



# BELLBRAE BULLETIN

## Acknowledgement of Country Bellbrae PS



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



**WADAWURRUNG  
LANGUAGE**

**kurrak**  
sand  
Pronounced- kurrak

**laarr**  
Stone  
Pronounced- laarr



## THIS WEEK FROM THE PRINCIPAL

**The School Council** - On Tuesday evening the School Council met for their second meeting of the term. Discussion topics included traffic management and safety upgrades on School Road, improvements to facilities including the oval, changes in staffing, endorsement of the school's budget, the results from the survey pertaining to our Canteen and the Mayfair, the inclusion of a sport top to our uniform policy, and the involvement of students in revegetation projects. Our next meeting will be in Week Three of next term.

**Staffing** - Mr Heard is away on LSL for the last few weeks of the term and will be replaced by Mr Bassi. Other teachers on short term leave will generally be away for the last week of this term or the first week of next term. The parents of students in those classes will be notified of the replacement teacher, should they need to make contact.

**Facilities** - A concrete slab has been placed between the Grade Six classrooms and the Sport Shed. This will be covered with synthetic turf and a netball ring will be installed for students to practise their goal shooting. Additionally, a new timber deck is being installed outside the Performing Arts Room, vegetation is being planted in the front of the school, and a retaining wall and fence is about to be constructed around the irrigation tanks near the Basketball Court. Following this our focus will be on vegetating the western boundary and installing signage near the front of the school to direct students and visitors to different areas. We are also hoping for solar panels to be installed on the Gymnasium roof prior to the start of summer. These will generate significant power to help off-set our energy consumption, which can be significant when you consider lighting, heating and cooling for all our learning spaces. Thanks to Emily, our School Council President, who has been instrumental in applying for grants to fund some of these projects.

**Athletics Carnival** - Thank you to Dave Semianiw, staff and parents who assisted in making our Athletics Carnival a huge success last week. Well done to all the students who competed and to the champions of the different age groups. Their successes were celebrated at Assembly last week, where the winners of the 'best dressed in house colours' were also awarded with vouchers for their efforts.

**Lost property** - We have a growing quantity of clothing and personal belongings that remains unclaimed. Please ensure your child's clothing is well marked, and please remind your child to return home with the same clothing they arrived to school with. Parents are welcome to search through our 'Lost Property' tubs that are located in the passage outside the Admin Office. We also have a well-stocked cupboard of second hand uniforms that are available for a small fee. Please feel free to look at what is available in the cupboards that are located in the passage outside the Prep Classrooms.

**Recycling** - Just a reminder that we have a recycling facility in the entrance foyer that caters for cosmetic containers, lids, pens, toothbrushes and textas/markers. Please make use of this and thanks to the parents from our Sustainability Group for managing the initiative.



Enjoy the upcoming weekend and the last few weeks of term.  
Adrian

## IMPORTANT DATES & INFO

Monday 17th June  
Grade 5 BioLAB Excursion

Monday 24th June  
Whole School Sausage  
Sizzle

Friday 28th June  
Last Day Of Term  
2:30pm finish

Monday 15th July  
Term 3 Begins

Assembly Dates  
21st June

**Future Curriculum Days**  
Monday 5 August 2024  
Monday 4 November 2024

**VOLUNTEERS  
NEEDED**



Our 2 chickens are looking for some families to help look after them over the winter break. It would require you coming to school about every 3 days and letting the girls out for a bit, changing their water and restocking food. If you can commit to a week in the holidays it would be greatly appreciated.

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



5261 2660





# ENROLMENTS OPEN NOW FOR 2025



## BIRTHDAYS

15th June  
Scarlet Price

16th June  
Harriet Adams

17th June  
Lucia Gadd

18th June  
Daisy Jones  
Walter Birchall

20th June  
Evie Bean

22nd June  
Jack Steven  
Romeo Brissenden

25th June  
Liv Smith

26th June  
Grace Price  
Indi Schmidt

27th June  
Milla Lynch  
Freya Doolan

28th June  
Coco Tournier  
Harriet Beck

Happy Birthday to all the students  
that will be celebrating over the  
holidays.

