



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.



THIS WEEK FROM THE PRINCIPAL

Welcome back to another school year at our wonderful school. We would especially like to welcome our new Prep students, as well as new staff and families who have joined us this year. We hope you have a long and enjoyable association with our fantastic school community.

The year certainly has started off filled with various activities, including our Senior Swimming Carnival, our first formal Assembly, the start of our 2024 'Make Your Move' campaign at the Bellbrae Reserve, construction on the new entrance and inclusive play space at the front of the school, the 'Buddy Program,' and our first sessions of 'Blue Earth.' Currently all students across the school are engaged in the 'Starting Right Program,' which sets up agreed expectations for the year and helps everyone transition into their new year levels. Every department is also holding Information Sessions for parents this week, so hopefully everyone will have a good understanding of what lies ahead, but please remember we are always here to assist you with any concerns or issues that might arise as the year progresses.

Student Leaders - At Bellbrae we take student voice and agency seriously, and the perspectives of students are presented through a range of forums, including leadership groups. Congratulations on the following students who hold leadership positions this year: Chloe T and Romeo B (School Captains), Phoebe C and Harmony M (Vice Captains); Zac D, Imogen W, Lottie W, Joel O, Zalia D, Howie M, Hugo H and Digby W (House Captains); Evie A, Seb C and Walter B (Junior School Council Office Bearers); Senn M, Ashlen S, Kalani D, Chase S, Beau S and Jenny B (Bus Captains); Indie S and Oliver B (Core Leaders); Ochre B, Acqua M and Ash H (Core Leaders). We look forward to working closely with all these students to ensure a positive and vibrant learning environment for everyone in our care.

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IMPORTANT DATES & INFO

1st March

Grade 6, Point Addis
Environment Day Excursion

4th March

Curriculum Day - Student
Free day

5th - 8th March

Grade 6 Camp - Grampians

11th March

Labour Day - Public Holiday

12th March

Division Swimming

March 13th

Naplan Begins

28th March

Last Day Of Term



5261 2660



BIRTHDAYS

Happy birthday to all our students who celebrated their birthday during the holidays!

15TH FEBRUARY
HARLOWE HARVEY

16TH FEBRUARY
MARCELINE SERAIOCCO

17TH FEBRUARY
ISLA O'BRIEN
INDI PHILLIPS

18TH FEBRUARY
OCEA JEAVONS

21ST FEBRUARY
BOWIE BIRD
ROCKY OTERO CLARK
CHARLOTTE SEIFFERT
ESTELLA CARBONELLI

23RD FEBRUARY
WILSON BARRACLOUGH

24TH FEBRUARY
NIXIE HEANE

26TH FEBRUARY
ISABEL TURNOCK

27TH FEBRUARY
NED STEELE - LANYON

28TH FEBRUARY
CARTER RAMSEY
OLIVE DILLON
GRACE TAYLOR



NAPLAN - The National Assessment Program - Literacy and Numeracy (NAPLAN) tests for Year 3, 5, 7 and 9 students will commence on Wednesday 13 March with Writing. Our Year 3 and 5 students will then work through the Reading (Thursday 14 March), Conventions of Language (Friday 15 March) and Numeracy (Monday 18 March) assessments. Information was forwarded to families of Year 3 and 5 students yesterday. If you are seeking additional information, please speak to the class teacher first. <https://www.nap.edu.au/docs/default-source/default-document-library/naplan-information-brochure-for-parents-and-carers.pdf>

Berry Street Education Model - On Monday 4 March we are having a Curriculum Day (student-free day) to commence the first of four professional learning days spread over 18 months on the Berry Street Education Model. The model enables schools to support students' self-regulation, relationships and wellbeing to increase student engagement and significantly improve academic achievement. The practices align with the wellbeing approaches at Bellbrae PS where we aim to develop the whole child through a focus on developing relationships, understanding self and others, following consistent pedagogical practices and leveraging student-voice to promote engagement and creativity. <https://www.berrystreet.org.au/learning-and-resources/berry-street-education-model>

Learning Referrals - At Bellbrae PS we pride ourselves on having a team of expert educators who cater for individual learning needs. However, there are times that students require additional assessments or learning supports to promote the achievement of desired learning outcomes. If you believe your child may require additional learning supports or assessments, please first discuss these with the teacher.

The teacher will then discuss options with the appropriate leader to determine the available options. Although we are often able to implement actions efficiently, referrals to external organisations may require some patience.

Have a fantastic weekend ahead and let's hope we have more settled weather conditions than the last few days!

Adrian



SCHOOL COUNCIL ELECTIONS 2024

School Council Elections 2024

School Councils play an important role in the governance, policy making, strategic planning, and establishment of the broader direction and vision for a school. School Councils consist of Department of Education and parent members, with the latter forming the majority. Members usually serve a two-year tenure after which they can be re-elected to serve a further term. At Bellbrae PS, we have two meetings a term, starting at 5pm. The meetings are on Monday evenings, usually in Week 3 and Week 8 of each term.

This year we have **four parent vacancies**. Parents can self-nominate, or be nominated by someone else. If there are more nominations than available positions, a ballot will be held. In this instance, each candidate will be invited to provide a statement outlining their profile, or any experience/skills they can bring to the role. Nomination forms are available from the front office.

