



# 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

**A big thank you** to our school community for another successful and enjoyable year at Bellbrae. It was a relief to get through the year without some of the major challenges that confronted us over the recent past.

**A special thanks** goes out to our amazing staff who have worked tirelessly to provide a diverse range of learning opportunities both within and outside the classroom. Our School Council members have also had a very energetic and passionate year, and have been committed to providing the best possible education for all the students in our care. Thank you to them, as well as all the parents who have volunteered in various capacities to help our school be the wonderful place it is. Without the support from school families, we certainly would struggle to provide the extra-curricular activities and numerous opportunities we have on offer for our students.

**Finally**, farewell and congratulations to our graduating Grade Six students. It's been wonderful experiencing them growing and maturing as they head towards their teenage years. I'm always amazed at the progress they make over their primary school journey. They have been a great cohort who have made me proud as true, positive ambassadors for our school. We will formally say goodbye to them next Wednesday after our Christmas Carols in the gym. Although we won't be having a formal assembly, we will be using this time to also announce the new student leaders for next year.

**Have a lovely break and we look forward to seeing you all back safely next year.**

**Adrian**

## IMPORTANT DATES & INFO

Monday 18th December  
Grade 6 Graduation

Tuesday 19th December  
Grade 6 Excursion - Adventure Park

Wednesday 20th December  
End Of Term 4 - 1:30pm Dismissal

### 2024 DATES

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

Monday 5th February  
Grade 3 - 6 Swimming Carnival

5th - 8th March  
Grade 6 Camp - Grampians



5261 2660



## BIRTHDAYS

14TH DECEMBER  
JARRAH YOUNG  
OLIVER MAULE

17TH DECEMBER  
COOPER HERREEN  
HARLEM PEC

18TH DECEMBER  
BANJO DENT  
EDEN BENNETT  
JAMES ROGERS  
MADDIE HOLLANDS  
HAZEL BOYD

19TH DECEMBER  
JIMMY DEPPERER

20TH DECEMBER  
ISABEL HAZEL

21ST DECEMBER  
KAELANI GRAHAM RUSSELL

22ND DECEMBER  
SIENNA DE FELICE

27TH DECEMBER  
ELLA TORNEY  
AQUA MCCALLUM

28TH DECEMBER  
DORIAN WAKEFIELD  
THEO DILLON

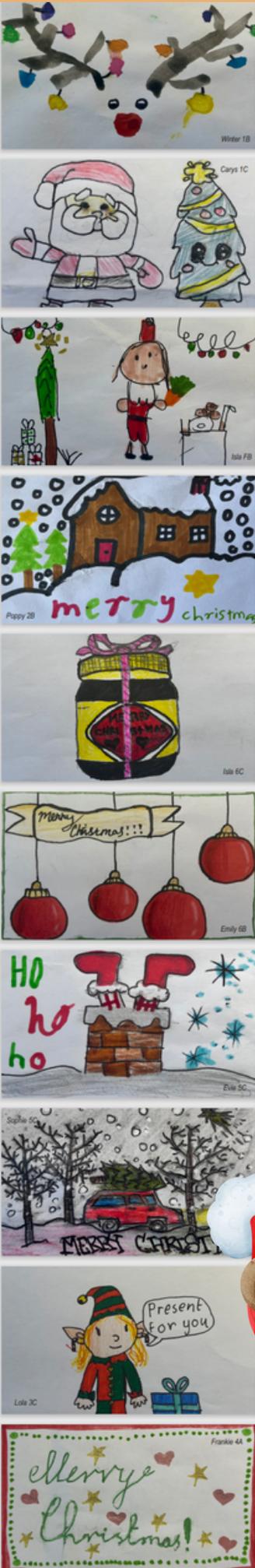
30TH DECEMBER  
WYATT HOPE  
MAX PACKHAM

31ST DECEMBER  
ELIJAH EMAN-DELANDRE  
PATRICK SHIMADA

# Congratulations to the following students on their winning designs, from our Christmas Card Design Competition.

1. Isla Anderson FB
2. Winter Long 1B
3. Carys Morzinek 1C
4. Poppy Gorman 2B
5. Lola Mugavin 3C
6. Frankie Irwin 4A
7. Sophie Abbott 5C
8. Evie Bean 5C
9. Isla Anderson 6C
10. Emily Suzuki 6B

Cards are now available at the office for \$5 per pack.