Mischa Ray  
Loki Sincok  
Hugo Henderson  
Sailer Weidner  
Alfie Glenn  
Charlie Hayton  
Lucy Denness  
Mia Wilson  
Eden Hawken  
Archie Hawken  
Nick Semple  
Carwyn Morzineck  
Orla Turner  
Bridget Fiess  
Ash Hede  
Lucinda Marceau  
Addis Heane  
Poppy Long  
Poppy Decelis  
Matilda Decelis  
Tom Brackin  
Poppy Hamilton  
Bodhi Billing  
James Hughes  
Bon Grigg  
Finn Hart  
Po Sawyer



## BELLBRAE PRIMARY SCHOOL

*A community of critical thinkers  
and innovative learners.*

# ENROLMENTS NOW OPEN FOR 2025

CONTACT US TO  
BOOK YOUR  
SCHOOL TOUR:

(03) 5261 2660

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

*All enrolments welcome!  
Foundation enrolments to be submitted  
by the start*

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





# YEAR 6 TREE PLANTING DAY



As part of critical and creative thinking the year 6's have been busy planting out the school entrance with a variety of indigenous and native plants. It was wonderful to see students working together, problem solving and helping each other to increase biodiversity in the school grounds and create habitat. To summarize the importance of such learning experiences, "The true meaning of life is to plant trees, under whose shade you do not expect to sit."

Lachlan Hurrell



# YEAR 4 BIODYNAMICS INCURSION

On Friday the 31st May the year 4's spent community hour learning all about soil health with Bellbrae parent Alex Adams. It was great to see students so engaged and having great chats about healthy soil and its importance for the environment, the quality of our food and our bodies health. We learnt about nutrient cycling processes such as worm farms, compost and biodynamics soil treatment to encourage soil life to flourish. The kids loved spinning aged cow manure formula, called 500, as we oxygenated all the microscopic life. A big Thanks to Alex for coming in to share with the year 4's.





# ATHLETICS DAY

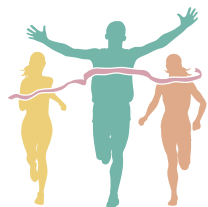
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On Wednesday 5th of June we had our 3-6 Athletics at Landy Field. It was a great day and we had a blast! It was fantastic to see so many students in their House Colours supporting their team mates and peers.

Well done to everyone who competed and collected points towards their House's total. Congratulations to Follett for coming in 1st place!

Congratulations to our year level champions:

9 Girls Champion: Evie Taylor  
9 Boys Champion: Kai Wakefield  
10 Girls Champion: Coco Clyne  
10 Boys Champion: Quin Easom  
11 Girls Champion: Naree Gow  
11 Boys Champion: Murphy Winkler  
12 Girls Champion: Wren Rahilly  
12 Boys Champion: Jack Hobson



## SCHOOL WIDE POSITIVE BEHAVIOUR

### Wide Positive Behaviour Weekly Update

Our whole school focus will continue until the end of Term 2 will be showing our school value of Resilience – we use our words to solve problems. All classes will engage in teaching and learning activities that explore:

- \*Learning to solve problems by talking about it and listening to others
- \*Using body language and facial expressions to help us understand how others might be feeling
- \*Asking trusted adults for help when we have problems or want to talk about our feelings
- \*Using Stop, Walk, Talk strategies when we don't like the way someone is treating us