The timeline for nominations and elections is outlined below:

- a) Notice of election and call for nominations
Monday 12 February 2024
- b) Closing date for nominations
Monday 19 February 2024
- c) Date by which the list of candidates and nominators will be posted
Wednesday 21 February 2024
- d) Date by which ballot papers will be prepared and distributed
On or before Monday 26 February 2024
- e) Close of ballot
Monday 4 March 2024
- f) Vote count
Wednesday 6 March
- g) Declaration of poll
Thursday 7 March
- h) Special council meeting to co-opt community members (the principal will preside)
Monday 18 March
- i) First council meeting to elect office bearers (the principal will preside)
Monday 18 March

Functions of a School Council

- establishing the broad direction and vision of the school with the school's community
- participating in the development and monitoring of the school strategic plan
- approving the annual budget and monitoring expenditure
- developing, reviewing and updating school policies
- raising funds for school-related purposes
- maintaining the school's grounds and buildings
- entering into contacts (such as for cleaning and construction)
- reporting annually to the school community and to the Department
- creating interest in the school in the wider community
- informing itself of and taking into account the views of the community
- regulating and facilitating the after-hours use of the school premises and grounds.

Note: all curriculum related affairs are the responsibility of the principal.

Code of conduct for School Councillors

School councils in Victoria are public entities as defined by the *Public Administration Act 2004*. School councillors must comply with the Code of Conduct for Directors of Victorian Public Entities issued by the Victorian Public Sector Commission. The Code of Conduct is based on the Victorian public sector values and requires councillors to:

- **act with honesty and integrity** – be truthful, open and clear about their motives and declare any real, potential or perceived conflict of interest and duty
- **act in good faith in the best interests of the school** – work cooperatively with other councillors and the school community, be reasonable, and make all decisions with the best interests of students foremost in their minds
- **act fairly and impartially** – consider all relevant facts of an issue before making a decision, seek to have a balanced view, never give special treatment to a person or group and never act from self-interest
- **use information appropriately** – respect confidentiality and use information for the purpose for which it was made available
- **exercise due care, diligence and skill** – accept responsibility for decisions and do what is best for the school
- **use the position appropriately** – not use the position as a councillor to gain an advantage
- **act in a financially responsible manner** – observe all the above principles when making financial decisions
- **comply with relevant legislation and policies** – know what legislation and policies are relevant for which decisions and obey the law
- **demonstrate leadership and stewardship** – set a good example, encourage a culture of accountability, manage risks effectively, exercise care and responsibility to keep the school strong and sustainable.



SCHOOL CAPTAINS REPORT

School Captain's Report

On Tuesday the 12th of February the School Captains went out for lunch at '9 Grams' in Torquay, with the Staff Leadership Team. We discussed some upcoming events, some ideas for the school and what we expect from the Bellbrae Community. It was a great opportunity for the school captains to interact with some of the teachers and tell them a bit more about ourselves. It was great fun and everyone had an awesome time. Thanks to Bellbrae's Leadership Team for making these things possible.



SWIMMING CARNIVAL

On Monday 5th of February the grade 3 to 6's came together for our annual swimming carnival. It was a fantastic day! It was wonderful to see all of our students participating and cheering on their peers. Well done!

Congratulations to the following students who have qualified for the next round we wish you all the best:

Olive Dillon, Lola Bullen, Hugo Henderson, Romeo Brissenden, Evie Alsop, Javis Essing, Laken Knite, Jack Steven, Lucy Denness, Harriet Beck, Digby Wills, Freya Hynes, Ivy Garrard, Acqua McCallum, Max Murray, Coco Clyne, Violet Gittings, Beau Cannavan, Alby Mee, Poppy Hamilton, Freddie Price, Grace Taylor, James Barraclough



SCHOOL PHOTOS

School Photos 2024 – Bellbrae Primary School

Annual school photos including sibling photos will be taken by Arthur Reed Photos on Monday 18th March 2024.

There is no need to return any forms or money to school.

Unique image codes will be issued to all students on/after photo day so families can register online to view images when they become available in the webshop.

Registration is simple, just follow the 3 simple steps on your child's personalised flyer once you receive it and remember to add the codes for all your children attending this school.

Even if you registered last year, it's important that you do again this year using your child's 2024 image code to link their images for the current year with your contact details.

When images are ready to view and in the webshop, all parents who have registered will be notified by SMS and email. Once registered, please wait for notification that 2024 images are online to view before making your purchase.

SCHOOL PHOTOS 2024 - Important Registration Information



School Photographs will be taken at

Bellbrae Primary School
Monday 18th March 2024

There is no need to return any forms or payment to school before photo day

Flyers with Unique Image Codes will be issued to all students on or after photo day

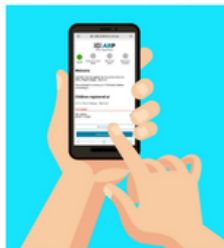
When you receive your child's 2024 image code

Follow these 3 simple steps -

1 Go to order.arphotos.com.au and enter your child's 2024 image code



2 Tap on 'Add another child' to enter the image codes of any siblings



3 Fill in your contact details & review before confirming your registration*



*This information will only be used for distribution of personal image codes and ordering details.

That's it!

It's important to register each year to link your child's NEW images to your contact details. When 2024 images are ready to view in our secure webshop you'll be notified by email and SMS

• Create photo packages with any layout & YOUR choice of images + Multiple Image Downloads
• Order on any mobile device • Share the images with family & friends for FREE

** Please wait to receive notifications that new images are online **BEFORE** ordering for 2024**



Arthur Reed Photos Pty. Ltd.
A.B.N. 48 528 494 590
(03) 5243 4390
customerservice@arphotos.com.au

SCHOOL WIDE POSITIVE BEHAVIOUR

School Wide Positive Behaviour Weekly Update

Our whole school focus in Week 4 and 5 will be showing our school value of Respect – we follow teacher instructions. All classes will engage in teaching and learning activities that explore:

- listening to classroom instructions and asking questions if we are unsure
- following class and school rules so we can learn in a safe space
- following instructions quickly and with respect for people, places and objects.