JAN JUC

# CHRISTMAS CAROLS

Saturday 23rd December  
@ Bob Pettitt Reserve 4.00pm - 7.00pm

Proudly Supporting  
BELLBRAE PRIMARY SCHOOL

- Entertainment • Sausage Sizzle
- Pop Corn • Icy Poles • Face Paint

Dress in Christmas Theme

- BYO PICNICS
- WALK TO THE EVENT
- PLASTIC & ALCOHOL-FREE EVENT

📱 @janjuc\_carols

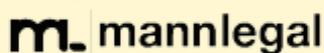
[www.janjuccarols.com.au](http://www.janjuccarols.com.au)

23

DECEMBER



Surf Coast Times



# VALUES



**Term 4 Week 11 School Wide Positive Behaviour Learning:**  
Week 11 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.

**Term 4 Week 12 School Wide Positive Behaviour Learning:**  
Will be an opportunity to ensure our learning spaces and outdoor areas are tidy, organised for when we return to school next year.

We would like to say thank you to all of our students in 2023 who consistently applied these values within the school and wider community.

**WELL DONE**



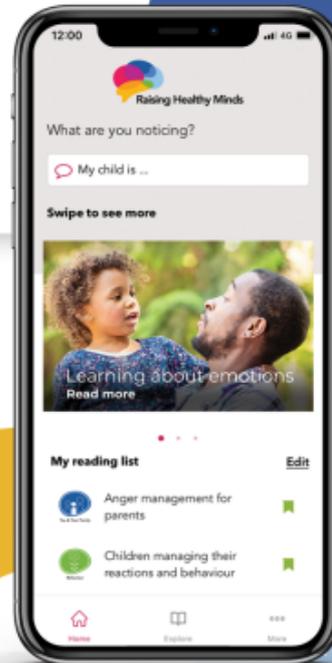


## Raising Healthy Minds

Children's emotions, behaviours and wellbeing

The Raising Healthy Minds app is a free, personalised pocket resource to help you raise confident, resilient children.

It is funded by the Australian Government and co-designed with parents and experts.



Do you have a question about your child's wellbeing?

Raising Healthy Minds is filled with evidence-based information and simple ideas to help you and your family.

It's designed for parents and carers of children aged 0-12 years old and can be tailored to the age of your child.

Download the app and add it to your parenting toolbox.

For pregnancy through to 12 years old



0>12

Information tailored to your child's age

Get tip-based notifications, to your phone



Raising Healthy Minds is an initiative by Raising Children Network.



Supported by the Australian Government Department of Health and Aged Care.