# VALUES AWARDS



REYMI MORGAN	FA	ASPIRE	For having a positive attitude towards your learning and always giving your best.
HAZEL DRAKE	FA	ASPIRE	For always giving your best effort and for being a helpful and kind member of FA.
ROSE CHRISTIE	FB	ASPIRE	She is focused on her learning, helps others and always follows teacher instructions to the letter. Georgia is friendly and extremely well-liked by everyone in our class.
MILLIE BACKHOUSE	FB	ASPIRE	For always trying your best and having a great attitude towards writing! Well done Millie!
REMY IRVINE	FE	ASPIRE	Well done Remy for always trying your best and having a great attitude towards school.
MAJA FIESS	FE	ASPIRE	For always trying your hardest in all of your learning. Great job Maja, keep it up!
ELKA OGDEN	FE	ASPIRE	For always being a focused and hard working student. Keep being awesome Elka!
OLIVE INFELD	1A	RESILIENCE	For your great attitude to learning tasks and your thoughtful and calm problem solving.
JUDE RYAN	1B	RESILIENCE	Well done Jude for always giving you best effort in the classroom. I love how you always seek assistance with a challenge and never give up!
PATRICK IRONMONGER	1C	ASPIRE	For his enthusiasm with learning. You are always such a happy and enthusiastic member of the class. Well done Patrick!
LUCY MYERS	2B	ASPIRE	For her dedicated effort on writing tasks this week. Fantastic job, Lucy!
SIENNA DI FELICE	2B	RESPECT	For being a respectful listener in our Morning Circle routine. Well done Sienna!
IVY TURNOCK	2C	ASPIRE	For always making positive contributions to classroom and group work discussions. Well done, Ivy!
JIMMY HASTIE	2C	ASPIRE	For always taking on positive feedback to improve his writing and for his fantastic efforts and enthusiasm towards persuasive writing over the last two weeks! Well done, Jimmy!



# VALUES AWARDS

JETHRO GRIGG	3A	ASPIRE	Well done for making some positive decisions toward your learning this week Jethro. Keep it up!
THEO IRVINE	3A	ASPIRE	Well done for trying to avoid distractions and doing your best listening this week. Keep it up, Theo!
JAY HOGAN	3B	RESPONSIBILITY	For being very responsible with your time in the classroom and staying on task. Keep up the wonderful efforts, Jay! :)
ZARA MADELEY	3B	ASPIRE	For the dedication you demonstrate towards achieving your learning goals. You positive engagement in all class activities is amazing! Well done, Zara
GEORGIA BRIDGES	4A	RESPECT	She is focused on her learning, helps others and always follows teacher instructions to the letter. Georgia is friendly and extremely well-liked by everyone in our class.
BONNIE CORCORAN	4A	RESILIENCE	Bonnie has been working hard to solve problems by compromising with those around her.
STEVIE DEPPELLER	4B	RESILIENCE	For always facing challenges with a smile and a positive attitude.
KAYDEN GLENNIE	4B	RESILIENCE	For always coming to school with a smile and positive attitude.
RUFUS FISHER	5A	RESPONSIBILITY	For taking charge of his learning and working hard to achieve his goals. Keep up the good work, Rufus!
ZACH ECCLES	5B	RESPECT	For always showing manners by listening to others and following instructions. You are always focused on your learning making you a role model for your classmates. Keep it up Zach!
RUBY MEE	5B	RESPECT	For always acting with kindness and care. You listen to, and help, others and always consider other people's feelings. Keep it up!
DUSTIN HOBSON	5C	RESPECT	Dustin always acts respectfully towards his teachers and considers others feelings.
LILY TAYLER	5C	ASPIRE	Lily always tries her best and takes great pride in the presentation of her work.
DIGBY WILLS	6A	RESPONSIBILITY	For the positive influence you bring to our classroom. You care for and support your peers, and always put in 100% towards your learning. Keep it up!
MALI TERRY	6A	ASPIRE	For the focus and effort you put into all of your learning. You are really pushing yourself to think deeper about the responses you are giving. Keep it up!
IMOGEN WYLLIE	6B	ASPIRE	For consistently aspiring to try her best and challenge herself in all areas of her learning. Well done Immy!
ZION LINDSAY	6B	ASPIRE	For showing respect to his peers and being a positive role model for others in our school community. Well done Zion!