VALUES AWARDS



ZOE LEGGETT	FA	RESPECT	For including others and showing kindness to all your classmates
JIMMY SHUGG	FA	ASPIRE	For fantastic listening, remembering to put your hand up and having a happy attitude towards school.
LILY VEENENDAAL	FB	RESPECT	Well done on an amazing start to Foundation by caring for your classroom, using your manners and playing nicely with your class mates. Great work Lilly.
HENRY CHRISTIAN	FB	ASPIRE	Well done on a fantastic start to Foundation by adjusting to new routines and giving all new tasks a go! Great work Henry!
ARCHIE WILKINSON	FC	ASPIRE	For your superstar efforts trying your hardest in everything new we learn at school!
OLIVIA HUGHES	FD	RESPECT	Well done for being a caring classmate, who always listens respectfully.
SEAN BYRNE	FD	RESPECT	Well done for starting school with such a kind and helpful attitude, Sean!
JACK LOCK	FE	RESILIENCE	For making a great start to school and having a fantastic first few weeks! We love having you in Foundation E!
SCOUT KEYTE	FE	RESILIENCE	For being resilient, making new friends and having an excellent start at school. We love having you in Foundation E!
ASHTON DELANDRE - EMAN	1A	RESILIENCE	For her willingness to try new things and her positive and smiley start to Year One!
JASPER JONES	1A	RESPECT	For showing respect to others and being a caring friend and helpful class member.
ISLA O'BRIEN	1B	ASPIRE	Well done Isla for starting 2024 with an amazing attitude. I love the way you approach each new task with a huge smile!
NINA ELEVATO	1B	RESILIENCE	Well done Nina, for always persisting with difficult learning tasks. You have had an amazing start to the year!
MALU MAIA - RAU	1C	ASPIRE	For her wonderful contribution to class discussions during our Inquiry sessions about caterpillars. Well done Malu!
LOGAN FISHER	1D	ASPIRE	Congratulations Logan for demonstrating our school value of Aspire. You always try your best and have a great attitude to your learning. Well done!
ORLA TURNER	2A	ASPIRE	For Always giving her best effort to every task and sharing her strategies with the class. Well done, Orla!
HUNTER MENOUE	2A	ASPIRE	Fitting in to your new school and class with enthusiasm and a positive attitude. Welcome to Bellbrae and well done, Hunter!
WINTER LONG	2B	RESPECT	For being friendly and including others. Well done Winter!
IGGY ADAMS	2B	RESPECT	For focusing on his learning and following teacher instructions during the first two weeks of term. What a fabulous start Iggy!
QUINN CANNAVAN	2C	ASPIRE	For an amazing start to the school year and displaying a positive attitude towards all lessons. Well done, Quinn.
EVIE BEAVER	2C	RESPONSIBILITY	For an excellent start to the school year and being polite and helpful in the classroom.

VALUES AWARDS

DIGBY BYRNES	3A	RESILIENCE	For displaying wonderful resilience and being such a positive class member. Well done!
ALFIE GLEN	3A	RESPECT	For being such a fantastic listener and always following instructions. Well done!
CLASS OF 3B	3B	ASPIRE	All students in Grade 3B for the wonderful start to the year and settling into Grade 3 so amazingly! I'm so proud of everyone's individual efforts and contributions to our class
BANJO DENT	3C	RESPECT	For the respectful way he supports his peers and encourages them to achieve. Well done Banjo!
MIA WILSON	3C	RESILIENCE	For her confident and resilient start to the school year at a new school. Well done Mia!
ISABEL TURNOCK	4A	RESPONSIBILITY	Isabel takes care of her belongings, and those within the classroom. She is very honest, inclusive and a well-liked member of 4A. Congratulations on a great start to the year!
JAX TREWIN	4B	ASPIRE	for putting in an impressive effort during our 2024 Starting Right program.
NIXIE HEANE	4B	RESPECT	For making Mr Cornish and Mrs Rahilly feel welcome at the beginning of 2024.
AMANDUS BAKER	4C	ASPIRE	Starting the year with a fantastic attitude towards school, always following teacher instructions. Great job Amandus!
FREYA DOOLAN	4C	ASPIRE	Starting each day with a happy and positive attitude towards classmates and our learning. Great job Freya!
BEAU CANNAVAN	5A	ASPIRE	Well done Beau for stepping up to all of the challenges of starting in a new school with a 'can do' attitude. Keep up the great work!
EVA HELM	5A	RESILIENCE	For bouncing back from illness and making sure she is up to date in her learning. Great work ethic, Eva!
SAHARA LOWDON	5B	ASPIRE	For demonstrating to others that it is OK to take a learning risk when you shared your Writing for feedback when we were reflecting on our learning.
JACK STEVEN	5B	RESPECT	For always being open to sharing your thinking and ideas during class discussions. You are demonstrating that you are confident and willing to take learning risks Jack - Well done!
LUCY DENNESS	5C	ASPIRE	For giving her best in all activities and challenging herself in her learning.
HENRY COLE	5C	RESPONSIBILITY	Showing great responsibility in his classroom roles and learning.
JENNY BECKER	6A	RESPONSIBILITY	For the organisation and initiative you have shown throughout the first 3 weeks. You stay focused and always try to achieve your best. Well Done Jenny!
WREN RAHILLY	6A	ASPIRE	For the enthusiasm and effort you have started the year with. You are always willing to have a go and try your best in everything. Great to have you back!
GRACE TAYLOR	6B	ASPIRE	For setting the standard at the beginning of the year by aspiring to be the best learner she can be from the get go. Well done Grace!
MILEY HOGAN	6B	RESILIENCE	For embracing change and showing resilience when beginning Year 6 this term. Well done Miley!