Download the free app now



## Student Wellbeing

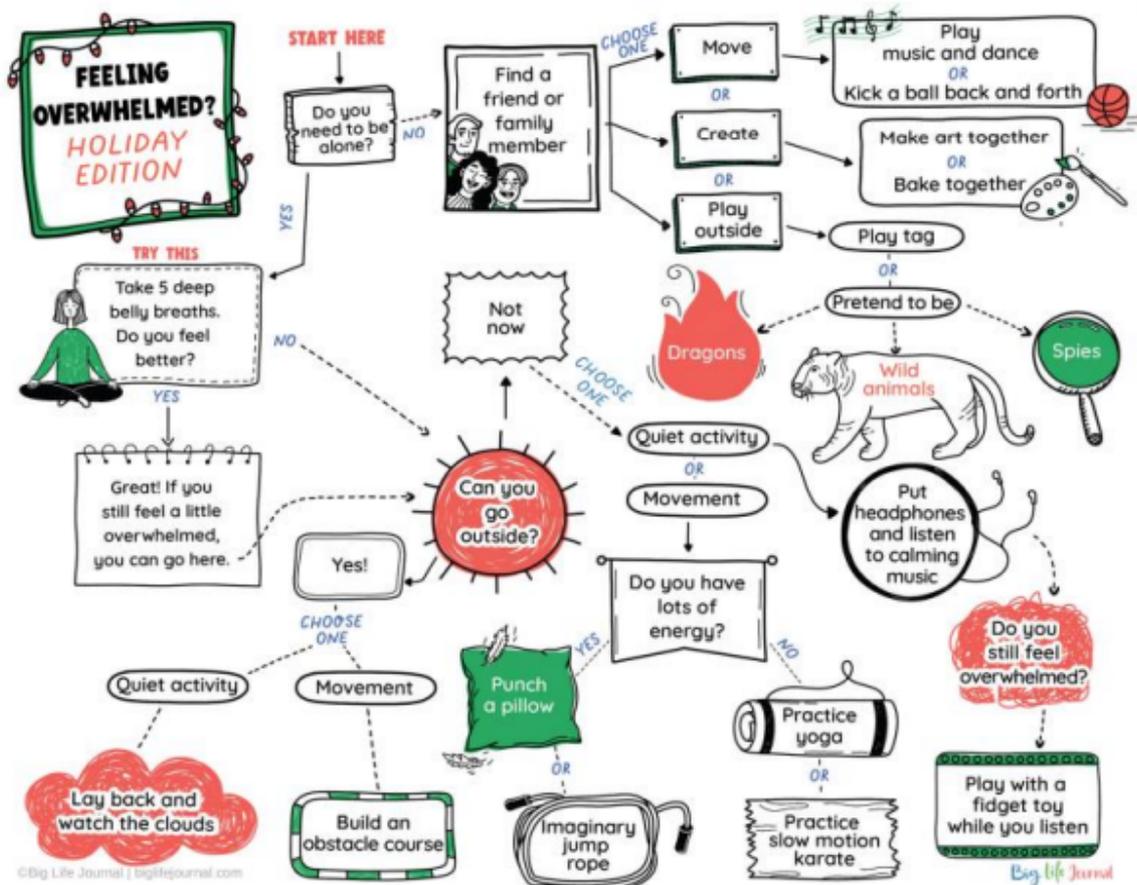
Hi Families,

As we wind down for the year Student Wellbeing support will finish up for most students. It has certainly been a busy year, with the numbers of students receiving wellbeing support increasing each year. It is great to see so many students looking after their mental health by seeking support.

**We ask that if you wish for your child/children to be referred to Student Wellbeing in 2024, to have this discussion with their classroom teacher in the New Year (even if your child received support previously) as a new referral will need to be completed.** This is so we can make sure support is still necessary (i.e. there is still significant concern for wellbeing after the holidays, and this is impacting on your child at school) so we can prioritize those most in need and make best use of the wellbeing support available.

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

**Bree Schmidt – Student Wellbeing Officer**



**TOOLS + ACTIVITIES FOR  
WHEN YOU FEEL OVERWHELMED**  
\* HOLIDAY EDITION \*

**WHEN YOU WANT TO BE TOGETHER**  
**Calm Down Tools:**  
★ Puzzles  
★ Mini massager  
★ Board or card games  
**Calming Activities:**  
★ Give hugs or massages  
★ Take a walk together  
★ Throw or kick a ball back and forth

**WHEN YOU WANT TO BE STILL**  
**Calm Down Tools:**  
★ Weighted or heated blanket  
★ Noise-cancelling headphones  
★ Sound machine  
**Calming Activities:**  
★ Make art  
★ Read a book  
★ Listen to a guided meditation

**WHEN YOU WANT TO BE INSIDE**  
**Calm Down Tools:**  
★ Essential oils + diffuser  
★ MP3 player with peaceful music  
★ Fidget toys  
**Calming Activities:**  
★ Chew on gum or hard candy  
★ Build something  
★ Solve a logic puzzle