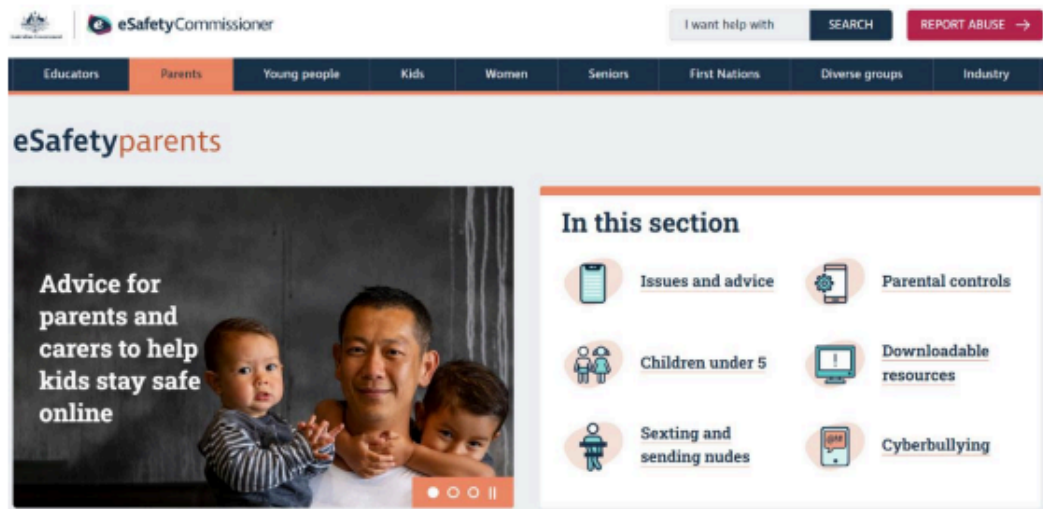


## [e Smart Update 6 - 2024](#)

### “A gram of prevention is worth a kilogram of cure”

Parents are accustomed to teaching their children about “stranger danger” and “stop, drop and roll” for safety and fire prevention. The issue of proper use of technology must now be added to that list. Sending children and young adults into cyber space without rules or guidelines is like sending them to a friend's house or school with no set of expectations of behaviour. The biggest difference is that cyberspace is a “superhighway” of information, a passage to places youth could not go before. Unlike stepping out your front door, technology gives cyber travel infinite possibilities.

This “super highway” helps us to take in all kinds of valuable information and creates many conveniences to our busy lives. Used incorrectly or without “balance”, however, the side effects can range from social skill deficits and texting addictions to enhanced isolation and cyber bullying. Parents are their children's first teachers and therefore must be prepared to proactively address technology use.



### **FAMILY GUIDELINES – Be proactive, not reactive**

Decide ahead of time what your family plan is concerning technology. Discuss as a family and come up with a set of guidelines that everyone has had input into.

- Where will the electronic devices be stored / played in your home?
- Keep devices out of the bedroom!
- How much time should be spent using the devices?
- Have sample plans of what should be done if:
  - A pop-up comes on the screen
  - You are asked for personal information such as name or address
  - Pictures or words appear that you know are not allowed to see or hear
  - Someone sends mean or insulting messages
  - You think you have been cyber-bullied, or have a friend who has been
  - Someone (including a website) asks for your personal details

For more information please visit; <https://esafety.gov.au>

Mr O'Donnell  
Year 4 & e Smart Bellbrae PS Coordinator



# WELLBEING NEWS

Rolling out this week, the Yr 5 Yard Buddies will be out in the yard every RECESS instead of lunch (we have lunchtime clubs still happening for students that need this option during lunch breaks) and they will be taking into the yard our new BUDDY WAGON, loaded with fun activities!

For students who might be feeling lonely, can't find a friend to play with, or just need a break from the hustle and bustle of the playground they can come and hang out, play some games, and enjoy some interaction. Just look for the students in the blue vests over near the STEM room 😊

This has already proven to be very popular! The Yard Buddies will be supported by Bree and Kerry (Wellbeing) in running these sessions.



## The Surf Coast Shire are inviting Families of Children pre school through to year 2 to a FREE Digital Tattoo workshop

Our Young People's introduction to their online worlds is happening earlier and earlier.

This workshop is designed to complement the e-safety resources and pulls on years of working across primary schools with Parents and Carers who wish they'd had the information earlier.



This session is for online & FREE!

## DIGITAL TATTOO

This workshop is for:

- parents and carers of pre-school through to year 2 students
- aims to complement information delivered by Vic Police and e-safety

Digital Tattoo focuses on:

- the importance of role modelling
- what to look out for
- creating conversations and connection
- the impacts technology use can have on Young Children

This workshop will be run by Leigh Bartlett who has delivered 100's of workshops over the last 15 years. Leigh believes that you are your Children's first teachers and their best teachers. As they get ready for school the importance of families and schools being on the same page when it comes to tech use is critical.