Student Wellbeing Support

Student Wellbeing Officer – BREE SCHMIDT (MON-WED)

Welcome back to a new school year! It is so great to see so many smiling faces and I look forward to supporting everyone to settle back into school life.

Whilst many students will be excited to be back at school, we recognise that the return to school can also cause anxiety, so please reach out if your child is struggling. Some great tips can also be found at:

- <https://www.heysigmund.com/how-to-deal-with-school-anxiety-no-more-distressing-goodbyes/>
- <https://www.abc.net.au/everyday/how-to-prepare-an-anxious-child-for-their-first-day-of-school/13053612>
- <https://www.dailytelegraph.com.au/lifestyle/parenting/dr-justin-coulson-how-to-deal-with-the-back-to-school-blues/news-story/c456fc7ab7bf82cfe7c3de5b59c3cc89>

As a Student Wellbeing Officer I provide individual and small group support to students who have wellbeing concerns impacting on them significantly at school. The referral process will remain the same this year, with referrals being completed by classroom teachers. If you wish for your child to be referred to Student Wellbeing please have this discussion with their classroom teacher (even if your child has received support previously) as a new referral will need to be completed. This is so we can make sure support is still necessary in the first instance, and also so we can prioritize those most in need. Referrals are always prioritised on a basis of urgency/significant need as determined by myself and Leadership.

Please be aware that the need for wellbeing support is significant and resources are limited, therefore the frequency of appointments cannot be guaranteed.

It was amazing to have supported so many students last year and I look forward to supporting everyone to settle back into their school year 😊

Mental Health & Wellbeing Leader – KERRY LOMAS (WED-FRI)

The Mental Health and Wellbeing Leader initiative is funded by the Victorian Government, providing a qualified teacher to work across the school in implementing a whole-school approach to mental health and wellbeing for students, staff and families.

This includes building the capacity of school staff to identify and support students with mental health concerns in the classroom and supporting the school to create clear referral pathways internally (within school) and externally (to community services) for students identified as requiring further assessment and intervention.

I work alongside Bree and the Leadership Team to manage any referrals for wellbeing support; some will be allocated for 1:1 support, others will be supported by my role in building staff capacity to support students with additional wellbeing needs.

4 Powerful ways to MANAGE Back-To-School ANXIETY

1 PREPARE

- Establish and maintain a **connection to school** by attending fun events together.
- **Initiate early discussions** about the upcoming school year with books like *Noni is Nervous* by Heather Hartt-Sussman and *Mae's First Day of School* by Kate Berube
- **Let them know it is normal to worry.** Simply knowing to expect some jitters early on, and even hearing about yours, can be very reassuring.
- **Help them build resilient mindsets.** Tune in to a few episodes of the Big Life Kids podcast together to learn more about facing challenges.



2 IDENTIFY SPECIFIC FEARS



- When delving into **specific fears**, be sure to **phrase questions positively** ("Do you know who you might play with at recess?" versus "Are you worried no one will play with you?").
- Consider some of the most **commonly-reported school fears**. Your child may worry about academics, social interaction, having the "right stuff" for school, or separating from you.

3 FOCUS ON POSITIVES

- Encourage your child to write about their school fears.
- Start by grabbing a piece of construction paper, and label one side "Worry Thoughts" and the other "Happy Thoughts." Draw a line down the center of the page. Then, have them either write or draw in each column.
- Have your child name all the **fun things that happen at school** that can't happen anywhere else.
- Remind your child that all the thinking they've done means they're **ready for the year**.



4 STAY CONNECTED

Consider adding one of the following acts to your **morning routine** to maintain the connection with your child all day and soothe worries:



- Draw reminders on **hands** (a heart or kiss)
- Give them a **worry stone** or bead to keep in pocket and rub when feeling nervous
- **Apply fragrances** like your perfume or lotion to hands/arms that can be sniffed during the day. The more the scent wears off, the closer they are to seeing you again!
- Put your **photo in their backpack**
- Place **encouraging notes** or messages in lunch box.



WHEN SAYING GOODBYE IS HARD

The challenge with young children is their attachment needs are high, their immaturity renders them highly dependent on their caretakers, and they live in a world that is full of separation.



Children only miss the people they are attached to and while this makes it hard to say goodbye, it doesn't mean it is bad that they miss us.