**WHEN YOU WANT TO BE ALONE**  
**Calm Down Tools:**  
★ Blank books  
★ Building toys  
★ Stress ball  
**Calming Activities:**  
★ Listen to music  
★ Write/draw in a journal  
★ Color in a coloring book

**WHEN YOU WANT TO MOVE**  
**Calm Down Tools:**  
★ Skipping rope  
★ Yoga cards  
★ Mini trampoline  
**Calming Activities:**  
★ Put on music and dance  
★ Punch a pillow  
★ Practice yoga

**WHEN YOU WANT TO BE OUTSIDE**  
**Calm Down Tools:**  
★ Bubbles + wand  
★ Swings  
★ Balls to kick and throw  
**Calming Activities:**  
★ Play imagination games  
★ Run + climb  
★ Watch birds + wildlife

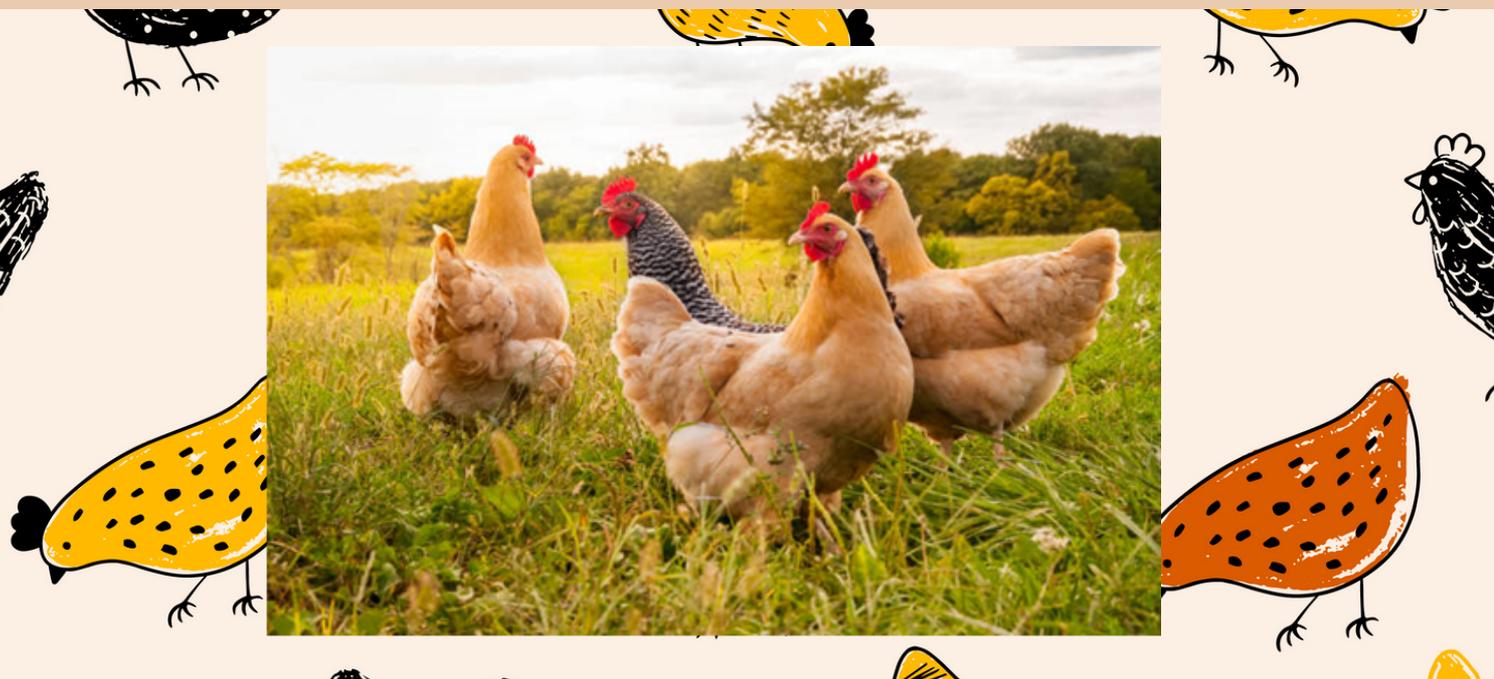
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Big Life Journal