Tuesday: 6.30-8.30pm  
25 JUNE 2024

Register via  
the QR code:



**batforce**  
BARWON ADOLESCENT TASK FORCE

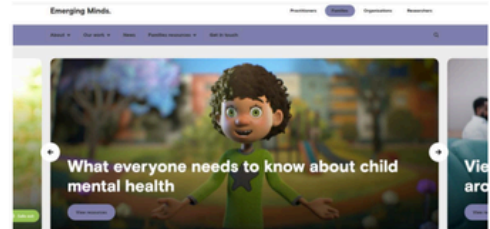


## New Website Supporting Families and Children's Mental Health

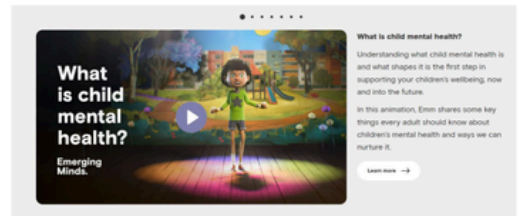
<https://emergingminds.com.au/families/>

Welcome to Emerging Minds

Here at Emerging Minds, we work together with families and professionals and draw on the latest research to produce free resources that help families nurture and protect children's mental health as they navigate the ups and downs of daily life.



Families can access a range of videos, tip sheets, podcasts and other resources to help support the mental health of their children.



THE

**OCEAN MIND**

**50 FOR 50**  
CAMPAIGN

Ocean Mind is a charity that provides therapeutic surf programs for young people aged 8-18 who are experiencing mental health challenges, social isolation and disabilities. Our mission is to enrich young people's health, relationships and potential through surfing.

Our aim is for **50 local businesses**, organisations or people to collectively donate at least **\$50,000** to Ocean Mind.

How to help!

**Ocean Mind Rooster**  
**\$1000**

Supports young people, programs and expansion projects.

**Sponsor a Grom**  
**\$3500**

Your support will get a young person in the water.

**Sponsor a School Group**  
**\$8500**

Get a group of 12 students in an Ocean Mind program who don't have access to funding.

Get in Touch **TODAY**

0409 508 072 • [jack.p@oceanmind.org.au](mailto:jack.p@oceanmind.org.au) • [www.oceanmind.org.au](http://www.oceanmind.org.au)





# Bellbrae Business Directory

Showcasing local businesses who support Bellbrae Primary

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

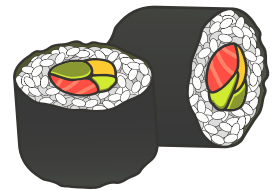
CompassPay  
Payment Confirmation

## Canteen - Specials

Please see canteen menu  
on the Compass App

## Sushi Tuesdays

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



## COMMUNITY NEWS

### MELI

#### Drop-In Service Surf Coast



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

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

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

#### DETAILS

LOCATION  
Kurrambee Myaring  
Community Centre (KMCC)  
12 Merrigig Drive  
Torquay

WHO  
Parents/Carers/Families

Family Support Drop-in  
Monday 8.30am-12.00pm  
Amy Godfrey  
☎ 0491 092 058

Mental Health/Alcohol &  
Other Drugs (AOD) Drop-in  
Tuesday 1.30pm-4.00pm  
Kate Fitzsimmons  
☎ 0403 781 821

Early Steps Drop-In  
Friday 8.30am-12.00pm  
Sianna Lloyd  
☎ 0490 783 046

SMS and phone calls  
welcome

COST  
FREE (no referral required)  
Support people welcome

For more information please call Meli  
on 5226 8900.

[f 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)

### SIMPLIFY & SORT

"Where Clutter Ends, Calm Begins"

Are you a busy person, do you run a busy household?  
We are here to help you.

If you don't have time, we do!

- ✿ Refresh & de-clutter your living spaces
- ✿ Help with downsizing/relocating
- ✿ Personalized service
- ✿ Eco-friendly practices

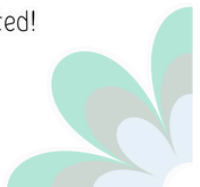
Whether its one cupboard, one room or the whole house.  
We can help you regain functional flow & order.

We are reliable, super efficient & friendly

Contact us today. Let's get started!

