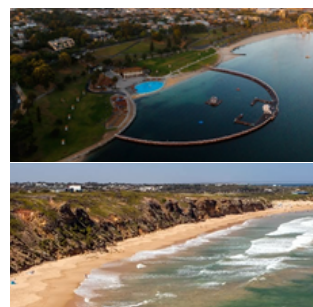


Our school sits in beautiful forest and coastal country, and is the traditional home of the Wadawurrung people. Today we acknowledge the care they have given to this land for thousands of years, and the care they continue to give. We always remember that our community learns and grows on Wadawurrung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

(No new words this newsletter)  
Please feel free to practice these again at home. The first word is Djilang this is the Wadawurrung word for Geelong. The second word is Jan jook, this is the Wadawurrung word for Jan Juc. This term at Bellbrae we will be learning new Wadawurrung words relating to our beautiful surroundings.



Last week we learnt the Wadawurrung words turt-barram and wurr-wurr. Turt-barram is the Wadawurrung word for star and wurr-wurr is the Wadawurrung word for cloud. This term we will be learning new Wadawurrung words relating to our beautiful surroundings. Please practise these new words at home.

## THIS WEEK FROM THE PRINCIPAL

**Assembly** – As we have an earlier finish next Friday, we will be having a short Assembly on Thursday afternoon starting at 3pm. This will give us an opportunity to acknowledge students who are receiving ‘Well Done’ awards, and also enable us to celebrate students who have birthdays.

**Thank you** – Once again we had a fantastic group of parents who contributed to the running of our Father’s Day Stall last week. Thank you to all the volunteers, and also to those parents who regularly help with BBQs, assist in the canteen, work in the garden, help in the classroom, do First Aid Room laundry, attend assemblies, camps and excursions, and help sort out lost property and second hand uniforms. We really appreciate all your support and assistance.

**Swimming Program** – A big thanks to Mr Semianiw for his coordination of our annual Swimming Program, which is currently happening for all F-Grade 4 students. (Our Senior students participate in the beach-based ‘Aquatic Survivor Program at a different time of year.) There is a massive amount of organisation required, including changes to the time tables and yard duties, hiring of pools and instructors, working with bus companies, communication with parents, structuring of groups, and a host of daily logistics that seem to emerge without warning.

**School Council** – On Monday night the School Council held their 2nd meeting for the term. Items of discussion included staff planning for next year, the proposed 2024 Annual Implementation Plan, student assessment measures, fundraising activities, and reports from the various sub-committees. We also committed to increasing our solar power infrastructure, implementing broader recycling and sustainability initiatives, as well as ensuring there is an ongoing emphasis on intercultural understanding and representation across the school.

**Traffic Safety** – Unfortunately we are still witnessing a number of speeding drivers on School Road, as well as a number of parents who are not following the parking restrictions. In the interest of safety for all students, staff and parents, please do the right thing and obey the traffic rules that are in place in school zones.

**Last Day of Term** – As next Friday marks the end of the term, students will be dismissed at 2.30pm. Before and After School Care will be available, and busses will operate as usual but will run an hour earlier in the afternoon. With regards to bus travel, it has been brought to our attention that we have a large number of students who have not been ‘tapping on or off’ with their Myki cards. Please ensure your child has a card with sufficient funds if they travel on the bus.

**Enjoy the upcoming weekend, and as this is the last newsletter of the term, we hope you have a wonderful and safe holiday.**

Adrian

## IMPORTANT DATES & INFO

Fri 8th September

Grade 5 Science Excursion – Surf Coast Secondary College

4th – 15th Sept

Foundation – Grade 4 Swimming Program

Mon 11th September

Whole School Sausage Sizzle

Friday 15th September

Last Day Of Term – 2:30pm Dismissal

Monday 2nd October

First Day Of Term 4

Friday 13th October

Pupil Free – Common Professional Practice day

Friday 27th October

Warri Stadium, Bellbrae Primary School Opening Ceremony (2:30-3:30pm)

Monday 6th November

Pupil Free – Curriculum Day

Tuesday 7th November

Melbourne Cup Public Holiday – Pupil Free Day

Wednesday 20th December

End Of Term 4 – 1:30pm Dismissal

Mon 29th & Tues 30th January 2024

Pupil Free Days – Staff will be onsite

Wednesday 31st January 2024

Term 1 begins for our students from Grade 1 through to 6 with Foundation joining us for their first day on Thursday.

Thursday 1st February 2024

Term 1 begins for our Foundation students of 2024

**2023  
CAMP DATES**

**GRADE 4 URBAN  
CAMP  
18TH – 20TH OCT**



5261 2660



## BIRTHDAYS

There was lots of excitement last week as the Grade Three's set off for Camp Wyuna in Queenscliff. The weather was perfect, and the students did such a fantastic job at representing Bellbrae Primary School.