WE NEED TO HELP CHILDREN SEPARATE FROM US BY



Making sure they are cared for by people they are attached to



Drawing attention to the next point of connection instead of our separation



Giving them something to hold onto that represents our connection

20 WAYS TO BRIDGE THE DAYTIME SEPARATION



Give the child an object to hold onto that reminds them of their parent, e.g., keychain, engraved rock or gem



Tell the child the plan for the day and what you will do when you pick them up



Give them a locket necklace with family pictures in it



Tell the child there are never ending kisses and hugs in the locket should they need them



Write a note and put it in their pocket for later



Put their favourite homemade food in their lunch and tell them you put love in it when you made it



Put a picture of their parents in their pocket for easy access throughout the day



Have the school or daycare display family photos and encourage the child to look at them as needed



Have a quick visit at lunchtime to say hello or drop off their food



Spray a scent on the child that will remind them of the people they are close to



Wear matching colours for the day and tell them you will be wearing the same colour as them



Blow kisses into their pockets and tell them they will be there in case they miss you



Tell them you will be having the same lunch as them at the same time of the day



Encourage them to talk to you in their head and that you will answer their questions



Tell the child there are invisible strings that will connect you to each other throughout the day and pretend to connect them before you leave.



Put a picture in their lunch box of what you will do after school or that evening together



Get matching bracelets or bands to wear while separated from each other



Cut their snack into the shape of a heart and tell them you put lots of love in it



Tell them that when they come home they can check the mailbox for 'mail' you have written for them



Tell them a secret to hold onto for the day and that they can share it with everyone at dinner



Dr Deborah MacNamara
www.macnamara.ca

Dr. Deborah MacNamara
@debmacnamara
deborahmacnamara

Yard Buddies

Yr 5 students helping younger students in the yard

A friendly face to spend time with

Someone to help with small problems, or help you find a yard duty teacher

Someone to play with, walk with, talk with

Every lunchtime

Look for the blue vests!

Happy!

SUPER!

The graphic includes illustrations of children playing, a green alien-like character, a rainbow, a smiling emoji, and a superhero character.



Bellbrae Business Directory

Showcasing local businesses who support Bellbrae Primary

www.bellbraebusinessdirectory.com.au

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

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

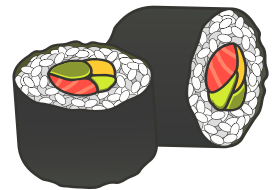
CompassPay
Payment Confirmation

Canteen - Specials

Please see canteen menu on the Compass App

Sushi Tuesdays

Online Only by 8pm Monday Nights healthysushi.square.site



community news

Torquay Hooked in2 Hockey Program

Hookin2Hockey provides kids with the opportunity to make friends and have fun in a safe, welcoming & inclusive environment.

Hookin2Hockey is delivered all around Australia and is designed to ensure that participants can safely progress their physical skills, all whilst enjoying the game of hockey.

Torquay Hockey Club are holding their Hooked in2 Hockey Program from February 28th to March 27th 2024 (5 weeks). The Torquay Tornadoes program has had previous participants become lifelong hockey players and a number have gone on to represent Victoria and Australian Country teams.

To register for the program register at Hockey Australia.

[Torquay_Hockey_Club_Hooked_in2_Hockey - Torquay_Hockey_Club - revolutioniseSPORT](http://Torquay_Hockey_Club_Hooked_in2_Hockey_-_Torquay_Hockey_Club_-_revolutioniseSPORT)

Torquay Hockey Club has teams entered in all grades from under 8 through to senior women and men and new players are welcome.

For more information please contact info@torquayhockeyclub.com.au



DEVELOPING SKILLS FOR LIFE

Join Australia's leading childhood development sports program



REGISTER NOW!

- 🌟 Age specific programs for children aged 2.5 -11 years
- 🌟 Term based program
- 🌟 Accredited and trained coaches
- 🌟 Classes held indoors
- 🌟 1 hour classes

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Sometimes words are not enough...



Safe Space Creative Arts Therapy offers a nurturing and inclusive environment where women can openly explore their thoughts, feelings and emotions at their own pace through creative expression.



My name is Anna Nielsen, a qualified Creative Arts Therapist working with adult women, based in the beautiful Wadawurrung Country on the Surf Coast.



What I Do

I work with adult women to help improve wellbeing, women who are experiencing all kinds of challenges. Some examples of this might be feeling overwhelmed, trauma, depression, anxiety, self-doubt, relationships, stress, worry, grief and loss, isolation, and loneliness.

How I Work

I combine talk therapy and creative art expression, focusing on non-verbal self-expression to connect with internal experiences. This approach includes using various art materials like paints, sand, clay, or even body movement, offering numerous ways for individuals to express feelings without relying solely on words.

Who It Benefits

If you are a female over 18 years old feeling stuck, indecisive, unsure, worried, stressed, anxious, or overwhelmed, lacking direction, motivation or self-confidence, then Safe Space is for you!

anna@safespaceartstherapy.com
safespaceartstherapy.com
150 McCanns Road, Mt Duneed, 3217



- EST 1924 -

Celebrating 100 Years

CELEBRATE TORQUAY BOWLS CLUB
100TH ANNIVERSARY

SUNDAY 25TH FEBRUARY
10AM - 2PM

- FREE BBQ - TRY BOWLS - MUSIC -
- FACE PAINTING - KIDS ACTIVITY AREA -
- CLUB HISTORY BOARDS - MERCHANDISE -

*All welcome as we celebrate the rich history
of the Torquay Bowls Club*

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ST JOSEPH'S COLLEGE GEELONG

COLLEGE TOURS

St Joseph's College Geelong invite you to join our College Tours this semester.

We are proud to continue offering an innovative education, and we welcome all senior primary school boys and their families to come and visit us.

Year 7 applications for 2025 are now open, apply via the college website.