☎ 0493-828-736

✉ [simplifyandsort@gmail.com](mailto:simplifyandsort@gmail.com)





## coerver<sup>®</sup> soccer

### holiday camp



**TORQUAY - 1,2 & 3rd July**

**GEE LONG - 8,9 & 10th July**

COERVER.COM.AU

0423 975 569



Are you a local mum of primary school aged children or younger? Have you ever wanted to learn to ride a bike confidently? The great news is Bicycle Network is rolling out a Mums on Bikes Program for mothers in Geelong and surrounding areas.

All sessions are FREE and run for 2 hours in a small group, with a focus on:

- Beginner skill-building activities
- A ride to put your new skills into practice
- Off-road setting to suit your riding style
- Navigating your area by bike
- Basic bike maintenance

We can provide you with all the equipment (bike and helmet) as well as an on-site free babysitting facility should you have young children that need looking after while attending the course.



#### The details of the Mums on Bikes Program:

Level:  
Beginner

Start Date:  
Tuesday 4th June to  
Tuesday 25th June  
(every Tuesday)

Location:  
Belmont Criterium Track  
1 Barwon Heads Rd,  
Belmont VIC 3216

Time:  
11am - 1pm

Places are limited, so  
please register here to  
avoid missing out:



POTTERY STUDIO-EVENTS & GALLERY

### School Holiday's Pottery & Craft Sessions

Mon 1st July 2pm- 4pm Kids Pottery Class

Tues 9th July 10.30am-12.30pm Kids Pottery Class

Thur 11th July 10.30am-12.30pm Kids Pottery Class

Additional classes will be listed on these dates and other dates if these book out. Adults may book a spot for themselves to join in and make something as well. You can either stay or drop off.

**\$55 per person for 2 hours. Includes clay, colours, glazes and 2 kiln firings.**

To book visit the website <https://hazytales.com/events/events-calendar/>

These are a few of the other things we do at Hazy Tales Studio:  
Bespoke Pottery Parties for Adults & Kids. Custom events. Hen parties.  
Adult evening 'Clay & Cocktails by Candlelight'. Porcelain products & jewellery for sale.

16 MAYALL WAY, DRYSDALE, BELLARINE

sally@hazytales.com 0439 709 492  
[www.hazytales.com](http://www.hazytales.com)



## PlayConnect+

Supporting Families With Children With a Disability or Developmental Concern

**Torquay Children's Hub**  
27 Grossmans Road, Torquay  
Tuesdays 9:30am - 11:30am

PlayConnect+ playgroups are open to all children with disability and/or developmental concerns aged 0-6 years. Our playgroups are for children, their families, carers and siblings. No diagnosis is required. All sessions will be facilitated by qualified professionals. PlayConnect+ playgroups are a great way for families to connect, share knowledge, ideas, and have fun!

Register your interest with our local facilitator  
Helen Punton  
[hpunton@playgroup.org.au](mailto:hpunton@playgroup.org.au)  
Ph: 0472 722 587



[playgroup.org.au](http://playgroup.org.au) @playgroupvicofficial  
1800 171 882 /playgroupvic





Kids interested in playing fun and friendly **netball** in Torquay?

Surf Coast Netball Association winter season starts in term 2.

Beginners: 7-10 years

Juniors: 12 & under and 14 & under

New teams welcome. All games at Wurdi Baierr stadium.

More info at [www.scna.net.au](http://www.scna.net.au)

Register interest or enquiries please email: [info@scna.net.au](mailto:info@scna.net.au)



## KIDS YOGA

Tuesday 4pm | 45mins

Our kids yoga classes are playful, creative and fun. The focus is on allowing little yogis an opportunity to move their body in ways that feel good and to start to identify and connect more deeply with their emotional self. We use stories, music, games, nature based activities and craft to keep the classes engaging and to help explore mindfulness and personal development themes in interesting and age-appropriate ways.

Open to primary school aged children (approx 5-12yrs), all abilities welcome - please be in touch if you have any questions or concerns about your child's participation.



Our Kids and Teens yoga classes are taught by Alicia Crawford Bell - a yoga teacher, Ayurvedic practitioner, massage therapist, program facilitator and mama to two little wild ones. Ali has over 20 years experience designing and facilitating leadership + personal development programs for young people. [www.liminallife.com.au](http://www.liminallife.com.au) to find out more.