On our arrival, all students were welcomed by Camp Wyuna staff and got settled into their cabins. After that, students enjoyed their lunch and had some time to explore the camp before dividing into their activity groups. Students spent a lot of time throughout the day in these groups and worked on their team building skills. We got to experience lots of new and exciting activities which included, canoeing on Swan Bay, making our own pizza and cooking them in an outdoor oven, archery, team building activities, beach activities, roasting marshmallows around the camp fire, visiting the Marine Discovery Centre, playing table tennis and pool, getting snuggly in our PJ's and watching a movie together, and the highlight for most students was playing and learning all about the game of Gaga.

Another highlight was our visit to the historic Fort Queenscliff. After a short walk along the beach from Camp Wyuna, we were taken on a tour of the Fort and got to learn how it was used by the soldiers, and how they kept Port Phillip Bay safe in times of war.

We were all very well fed and looked after at Camp Wyuna. The incredible staff made sure our stay was comfortable and really took care of us. We can't thank them enough for providing such fun activities for all the students.

The Grade Three Team would like to say a huge thank you to Nic Synot, Andrea Thompson, Isela Bridges and Leigh Bridges for volunteering their time and joining us on camp.

The highlight for the teachers was getting to see all the students challenge themselves, overcome fears, develop new friendships and have so much fun!

The Grade Three Team.

**8TH SEPTEMBER**  
**MICHA ANDERSON**

**10TH SEPTEMBER**  
**JESS BRACKIN**

**13TH SEPTEMBER**  
**THOMAS EQUID**

**15TH SEPTEMBER**  
**SUMMER HOLLANDS**

**14TH SEPTEMBER**  
**POPPY GORMAN**  
**ARLO AQUILINA**  
**MURPHY WINKLER**  
**QUIN BLIZZARD**

**18TH SEPTEMBER**  
**ARLIE COLE**

**19TH SEPTEMBER**  
**CLOVER BUCKLEY**  
**VINNIE SERAIOTTO**

**22ND SEPTEMBER**  
**EVERLY BACKHOUSE**  
**MAJKA BRODECKY**

**23RD SEPTEMBER**  
**MAGGIE WILLIAMS**  
**OTIS CASSAR**

**24TH SEPTEMBER**  
**EUAN SYTEMA**

**25TH SEPTEMBER**  
**JUNIPER STEELE**  
**ANOUSH HAZLE**

**26TH SEPTEMBER**  
**ASHTON EMAN DELANDRE**  
**TAHLIA YOUNG**

**28TH SEPTEMBER**  
**EDEN INGRAM**

**1ST OCTOBER**  
**DAISY BEHMANN**  
**MILE TREWIN**

**3RD OCTOBER**  
**HEIDI HAYTON**  
**MAEVE HICKS**  
**JAMER BAKER**

**4TH OCTOBER**  
**JAMES MUMMERY**  
**REUBEN MACDONALD**  
**BEA BEA MACDONALD**





# TREE PLANTING WITH 6A

On Friday the 25th of August 25 students from 6A and Bellbrae's Environmental CORE Leaders joined Torquay Landcare and Surf Coast Shire representatives for a day of positive environmental action. Our goal was to plant a variety of indigenous plants to contribute to a Surf Coast Shire revegetation site with aims to increase biodiversity, create habitat and engage our kids in conservation activities in their local environment. It was a beautiful day and the clouds parted as we surveyed the site beside Modeware Lake. After some context, instructions and acknowledgement of country everyone was eager to get into the work and the enthusiasm of everyone involved was a true joy to be a part of. The chatter (and songs) of the Bellbrae kids as they busily planted over 400 plants was wonderful to hear.

Some memorable quotes which drifted through a late winters sunny morning breeze. "this is the best", "I've planted 15, how many have you planted", "Mr Hurrell can we do more days like this?", "Everyone should be doing this".

After we finished, everyone walked back a bit worn out, smiles on their faces and a renewed connection to the great earth which sustains us all. Next up was the smell of a barbecue lunch generously provided by the Rotary Club of Torquay. I looked around at everyone sitting in sun with a vegie burger or sausage in hand, contented smiles on faces for all that had been achieved.

Thanks for a day like this reminds me of the wisdom in the old adage "it takes a community". And so, a big thankyou to everyone who gave their time, resources and enthusiasm to give Bellbrae Students such a great experience; The amazing Lesley and the team from Torquay Landcare, Gabrielle (SCS) for organising the plants and guards and Aiden for preparing the holes. The Torquay Rotary team (Rhonda, Bruce, Greg, Gail and Robyn) who always come with a smile and enjoy a chat. Bunnings for supplying all the gloves. Jill for your guidance and support to all involved.

Damien Schmidt and the legendary bus driver who eagerly encouraged our loud sing alongs on the journey home.

The day was part of a successful grant application by Torquay Landcare provided through the Victorian Government Authority via the 2022 Victorian Landcare Grants through the Corangamite Catchment Management Authority.

Lachlan Hurrell





# SNOW SPORTS

2023 Interschool Snow Sports Recap  
Written by Ned Murray

Last week the Victorian Snow Interschool Sports were held at Mt Buller. 23 Bellbrae students competed and represented our school. Bellbrae competed against over 220 schools from around Victoria.