## VOLUNTEERS REQUIRED TO HELP LOOK AFTER OUR CHICKENS

Our 3 chickens are looking for some families to help look after them over the summer break .... It would require you coming to school about every 3 days and letting the girls out for a bit, turning the veggie garden irrigation on, changing their water, collecting some fresh eggs and restocking food then turning the irrigation off. If you can commit to a week in January it would be greatly appreciated.

Please contact Lachlan Hurrell through the school office if you are interested and can help out.



## **e Smart Update 13 – Part B (2023)**

### **Cyber Balance – Family Assessment (part B)**

The first general assessment level is taking stock of your technology use. Is it balanced in relation to your whole life? Does cyber balance exist? Or do the quantity and quality of its use interfere with healthy functioning in life? The following chart provides some guidelines for assessing your use of technology and whether or not you are out of balance.

Cyber Balance Signs	
Signs we are out of balance	Signs we are in balance
DVD players showing movies to children on the way to the supermarket.	Only using travel DVD players for long trips. Engaging kids in car games, music or conversation during long trips.
Spending free family time working on e-mails, texting, Facebook etc.	Waiting until the kids are in bed to do computer work or perhaps while they are finishing their homework. <b>Be open however to interruptions for help.</b>
Customers who cannot stop talking on the mobile phone long enough to complete their transaction face-to-face with the sales assistant.	Setting guidelines on when it is rude to talk and when the location is acceptable. Remember, we as adults are setting examples of acceptable social standards!
Children in the car on the way to school not interacting because they are plugged into their iPads.	Establishing healthy time limits on usage of technology. Engage in conversation about the day ahead.
Children playing games on the computer or iPad after school when the weather outside is fine and clear.	Encouraging the kids to play outside, even for a short period of time. Australia has recently registered one of the lowest levels of Vitamin D in the Western World.

For more information, please visit;

<https://www.esafety.gov.au/esafety-information/esafety-issues/balancing-online-time>

Mr O'Donnell  
e Smart & ICT Coordinator





# LUNCH ORDERS



## Canteen

Wednesday, Thursday

ONLINE ORDERS



By 9.30AM DAILY



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

Compass  
Canteen order - 20225224000641

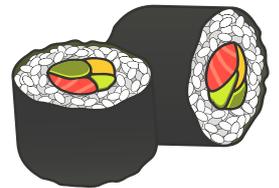
CompassPay  
Payment Confirmation

## Canteen - Specials

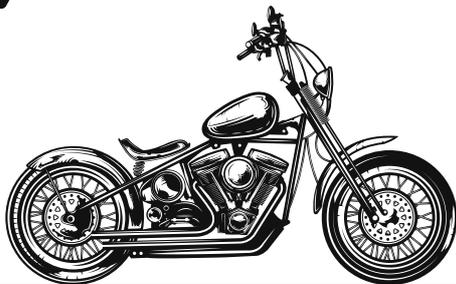
Please see canteen menu on the Compass App

## Sushi Tuesdays

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



# SUPPORT MND VICTORIA RAFFLE



WIN A BRAND NEW HARLEY-DAVIDSON 2023 FL5B SPORT GLIDE



Thanks to Geelong Harley-Davidson  
**Valued at \$32,495**  
ONLY 500 TICKETS ON SALE!