## TEEN YOGA \* WELLBEING

Tuesday 5pm | 60mins

We create a safe, supportive and nurturing space for young people to gather, move, deepen awareness of their body and mind and to grow and share with peers. These classes help teens explore aspects of physical health and mental wellbeing whilst offering an opportunity to relax and unwind, build strength and flexibility just be.

We cover a range of health and wellbeing topics in these sessions and are open to ideas and input from young people themselves to help make them relevant, interesting and effective. Open to high school aged youth (approx 13-17yrs), all abilities welcome - please be in touch if you have any questions or concerns about your participation.

liminal|life



## TEEN REFORMER PILATES

Monday 5pm | 45mins

This fun and challenging 45 min class is designed to support healthy growth and development in teenage bodies. Using the reformer to adjust resistance accordingly, we focus on strengthening the main muscle groups as well as stretching tight muscles and addressing posture. These classes are excellent for teenagers participating in team sport, as well as those who don't - and need regular exercise to support growth and wellbeing. With lots of positive physical and mental health benefits, get moving with us in a safe and supportive environment. Reformer taught by our experience Pilates instructor Sue.



## BOOKINGS:

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

1/10 Cylinders Drive, Torquay 0476 147 672



## TEEN MAT PILATES

Wednesday 5pm | 45mins

We create a safe, supportive and fun environment for young people to gather, gain awareness of their body through exercise & set up healthy habits early on in life! Mat Pilates is great for the growing body - teaching core activation, flexibility, all-over strength & even a bit of cardio! It's fun and teenagers love it! These classes are taught by Jess a certified clinical pilates instructor, meditation teacher and youth worker. Open to high school aged youth (approx 13-17yrs), all abilities welcome - please be in touch if you have any questions or concerns about your participation.







## Share your world Become a foster carer

It's the little things that matter most – like having a safe place to call home, someone you can smile with and the right support.

You can make an extraordinary difference in the life of a young person by sharing those ordinary, everyday moments.

We are looking for compassionate individuals, couples and families to become foster carers to provide a safe and supportive home for vulnerable children and young people. We'll support you 24/7 and provide all the training you need.

Share your world. Become a foster carer.

1300 592 227  
lwb.org.au/foster-care



LIFE  
WITHOUT  
BARRIERS

Scan to find out more.



## OUR JUNIOR TENNIS PROGRAM

Are you looking for an enriching and enjoyable activity for your child that promotes fitness, skill development, and teamwork?



At JV Tennis Academy, we prioritize enjoyment alongside improvement, ensuring every child feels welcomed and motivated to succeed.



Our expert coaches bring a wealth of experience and infectious energy to every session, ensuring your child learns, grows, and thrives on and off the court.



Life's busy – we get it! That's why we offer classes Monday through Friday, right after school. With three convenient locations in Torquay, Jan Juc, and Bellbrae.



JV Tennis Academy is more than just a tennis school – it's a vibrant community where young athletes thrive and friendships flourish. Our mission? To inspire, educate, and empower the next generation of tennis champions!

Our Junior Hot Shot programs cater to kids aged 4 to 12, offering a dynamic blend of skill-building, strategy, and pure tennis fun! Whether your child dreams of mastering the perfect serve or simply wants to rally with friends, our expert coaches are here to make it happen.

Join us for a free trial session!

Don't miss out on the opportunity and book in a free trial session today! For more information, visit our website at [www.jvtennis.com.au](http://www.jvtennis.com.au) or contact us directly at [admin@jvtennis.com.au](mailto:admin@jvtennis.com.au)

Looking forward to seeing you on court!



## A Celebration Day for Girls

AUGUST 2024

Location Torquay  
Venue TBC

Friday 2nd August  
6.30pm - 8.30pm

&

Saturday the 3rd of August  
10 - 4pm.