Bookings essential, register via our College Website: sjc.vic.edu.au



Tours commence at 9:00am

Monday 18 March	Wednesday 20 March
Tuesday 26 March	Wednesday 27 March
Wednesday 17 April	Friday 19 April



Year 7 Enrolment Information Evening
Tuesday 5 March, 2024 from 6:00pm to 7:30pm

Open Day Tours
Wednesday 6 March, 2024: 9:30am to 10:30am

Selected Entry Advanced Learning Program Information Evening
Tuesday 26 March, 2024: 6:30pm to 7:30pm

For further information, contact our office on
(03) 4243 0500 or
matthew.flinders.girls.sc@education.vic.gov.au



MFG
Matthew Flinders
Girls Secondary
College



Surf Coast Secondary College's

OPEN EVENING

26th February 2024 6pm – 8pm

Surf Coast Secondary College cultivates a thriving community of learners who embrace challenge, uphold value of respect, and strive for academic excellence.

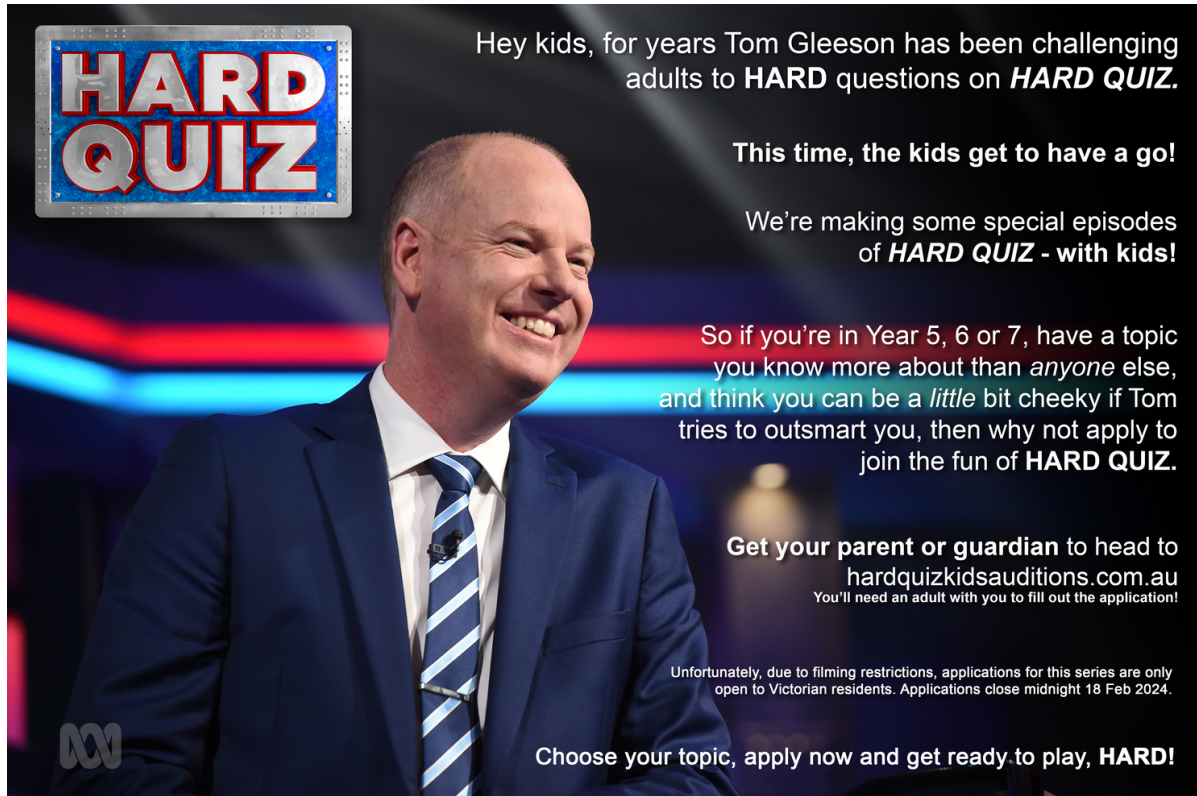
Join Us

Tour our College to experience the facilities and opportunities Surf Coast Secondary can offer for your child.

📍 75 White Street, Torquay VIC 3228

Embrace challenge, achieve excellence.





HARD QUIZ

Hey kids, for years Tom Gleeson has been challenging adults to **HARD** questions on **HARD QUIZ**.

This time, the kids get to have a go!

We're making some special episodes of **HARD QUIZ** - with kids!

So if you're in Year 5, 6 or 7, have a topic you know more about than *anyone* else, and think you can be a *little* bit cheeky if Tom tries to outsmart you, then why not apply to join the fun of **HARD QUIZ**.

Get your parent or guardian to head to hardquizkidsauditions.com.au
You'll need an adult with you to fill out the application!

Unfortunately, due to filming restrictions, applications for this series are only open to Victorian residents. Applications close midnight 18 Feb 2024.

Choose your topic, apply now and get ready to play, HARD!