On the Monday night there was an opening ceremony with fireworks and each school was introduced. We were by far the loudest and most enthusiastic school! The conditions weren't too great for the first couple of days but all skiing and boarding events were held and our students dominated.

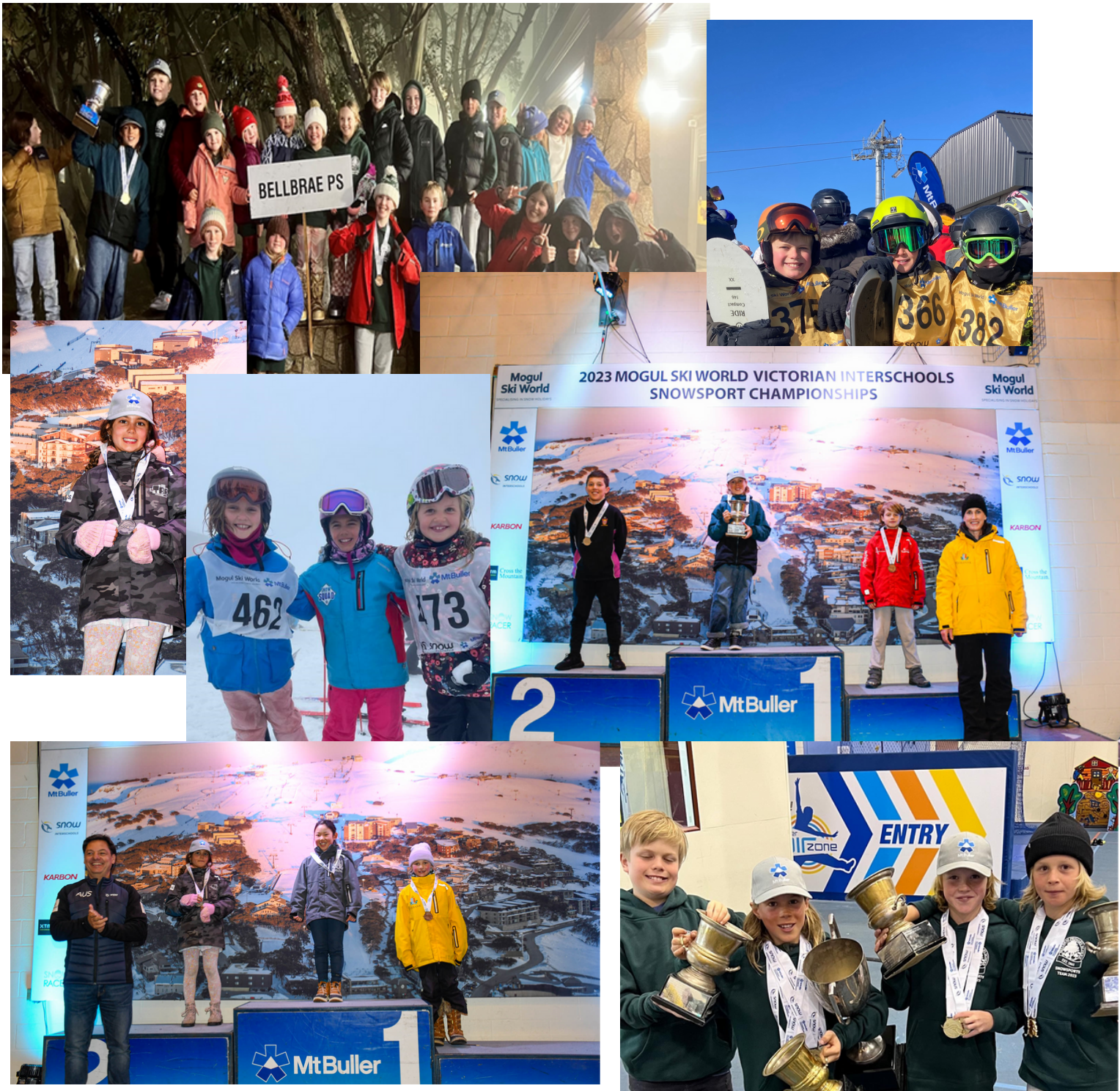
We would like to thank Mr Semianiw and Myo Fallshaw for making this happen and to all the parents of these students for taking them up the mountain. Everyone did a really great job and some people were lucky enough to make it to Nationals, scheduled for next week from now, but this is sadly not happening now because of a lack of snow.

Bellbrae finished 7th overall in the co-ed Primary School Division.

There are some special mentions of students that brought home medals and cups finishing on the podiums. Well done to Jala Fallshaw for coming 3rd in Alpine GS, Loxy Pec for also coming 3rd in Alpine GS, Lenny Perry, Max Murray for coming first as a team in Snowboard GS and Boarder Cross with their teammate Harlem Pec.

A huge congrats to Harlem who won all of his five races across skiing and boarding. As well as being awarded the Mt Buller cup for most outstanding achievement in snow sports! We are super proud of you Harlem.

Well done everyone, it's a shame we can't dominate the Nationals this year - but let's keep up the momentum for 2024!