Funds raised will be donated to MND Victoria for MND research



[www.raffletix.com.au/teeoffmnd2024raffle](http://www.raffletix.com.au/teeoffmnd2024raffle)

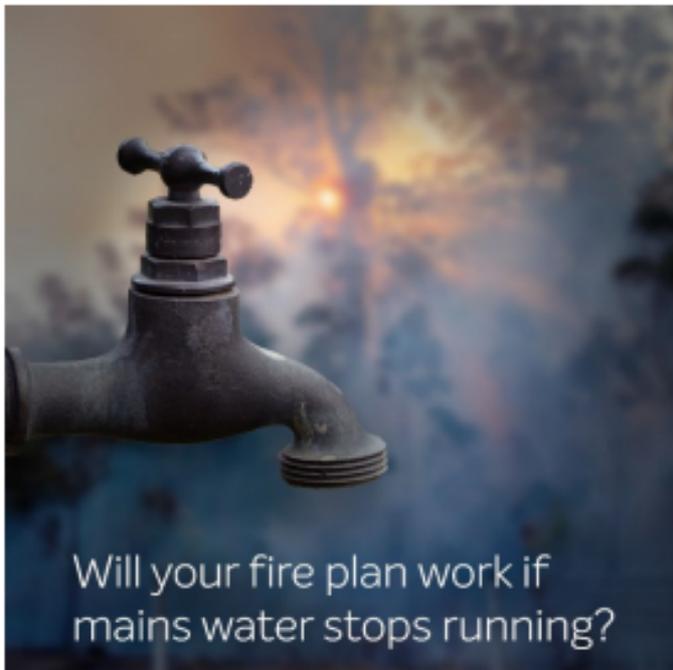
### Tee Off MND 2024 Raffle

Rock off MND in support of MND Victoria - Tee Off MND 2024 Raffle. Drawn on: Sunday, 18 February 2024. Sponsors: Sponsors: Geelong Harley-Davidson





Families located in high fire danger areas, please consider an independent water supply during the bushfire season.



*While we are prepared for bushfire emergencies, we cannot guarantee pressure or supply during (or following) a bushfire.*

*If you are in a fire-prone area or rural property, please consider alternative water supplies as part of your fire plan.*

*Learn more at  
<https://www.barwonwater.vic.gov.au/water-and-waste/bushfire-water-supply>*



# COMMUNITY NEWS



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.

## 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



## WHR ALLIED HEALTH

## SCHOOL READINESS PROGRAM

Our program focuses on targeting social and emotional skills needed to support a smooth transition to school. Through activities and games, we'll introduce different tools and strategies that children and their families can utilise throughout their school years and beyond!

Suitable for ages 5-6  
Dates: TBC December/January  
Cost: \$580 (6 Sessions)  
Contact [admin@whralliedhealth.com](mailto:admin@whralliedhealth.com)  
0431 556 720



### 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.



## Physiotherapy for Children

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



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

# COMMUNITY NEWS



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'll be in Year 5, 6 or 7 in 2024, 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](http://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 28 Jan 2024.

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



## COME AND TRY DAY

Do you love to sing, dance and act? Our free 'Come and Try' day is the perfect opportunity to explore a world of possibilities, ignite your passion and let your talent shine!

Join us for an exciting one day taster session and start your musical theatre journey with the GSODA Junior Players Workshop in 2024. Learn new skills with experienced and passionate instructors in a fun and supportive environment.



JOIN US FOR A FREE TRIAL SESSION  
GSODA WORKSHOP 2024

A LEARNING PLATFORM FOR MUSICAL THEATRE

FEB	VRI HALL	1:00 - 3:00
<b>4</b>	CNR LATROBE TERRACE & GORDON AVENUE, GEELONG	<b>PM</b>

PLACES ARE LIMITED

MORE DETAILS AND REGISTER AT [WWW.GSODA.COM.AU](http://WWW.GSODA.COM.AU)

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.