TORQUAY COMMUNITY HOUSE - TERM 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONTHLY
Baby Sensory Torquay 9:00am-3:00pm Little Da Vincis (3-5yrs) 9:30am-10am 'Have A Chat' Community Table 10:30am-12pm The Scribblers 11:00am-12:30pm Life Drawing 7:00pm-9:00pm Surfcoast Lilies fortnightly 7:30pm-9:30pm	Story Time Playgroup (1-5-yrs) 9:15am-10:00am Italian for Beginners 9:30-10:30am FREE IT Help with Chris 1pm-3pm Torquay Actor's Studio Kids 4-6pm Tutoring Worx 4pm-6pm Le Petit Atelier - Still Life Art Class 6pm-9pm Crochet Club 6:30pm-8pm Expressive Meditation fortnightly 7:00pm-8:00pm	Active Playgroup (1-5-yrs) 9:15am-10:00am Stretch with Sue 2:00pm-3:00pm Guitar for Kids 3:15pm-4:45pm German - Beginners 6:00pm-7:00pm Watercolour Wednesdays 6.30pm-8.30pm	Bells and Beats (0-5 yrs) 9:30am-10am Awareness through Movement 10:30am-11:30am Watercolours with Pat McKenzie 1pm-3:30pm Guitar for Kids 3:45pm-4:45pm Inclusive Learning Foundation - Tutoring 3:40pm-6:30pm Tutoring Worx 4pm-6pm Creative Journaling 7pm-9pm	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 Dungeons & Dragons (1st & 3rd Fridays) 4:00pm-6pm SATURDAY Spanish - Beginners 9:00am-10:15am SUNDAY Meditation 9:30am-10:30am	Breathwork 1st Sunday monthly 7pm - 9pm Book Clubs 6:30pm-8pm 2nd Thursday of month 7:30pm-9pm 3rd Tuesday of month First Nations Book Club 2pm - 3pm 3rd Thursday monthly Nature Sound Immersion 1st Friday monthly 7pm - 8pm



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

SCAN HERE FOR INFO & BOOKINGS!





Noah's Ark Geelong Everyday Learning and Therapy

Are you looking for services to support your child?
If so, we have spaces available for...

Physiotherapy

We are accepting bookings **NOW** for a February/March start!

What can you expect from our Physiotherapists?

Our Physiotherapists will work with you to find fun ways to support your child's physical development and movement, such as rolling, sitting, crawling, walking, jumping, hopping and climbing.

Our Physiotherapists can also assist with physical skills such as strength, endurance, walking difficulties, balance or coordination. They will work with you to help your child to develop these skills at home, the local park, pre-school, swimming lessons, preschool and school.

If your child needs specialist equipment to help them get around, join in, or to be more independent, they will assess your child's needs and help you find the supports that suit your child and family life.



Noah's Ark Geelong Everyday Learning and Therapy

Are you looking for services to support your child?
If so, we have spaces available for...

Occupational Therapy

We are accepting bookings **NOW** for a February/March start!

What can you expect from our Occupational Therapists?

An Occupational Therapist can help your child build their independence in everyday activities such as eating, dressing, toileting, sleeping and joining their friends in play.

We'll help you find fun and motivating ways to develop your child's skills such as holding a spoon or pencil and using scissors at home, pre-school or school.

Our Occupational Therapists help you to understand your child's sensory needs and find ways that support them to improve their attention, enjoyment and success in their preferred everyday activities.

We can also support your child's independence through home modifications or assistive technology where suitable. Our Occupational Therapists can help you find the support that suits your child and family life needs.

To register interest in joining Noah's Ark Geelong, scan the QR code or visit the Therapy Services page of our website.



2024
SURF COAST CALISTHENICS

Tinies - 3-7 yrs
Saturday 9.00am - 10.00am

Sub-Juniors - 10 yrs & under
Wednesday 4.30pm - 6.30pm

Juniors - 13 yrs & under
Wednesday 4.30pm - 6.30pm

Intermediates - 17 yrs & under
Wednesday 6.00pm - 8.30pm

Seniors - 16 yrs & over
Monday 6.00pm - 8.30pm

Call Kids - 18 months - 5 yrs
Thursday 9.30am - 10.15am

All Abilities
Wednesday 4.00pm - 5.00pm

**BALLET & JAZZ
ACRO
APPARATUS
PERFORMANCE SKILLS
& SO MUCH MORE!**

www.revolutionise.com.au/surfcoastcali 0424 511 513 Torquay Improvement Association Hall Price Street, Torquay
surfcoastcalisthenics@gmail.com

PROMOTING TEAMWORK, SELF-CONFIDENCE & FRIENDSHIP SINCE 2005

PARENTS FOR CLIMATE **SURFERS FOR CLIMATE**

ONE PLANET FESTIVAL

Empowering Communities, Protecting Earth

SATURDAY 16th MARCH, 2024
11AM TO 5PM
Elephant Walk, Torquay



Quality music education since 1988

GEELONG YOUTH CHOIR
Incorporating Let's Make Music! & Voices of Geelong



2024 ENROLMENTS NOW OPEN

We are excited to have all our children's choirs running in 2024. Meeting each Wednesday afternoon at Deakin University Waurn Ponds campus, we welcome enrolments in:

- Vivace Choir (5-7 year olds)
- Prelude Choir (8-10 year olds)
- Cantore Choir (10 years +), featuring workshop extension program in Term 1

We offer fully qualified teachers, with professional accompaniment. Come along for beautiful music, fun and friendship.



For more information about the program please visit geelongyouthchoir.com



Families understanding addiction

breakthroughforfamilies.com

Family Drug and Gambling Helpline:
1300 660 068

FAMILIES: GET THE FACTS, DEVELOP STRATEGIES, FIND OUT WHERE TO ACCESS HELP AND SUPPORT



Breakthrough is a program for family, friends and partners of people with addictive behaviours and offers practical strategies about how to talk to loved ones about their substance use, better respond to and manage challenging behaviours, and make self care a priority.

FACTS

Breakthrough explains the effects substances have on the brain and the relationship between drug use and mental health. We also explore the process by which people decided to seek help for their addictive behaviours and how families can support these decisions.