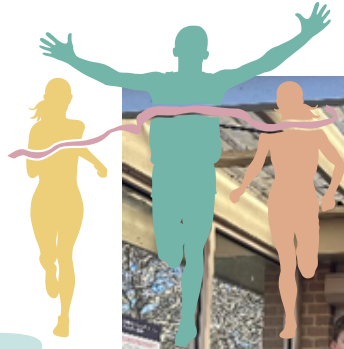




# BELLARINE ATHLETICS CHAMPIONSHIPS

On Tuesday we had 16 students compete in the Bellarine Athletics Championships at Landy Field. It was great to see our students compete at such a high level and in such a wide range of events. The weather was challenging with several showers of rain. We are yet to receive the official results, however a very high number of our team finished in the top 2 of their event and will compete in the State Championships.

We look forward to celebrating our team at the next assembly.



## JUMP ROPE FOR HEART



ABOVE ARE OUR TOP TWO FUNDRAISERS FOR THE PROGRAM. LILKA SCHOKMAN WHO HAS RAISED \$423.32 AND NEVE BIRD WHO HAS RAISED \$364.02. WE THANK THESE GIRLS AND EVERYONE ELSE WHO HAS DONATED FOR THEIR AMAZING EFFORT DURING THIS TERM!

**We're skipping through the term!**

With the Jump Rope for Heart program into its 9<sup>th</sup> week, we would like to give you a short update.

Bellbrae has raised a total of **\$8,046** so far!

This is a fantastic effort and we can't thank you enough for contributing to such a great cause.


You are still able to register and donate. Please follow the link below:

[Register your child online](https://www.iumprope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.

[www.iumprope.org.au/parents](https://www.iumprope.org.au/parents)

We have had 88 students register with Bellbrae and 55 students who have donated. We will be celebrating these students at a future assembly when the program ends. Students who have donated a certain amount will receive their prizes in the coming weeks after the program once Jump Rope for Heart finalises our donations.

Thank you for supporting our Jump Rope for Heart journey!





# GRADE 4 SWIMMING - SHORT STORIES

O"All Year 4's, please line up out the front of your classrooms ready for swimming", Mr O'Donnell calls over the loudspeaker. We all hop on the bus, pumped for our first day of swimming. We arrive at the Geelong Aquatic centre and sort out our groups before hopping into the pool, ready for day 1 to begin.

We all do lots of streamline practise and do every stroke in my group, others are using kickboards and some are diving for toys. Day 2 comes around and the announcement comes over the loudspeaker again. We all hop on the bus ready for the next instalment. All the groups have changed but everyone is still pumped. We finish the day and we all head home, going crazy on the bus ready for the next mysterious day....

Oscar 4A

SLISH! SLOSH! My arms soared through the crystal-clear water as I saw the triangle flags up above me. I knew that I only had 7 strokes before I hit the baby blue wall. Then my instructor taught me and the others in my group how to dive.

Thankfully it was only off my knees! I put all my effort into that dive...I ended up belly flopping!

We had to swim freestyle back. I thought two thoughts. One was I finally got to hop out of the pool off a solid hour of swimming, and the other, why can't I do this more!

I hop onto the small mini-bus and say goodbye to the Geelong Aquatic Centre. When I hopped off the bus, the lunch bell was going to go off in like, two minutes!

Henry 4A

"Can all grade fours go and get their swimming bags".

That was called over the loud speaker at 11:30 (during snack play). We were about to do our first day of school swimming. I was a little nervous, but I knew that two weeks of swimming was NOT going to kill me!

I got off the bus and started to walk towards the building. As I walked into the building, I smelt the odour of the chlorine and I heard the loud chatting of all the Year 4's finding their groups.

I jumped into the swimming pool and that's when I realised that swimming at school was FUN! I started swimming....

Frankie 4A

I was walking to the bus, carrying a heavy plastic bag full of swimming stuff. I hopped onto my seat. The bus started to move and I felt sick but I wasn't going to let that stop me from swimming. We made our way inside the centre, and lined up ready to go start swimming. I was in Group 2. Most people swam upstairs but I swam downstairs. I hopped into the pool. I could feel the spongy floor touching my feet. The water was so warm! The pools were even better than I remembered. The games were so fun. My favourite was diving into the pool. Then we did all the swimming. My favourite stroke is always freestyle.

When we left the pool it was freezing, but I didn't care. I was just excited for tomorrow.

Fletcher 4A





*Warri Stadium, Bellbrae Primary School Opening  
Ceremony*

*When ~ Friday 27 October*

*Where ~ Bellbrae Primary School - Warri Stadium*

*Time ~ 2:30-3:30 PM*

*Families and Friends of Bellbrae are all welcome*

*Welcome to Country,  
Smoking Ceremony by Wadaawurrung,  
and Indigenous Song and Student Presentations*



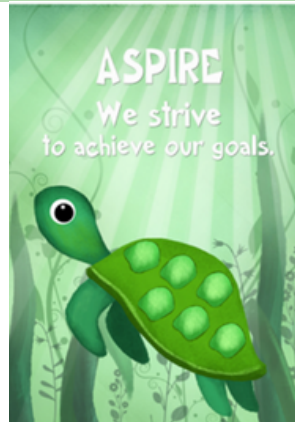
# VALUES AWARDS



## Wide Positive Behaviour Weekly Update

Our whole school focus next week will be showing our school value of Resilience - We accept others choices. All classes will engage in teaching and learning activities that explore:

- We appreciate our differences.
- We are free to make our own choices and others are free to make their own choices as well.
- We respect others, even if we disagree with them.