### 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.



**PARENTS FOR CLIMATE**



**ONE PLANET FESTIVAL**



Empowering Communities, Protecting Earth  
**SATURDAY 16th MARCH, 2024**  
**11AM TO 5PM**  
Elephant Walk, Torquay



**ROCK2RAMP**  
ANGLESEA SLSC

**2023 BURSON OCEAN WATER SWIM**  
FROM 9AM, THURSDAY DECEMBER 28, 2023.

**4 SWIMS**  
KID'S DASH (200M & 300M),  
OPEN-AGE 600M, OPEN-AGE  
2.5KM AND TRADITIONAL 1.2KM

FOR MORE  
INFORMATION GO TO  
[WWW.ROCK2RAMP.COM](http://WWW.ROCK2RAMP.COM)



**BURSON**  
**AUTO PARTS**  
THE PARTS PROFESSIONALS

REGISTER VIA THE  
QR CODE NOW



## THE MAYCOCK FAMILY FUNDRAISING DRIVE

Help us raise money for the Maycock family who are facing huge medical challenges and expenses. All proceeds will go directly to the family.

## XMAS GIFT & PLANT SALE

- Indoor / Outdoor Nursery Grown Plants at wholesale prices
- Amazing selection of new/as new good quality gifts, clothes and footwear at great prices!!!
- Sausage Sizzle

**SATURDAY 16TH DEC**

8am - 1 pm

**NEXT TO FEEDME SURFCOAST!**

1/11 Cylinders Drive, Torquay



## 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

[meli.org.au](http://meli.org.au) [f meli.community](https://www.facebook.com/meli.community) [i meli.community](https://www.instagram.com/meli.community)

[info@meli.org.au](mailto:info@meli.org.au)

IT'S ALL ABOUT JESUS

## CAROLS BY THE SEA

4PM • DEC 16

THE ESPLANADE



## DOXA YOUTH FOUNDATION Holiday Camps 2024

### DATES

Malmsbury Camp: Monday 8th - Friday 12th January  
City Camp - Monday 15th - Friday 19th January

#### MALMSBURY

Located in an idyllic bush setting in Central Victoria

- High Ropes Activities
- Canoeing & Swimming
- Archery & Orienteering
- Night Walk, Movie Night, Trivia

#### CITY

Located in the heart of the Melbourne CBD

- Big Bash & Aus Open
- Pool & Beach
- Melbourne Zoo & Museum
- Eureka Skydeck, Movie Night, Trivia



#### TRANSPORT

Malmsbury: Doxa facilitated bus transport provided from Melbourne & Bendigo  
City: Doxa facilitated bus transport provided from Traralgon / Pakenham & Bendigo

#### COST

Our holiday camps are FREE.

Holiday camps are funded by our amazing donors and philanthropic ventures.

#### FURTHER INFORMATION

Email: [info@doxa.org.au](mailto:info@doxa.org.au)  
Phone: (03) 9046 8200

**WOODWARDS CRICKET BLAST**

ANGLESEA C.C. EST. 1902

**SIGN UP TODAY**



# COMMUNITY NEWS

## HOLIDAY MAKERS

11 & 12  
JANUARY  
2024

9:30AM - 12:30PM



### Group Therapy Holiday Program

Supported by a Speech Pathologist  
and Occupational Therapist



• Creativity • Craft • Connection •

**REGISTER NOW**

## READY, SET, SCHOOL!

JANUARY 2024

9:30AM - 1PM

Monday 15th & Tuesday 16th  
Monday 22nd & Tuesday 23rd

### The group will support development of:

- Classroom routines & expectations
- Initiating play & social skills
- Emotional regulation skills
- Problem solving abilities
- Fine & gross motor skills
- Self confidence

Flying Start Children's Therapy  
Torquay, Victoria

[www.flyingstartchildrenstherapy.com.au/  
ready-set-school](http://www.flyingstartchildrenstherapy.com.au/ready-set-school)

## Little Sports

### School Holiday Program

JANUARY 24TH & 25TH

9:30am - 11:30am

Wurdi Baierr Stadium | Torquay



- BASKETBALL
- TENNIS
- FUN
- SOCCER
- FOOTBALL
- GAMES

Therapist facilitated all abilities ball sports!

**REGISTER TODAY**