STRATEGIES

We provide practical strategies to help family members discuss drug use, set boundaries, develop safety plans and work on self-care. Managing challenging behaviours and keeping family members safe and functioning during difficult times is also explored.

HELP

We provided families with the skills and knowledge to navigate the alcohol and drug treatment system and obtain the best possible outcomes for loved ones. We explore some of the barriers to seeking help and how to overcome these. All participants are given information about ongoing support activities.



HARMONY UNLEASHED UNLOCK YOUR POTENTIAL!

Geelong Youth Choir Workshop Series

Join us every Wednesday between
4:30pm-6:30pm

Ages 10-18 Years
Term Fee: \$250

Scan the QR code to register now!



For more information head to our website:
www.geelongyouthchoir.com.au



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CAMPS ASSOCIATION
PEOPLE OUTDOORS
Adventure for all



- Overnight Camps
- Weekend Camps
- School Holiday Camps



All meals, activities, transport and accommodation included. Central pick up point.



We are a Registered NDIS Service Provider.



Kids, teens and adults welcome.



Campers supported by professional staff.

30 years experience!

Call today to find out more:
Head Office - 03 9863 6824



Scan to complete
Referral Form to
join us on camp!



www.peopleoutdoors.org.au

This flyer has been printed on recycled stock.



Physiotherapy for Children

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



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



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 string 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 in St David's Church Hall at the corner of Aphrasia St and Talbot St in Newtown from 4.15-6.00pm each Friday during term (with a snack break at 5:15) 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: We are rebuilding and our groups are fluid. 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: \$170 each term, discount available for families.

Come & Try

Any questions, please contact Rachel Anderson 0400 642 328 or email bcs.news@outlook.com



WOMEN'S HEALTH
TORQUAY

1a Fischer Street
Torquay

PH: 03 9828 7550

womenshealthtorquay.com.au

Women's Health Torquay –
Created by women
for women.

The course is designed for professionals in education, social care, healthcare, as well as those in business, management, and the wider community (including families). The course aims to help people build understanding of trauma, neuro, and shame and then to use this knowledge to reduce conflict and improve relationships.

*The course is free IF the 'limited access' option is selected when enrolling. This option allows time limited access (for 1 month from enrolment) to all materials - similar to a library loan.



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



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



Trauma, Neuro, and Shame Awareness - Online Course

Learn how trauma and shame influence behaviour, and how we can use this knowledge to reduce conflict and improve relationships, with this online course from Deakin University.

FutureLearn

Back to school is a lot*. Let's get ready.

*A lot of feelings, a lot of expenses, a lot of stress.

Saver Plus can help.



Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with The Smith Family and Berry Street.

It is funded by ANZ and Department of Social Services. Learn more at saverplus.org.au



MELI

Strengthening Family Connections



Would you like some support to manage challenges with your kids?

Strengthening Family Connections is a FREE 8 week program for parents and their children aged between 8 and 12 years. The program aims to build a positive family culture and strengthens connections in families, improving communication and leading to successful, confident kids and parents.

Benefits to parents

- Learn strategies to manage difficult behaviour
- Develop confidence to set limits and boundaries
- Long term reduction in depression and anxiety

Benefits to children

- Learn to understand and manage their emotions
- Learn communication and life skills
- Learn to problem solve

FOR MORE INFORMATION

LOCATION Poa Banyul Community Hub
110-122 Unity Drive
Mount Duneed

DATES 7 February - 27 March 2024

DAY/TIME Wednesdays
5.00pm - 7.30pm

CONTACT For more information contact the school or contact Tina W at Meli on 5226 8900

COST FREE



A family meal is provided at the end of every session of the SFC program

GROUP	VENUE	DATES	DAYS/TIMES
 BABY COLLEGE	Korayn Birralee Family Centre (Early Help) 146 Purnell Road Corio	Every school term Term 1 dates: 31 January – 27 March	Wednesday 1.30pm – 3.30pm
 BUMPS TO BUMBS <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	Northern Bay Family Learning Centre (Early Help) Goldsworthy Road Corio	Every school term Term 1 dates: 31 January – 27 March	Wednesday 1.30pm – 3.00pm
 BUMPS TO BUMBS <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	Armstrong Creek East Community Hub 46 Central Boulevard Armstrong Creek	Every school term Term 1 dates: 31 January – 27 March	Wednesday 1.00pm - 2.30pm
 BUBS TO TOTS	Northern Bay Family Learning Centre (Early Help) Goldsworthy Road Corio	Every school term Term 1 dates: 31 January – 27 March	Thursday 10.00am – 11.30am
 CIRCLE OF SECURITY	Poa Banyul Community Hub 110-122 Unity Drive Mount Duneed	13 February – 19 March	Tuesday 9.30am – 11.30am
 BRINGING UP GREAT KIDS	Leopold Child & Family Centre 31-39 Kensington Road Leopold	15 February - 21 March	Thursday 9.30am – 11.30am
 TUNING IN TO KIDS	Kurrambee Myaring Community Centre 12 Merrijig Drive Torquay	15 February - 21 March	Thursday 12.30pm – 2.30pm
 TUNING IN TO TEENS	Meli 16 Ballarat Road Hamlyn Heights	13 February - 19 March	Tuesday 12.30pm - 2.30pm
 STRENGTHENING FAMILY CONNECTIONS	Poa Banyul Community Hub 110-122 Unity Drive Mount Duneed	7 February - 27 March	Wednesday 5.00pm to 7.30pm