## Wide Positive Behaviour Weekly Update

Week 10 will be an opportunity for classes to review and reflect on our previous learning that has been linked to our school values, including the opportunity to celebrate our learning successes.

Linkin Jones	FA	ASPIRE	For always including others and looking after your friends.
Carter Ramsey	FA	RESPONSIBILITY	For being thoughtful and helpful towards your friends.
Ash Murphy	FB	ASPIRE	For always being a helpful classmate and a fantastic 'rubbish ranger' last week. Amazing as always Ash!
Everly Backhouse	FB	RESPECT	For always being thoughtful and considerate towards others in and outside the classroom. You're a star, well done Everly!
Yumi Mullen - Walsh	FC	RESILIENCE	For building her resilience when something doesn't go to plan. I'm so proud of you, Yumi!
Ted Betts	FC	RESPONSIBILITY	For showing great listening and participation in the Swimming Program. Well done Ted!
Rory Sloman	FD	ASPIRE	For always leading by example and demonstrating role model behaviour. Great job Rory!
Clover Buckley	FD	ASPIRE	For always aspiring to do your best in every task. Well done Clover!
Sailor Joy Knapton	1A	RESPONSIBILITY	For being a responsible classroom helper each day, and for being a role model during partner reading.
Milo Baker	1A	ASPIRE	For aspiring to do your personal best in Writing and for contributing your ideas during class discussions.
Isabelle Burbidge	1B	RESPONSIBILITY	For making a great effort to organise and take care of her belongings in the classroom.
Ivy Turnock	1B	ASPIRE	For being so enthusiastic with her reading. You are making such a great effort, Ivy. Well done!
Winter Barry	1C	RESPECT	For showing kindness to others in their times of need.
Maelyse Goy	1C	RESILIENCE	For being a consistently motivated and eager learner in 1C.
Gigi Bullen	2A	ASPIRE	For aspiring to produce her best work in writing by using persuasive techniques to improve her arguments. Well done, Gigi!
Micha Anderson	2A	RESPECT	For always showing great respect to peers and teachers and being a kind and positive presence in 2A. Well done, Michah!
Lottie Hebbard	2B	RESPONSIBILITY	For always striving to set good examples for others and always bringing a positive attitude to each day!
Poppy Long	2B	ASPIRE	For displaying a fantastic level of enthusiasm and effort in all learning environments at school.
Brooklyn Samuel	2C	ASPIRE	For his fantastic effort and enthusiasm towards persuasive writing this week. Well done, Brooklyn!
Harla Perry	2C	ASPIRE	Well done for always displaying such a positive attitude towards your learning Harla!

# VALUES AWARDS



Violet Gitting	3A	ASPIRE	Violet I am so proud of you for aspiring to do your very best on Grade 3 Camp! You gave everything a go and did it all with a smile on your face. Well done.
Harrison Burbidge	3A	ASPIRE	Harrison, well done for your commitment and positive attitude whilst you were on Grade 3 Camp
Daisy Behmann	3B	RESILIENCE	For the amazing resilience you have demonstrated when faced with challenges. You should be so proud of yourself, Daisy! :)
River Isaac	4A	ASPIRE	He is giving everything a go and is learning from the feedback.
Koda Bird	4A	RESPECT	She is always focused on her learning, follows instructions, helps others if in need and keeps her workbooks neat and tidy.
Harriet Beck	4C	ASPIRE	Beginning to show some fantastic leadership qualities in class and around the school. Great job Harriet!
Coen Bones	4C	RESPONSIBILITY	Consistently and independently being on task, no matter what activity we are doing. Great job Coen!
Hugo Henderson	5A	ASPIRE	For aspiring to achieve his absolute best in our recent maths unit. Keep up the great work, Hugo!
Imogen Wyllie	5A	RESPONSIBILITY	For her organisation and positive leadership as our class captain this week. Great work, Immy!
Elsie Eccles	5B	RESILIENCE	For always listening to, and encouraging the different ideas and opinions of others when working in a group or a team.
Phoebe Crawford	5B	RESPONSIBILITY	For demonstrating school pride in the classroom and the Grade 5 learning space.
Dorian Wakefield	5C	RESILIENCE	For having a growth mindset when faced with challenging tasks.
Kalani Dale	5C	ASPIRE	For always being organised with belongings and time management.
Ben Beck	6A	ASPIRE	For the engagement input you put into our classroom discussions.
Rex Kadera	6A	RESPONSIBILITY	For the focus and effort you are putting into your work. You take ownership of what needs to be done and push yourself to do your best





# Mindfulness is like gym for the mind



Recently the School Council was successful in securing a funded place in the Smiling Mind Primary School Program for Bellbrae Primary School. It is an evidence-based approach supporting the mental health and wellbeing of children from 5-12 years old in the classroom, school, and home environment. A representative from each year level (Student Wellbeing Team) recently completed the training to deliver this program. It will be trialled at different levels and stages. As a school we have access to this program for 12 months. As part of this package, there are a wealth of resources for parents to implement Smiling Mind at home. Resources can be found at [www.smilingmind.com.au/at-home](http://www.smilingmind.com.au/at-home). This includes a downloadable family toolkit.



## PARENT EDUCATION EVENTS

GEELONG and BARWON  
SOUTHWEST REGION



### TERM 4, 2023

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.

#### FEATURE FORUM

##### BUILDING RESILIENCE THROUGH INDEPENDENCE

Thursday 16 November  
7.30pm – 9.00pm  
Surf Coast Shire Council,  
1 Merrijig Drive, Torquay



Scan the QR code or visit [Eventbrite](#) for tickets.

##### Presented by Andy McNeilly

Many of our children are struggling with worry and anxiety.

They may face social and online challenges and can often feel stuck. As parents, we can find this difficult to help our children, as they confront issues so different to the ones we faced at a similar age.

We want to help our adolescents to build their resilience, so when they encounter new challenges, they can tackle them with more confidence. This workshop is designed to help parents teach their children to be more resilient while building their independence. It will give parents simple and practical ideas to help their children, while developing strong, loving, and connected relationships.

#### 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 children;
- promote positive interactions between parents and their child/ren;
- encourage the development of a child's positive self-identity.

#### 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 children.

#### 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

##### The First 1000 Days

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.



### Parent Education Events

Term 4, 2023

#### 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 adolescent.

- Finding meaningful ways to stay connected with you 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 attitudes;
- Develop skills to identify and manage their stress associated with parenting.

#### 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.

#### 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.

#### 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.

#### FLOURISHING FAMILIES

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.

#### BUBS TO TOTS

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

#### NO MORE SCAREDY CATS

##### Reducing Anxiety and Building Resilience in Children

A 4-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 "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

#### TUNING IN TO TEENS

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

#### LIVING WITH TEENS

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

The program aims to cover:

- what parents need to be able to meet teen's needs;
- 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.

#### 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.

#### POSITIVE PARENTING PROGRAM

Available online via the Triple P website

[www.triplep-parenting.net.au/vic-uken/triple-p/](http://www.triplep-parenting.net.au/vic-uken/triple-p/)

#### STRENGTHENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-week 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





Term 4, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Meli 222 Malop Street, Geelong, VIC 3220	Thursdays 19 Oct – 23 Nov	10.30am - 12.30pm	 Meli, the new name for BCYF and Bethany <a href="http://www.bcyf.org.au">www.bcyf.org.au</a> Ph: 5226 8900 
Circle of Security	Meli 222 Malop Street, Geelong, VIC 3220	Tuesday 17 Oct – 21 Nov	9.30am - 11.30am	
Strengthening Family Connections	Torquay College 45-55 Grossman's Rd Torquay VIC 3228	Wednesday 11 Oct – 29 Nov	2.00pm - 5.00pm	
Bringing Up Great Kids – Parenting Adolescents	Bannockburn Cultural Centre – Barwon Room, 27 High St, Bannockburn VIC 3331	Tuesday 17 Oct – 21 Nov	5.30pm – 7.30pm	
Tuning in to Teens	Kurrambee Myaring Community Centre, 12 Merrijig Drive, Torquay VIC 3228	Thursdays 19 Oct – 23 Nov	12.30pm - 2.30pm	
<b>To express your interest for the following programs please contact MELI</b>				
Baby College	Bumps to Bubs	Bubs to Tots		
Circle of Security	Children's Services Centre 550-600 Raglan Pde, Warrnambool	Wednesdays 26 July – 30 Aug	6.30pm – 8.00pm	 CatholicCare Victoria – Warrnambool <a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a> Ph: 4344 4588 E: <a href="mailto:helen.diamond@catholiccarevic.org.au">helen.diamond@catholiccarevic.org.au</a>
Circle of Security	Moyne Shire - Location TBC	Thursdays 12 Oct – 16 Nov	5.00pm – 7.00pm	
Tuning in to Teens	City of Warrnambool & Headspace	Thursdays 23 Nov – 7 Dec	Time TBA	
Living with Teens	Online via Zoom	Thursdays 23 Nov – 7 Dec	Time TBA	



## Parent Education Events

Term 4, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Teens	Online via Zoom	Thursdays 12 Oct – 16 Nov	7.00pm - 9.00pm	 Regional Parenting Service <a href="http://www.geelongaustralia.com.au/parenting">www.geelongaustralia.com.au/parenting</a> Ph: 5272 4741 
Tuning in to Kids	Online via Zoom	Wednesdays 25 Oct – 6 Dec	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Mondays 9 Oct – 4 Dec	7.00pm - 9.00pm	
Bringing up Great Kids - Adolescents	Kurrambee Myaring Community Centre, 12 Merrijig Drive Torquay VIC 3228	Tuesdays 14 Nov – 19 Dec	7.00pm - 9.00pm	
Bringing Up Great Kids	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Thursdays 19 Oct – 23 Nov	7.00pm - 9.00pm	
<b>To express your interest for the following programs please scan the QR code</b>				
The Dad Workshop	Stepping Stones	Flourishing Families		
BUGK First 1000 Days	No More Scaredy Cats			
Our Kids – Parenting after Separation	Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 10 Oct – 21 Nov Thursdays 12 Oct – 16 Nov	6.00pm – 8.00pm	 Family Relationship Centre <a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a> 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 <a href="http://ds.org.au/events/">ds.org.au/events/</a>



**e Smart Update 8 (2023)**

### **STAYSMARTONLINE**

#### **These tips will help you stay safe online**

1. **Explore together** — ask your mum, dad, carer or a trusted adult to play new games or apps with you at first.
2. **Stay close by** — when you use a phone, tablet or computer by yourself, make sure your mum, dad or carer is nearby so you can get help if you need it.  
Bonus tip — don't use your device alone in your bedroom.
3. **Ask before you download, install or buy anything** — check with your mum, dad or carer first.
4. **Keep your personal information private** — don't give out your address, which school you go to, phone number or passwords. Find out more.
5. **Check your privacy settings and talk about what to share** — make your online accounts private and talk to your mum, dad or carer about the kinds of photos and information it is OK for you to share online. Find out more in the eSafety Guide.
6. **Cyberbullying** — if you receive a mean message, or a message that is mean about someone else, try not to respond and don't forward it. Tell an adult you trust about it and read our tips on what to do.
7. **If you see something online you don't like** — show your mum, dad, carer or a trusted adult immediately. Find out more.
8. **If someone you don't know sends you a message or you receive a message that makes you feel uncomfortable or unsafe** — tell your mum, dad, carer or an adult you trust straight away. Find out more.
9. **Only 'friend' or add people you know in real life** — remember that not everyone online is who they say they are, so don't accept friend requests or followers you don't know.
10. **Don't meet up with online friends** — It is best to keep 'online friends' online, so if you do chat to other kids in online games don't meet up with them in person.

For more information, please visit;

<https://esafety.gov.au>

Mr O'Donnell  
Year 4 & eSmart Coordinator

#### **Being safe online**







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.





# LUNCH ORDERS



**\*Please note - Sushi will not be available to order in the first week of term 4\***

## 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

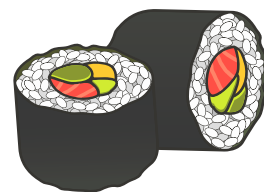
CompassPay  
Payment Confirmation

## 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.

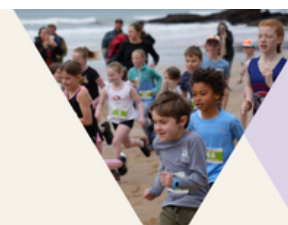
Your support of our local independently owned IGA in turn means support for our school!

## Meli Kids Run

AT THE SURF COAST CENTURY

**Sunday 17 September**  
Anglesea Main Beach

- 2.5km course - on the beach and paths
- For kids aged up to 12yrs
- \$10 entry, includes finisher ribbon, race plate and fruit at the finish
- Plus spot prizes, food and coffee available on the day



supporting



**Meli** [meli.org.au/surf-coast-century-fundraiser](http://meli.org.au/surf-coast-century-fundraiser)



## 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@singitnowgeelong.com.au](mailto:sing@singitnowgeelong.com.au))

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



## JOIN US

FUN - FITNESS - ENJOYMENT

### TRIAL DAY

Saturday 16 Sept

9.30am - 12pm

LANDY FIELD

Register at [lavic.com.au](http://lavic.com.au)

(choose **Geelong** centre)



Giving kids aged 5 - 17 the opportunity to compete in a range of athletic events each week.

October 2023 - March 2024

Every Saturday at Landy Field - 8.15am - 12pm

Register online at [www.lavic.com.au](http://www.lavic.com.au)

For more information visit [www.geelonglac.com.au](http://www.geelonglac.com.au)  
or email [grovedalelittleleaths@outlook.com](mailto:grovedalelittleleaths@outlook.com)

BECOME A  
SHARK THIS  
SUMMER!

## JUNIOR REGISTRATIONS

**NOW OPEN**

**U17s (boys), U15s (girls / boys),  
U13s (boys), U12s (girls), U11s (mixed)**

- PLAY CRICKET IN A FUN ENVIRONMENT!
- JOIN WITH A FRIEND!
- \$90 JOIN UP!
- NEW U12s GIRLS TEAM OFFERED THIS SEASON CATERING TO 8-12YO's!
  - NO EXPERIENCE NECESSARY
  - CLUB EQUIPMENT AND KIT AVAILABLE
  - GIRLS PLAY SUNDAY MORNINGS
- SIGN UP VIA THE JJCC PLAYHQ REGISTRATION PORTAL
- ENQUIRIES TO [juniors@janjucsharks.cricket](mailto:juniors@janjucsharks.cricket)



## Your Health Link National Photographic Competition HEALTHY LIFE HEALTHY YOU

FREE  
TO  
ENTER



Mid North Coast  
Local Health District

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

Primary and high school students are encouraged to grab their trusty camera or mobile phones/tablets to capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with prizes that support healthy canteen programs.

Competition closes  
8 October 2023



Competition Partners



## COERVER<sup>®</sup> COACHING SOCCER SCHOOL

### TERM 3 - REGISTRATIONS OPEN

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

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







**LIMITED SPOTS AVAILABLE, BOOK NOW!**

**DATES:** Tuesday 19 September  
 Wednesday 20 September  
 Thursday 21 September (Skate Day)  
 Tuesday 26 September  
 Wednesday 27 September  
 Thursday 28 September

**TIME:** 9am - 4pm

**WHERE:** Anglesea Discovery Camp  
 (1535 Great Ocean Rd, Anglesea)

**AGES:** 6 - 14 years

**COST:** \$75 per person per day

Remember to bring lunch, snacks, hat,  
 drink bottle, spare clothes.



Scan to book!



**The September School Holidays are just around the corner!**

Give your kids an unforgettable experience with our Spring School Holiday Program.

Don't miss out on days filled with adventure and exciting activities like skateboarding, archery, high ropes, and more!

**For more information call:**  
 03 5263 1512

\*T&C Apply.

## MELI

### TUNING IN TO TEENS



**Tuning in to Teens is a six week supportive program for parents of adolescents aged 10 years to 18 years.**

#### PROGRAM DETAILS

**LOCATION** Kurrabee Myaring Community Centre, 12 Merrijig Drive, Torquay

**DATES** 19 Oct - 23 Nov 2023

**DAY/TIME** Thursdays 12.30pm - 2.30pm

**COST** FREE

The program aims to:

- Support parents to connect and communicate with their teen.
- Assist parents with understanding adolescent development.
- Help parents to assist their teen to develop emotional intelligence.

Scan QR code to register your interest →



[meli.org.au](http://meli.org.au) | [meli.community](https://www.facebook.com/meli.community) | [meli.community](https://www.instagram.com/meli.community) | [groups@meli.org.au](mailto:groups@meli.org.au)



## Physiotherapy for Children

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



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



## GEELONG, BELLARINE & SURF COAST

### EARLY CHILDHOOD

#### CAREERS & WORKFORCE EXPO

Starting a career in Early Childhood Education is easier than you may think!

Free or low-cost courses flexibly delivered, with early career supports to start you off on an exciting career.

Come along to the Geelong Early Childhood Career and Workforce Expo

For further information:  
[earlychildhood.improvement.barwon@education.vic.gov.au](mailto:earlychildhood.improvement.barwon@education.vic.gov.au)

**THURSDAY 31 AUGUST 2023**  
 2:00PM - 4:00 PM

**GMHA STADIUM - 370 MOORABOOL ST, SOUTH GEELONG**



**REGISTRATION NOT REQUIRED BUT PREFERRED**





## Pathways for Carers program

Come and listen to a range of guest speakers who will speak to carers about the incredible Pathways for Carers program. There will be light morning tea provided too.

RSVP is recommended via email.

**WHEN**  
**WHERE**  
**RSVP**

**Date:** 7th September  
**Time:** 10.30am-12pm  
**Torquay Community House**  
14 Price St, Torquay VIC 3228  
[administration@torquaycommunityhouse.org.au](mailto:administration@torquaycommunityhouse.org.au)

### QUESTIONS?

To learn more, including how to be part of setting up a walk in your local neighbourhood within Victoria, contact the NHVic Carers Project Coordinator: [michelle@nhvic.org.au](mailto:michelle@nhvic.org.au)

**FIND A WALK NEAR YOU!**  
Visit: [pathwaysforcarers.com.au](http://pathwaysforcarers.com.au)



• @pathwaysforcarersvic  
• @pathways\_for\_carers\_vic  
• @pathways-for-carers-victoria



## FAST FEET TORQUAY

### SPEED & AGILITY TRAINING

AGES 6-12  
SUITABLE FOR ALL ABILITIES

#### IMPROVE

- ✓ FOOTWORK
- ✓ REACTION SPEED
- ✓ COORDINATION
- ✓ AGILITY
- ✓ SPEED
- ✓ SELF-CONFIDENCE

INDIVIDUAL SKILLS      PROFESSIONAL COACHES      IMPROVE SPORTS PERFORMANCE

**BOOK ONLINE NOW**  
[FASTFEET.COM.AU](http://FASTFEET.COM.AU)

## SURF COAST LITTLE ATHLETICS

# LITTLE ATHS!

A fun, inclusive program where kids experience track and field events like the Olympians! Personal Bests and fun memories last forever!

**HAVE FUN with your mates**  
**16 COMP DAYS \$180**

- 6 Oct — 22 Mar
- 5pm Friday Nights
- Polwarth Oval

**Little Athletics Summer Season is for you!**

[surfcoastlittleathletics.com](http://surfcoastlittleathletics.com)