Session times are:

Friday 2nd August  
6.30pm - 8.30pm Mothers/female  
carers only

&

SATURDAY 3rd August  
Sat 10am - 1pm  
Daughters only

Sat 1pm - 4pm

Daughters & Mother/carers together

\*

Cost \$165 per mother & daughter duo  
/\$125 con  
\$240 mother w two daughters

For more info & bookings contact:

Michelle Buggy  
0417 168 070

[informemot@gmail.com](mailto:informemot@gmail.com)

\*Sessions are also run by request so  
please contact me to arrange a date  
that suits you \*

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



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

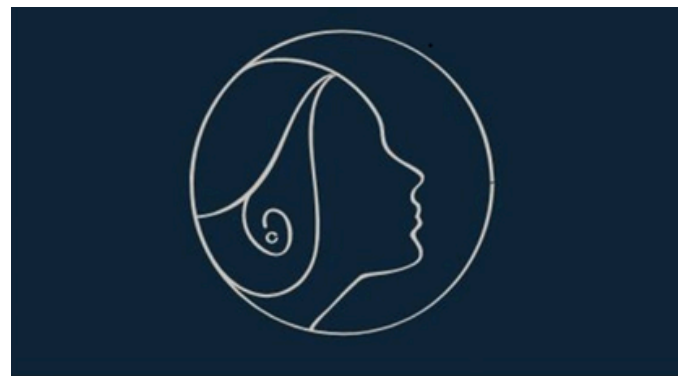
At the **Celebration Day** the girls experience positive menstrual education through lively discussion, fun activities, women's stories and a gentle celebration of puberty.

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

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

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

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



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.





The Surf Coast Family Hub offers specialist care that is individually-tailored and enables continuity of support for families from the Surf Coast and beyond. Our multidisciplinary team offers perinatal support, addressing the wellbeing needs of people from pregnancy through to parenthood, along with general support for individuals and families facing challenging times. We work with infants, children, adolescents, individuals, couples and families.

Wherever you are in your journey, let us support you.

#### MAKE AN APPOINTMENT TODAY:

Jan Juc Village  
16 Princes Terrace  
Jan Juc

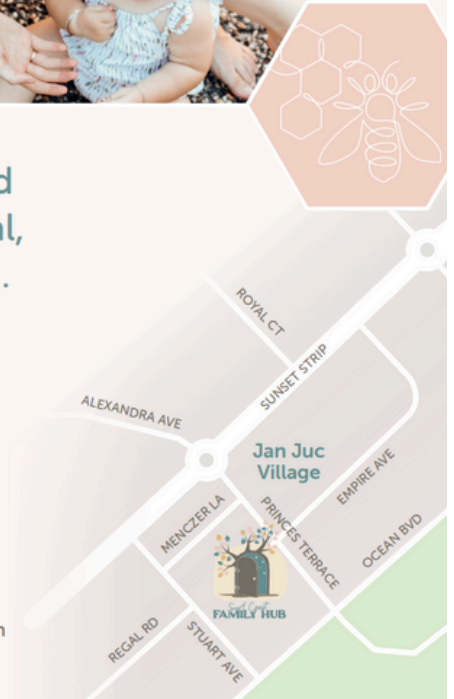
0491 184 788  
[www.surfcoastfamilyhub.com.au](http://www.surfcoastfamilyhub.com.au)



### Holistic, evidence-based care to support perinatal, child & family wellbeing.

#### OUR SERVICES:

- Perinatal & General Psychology
- Child/Adolescent Therapy
- Couples Therapy
- Massage
- Acupuncture
- Midwifery Continuity of Care
- Pregnancy/Birth/Postpartum Education
- Music Groups



## Rain, Hail or Shine – It's Footy Time !

### Come and Play for the Aireys Inlet Eels U10 & U12s

.....an inclusive little club with a lot of heart

We would love some extra players for our U/12s in particular .....Home Games played at Bellbrae Reserve. Training in Aireys (but potential to have U/12s once a month at Bellbrae) Smaller team = lots of match time! ....and a lovely relaxed club atmosphere !!

#### KEY DATES for 2024

Wed 20<sup>th</sup> March – First Training (4pm-5pm – U/10s Skate Park, U/12s Aireys PS)  
Wed 17<sup>th</sup> April – Jumper Presentation (Aireys Pub 5.30pm after training)  
Sat 20<sup>th</sup> April – First Match (Venue TBA.... Home Games at Bellbrae Reserve)

**\$75 membership fee for the season (Jumper supplied)**

**Come along and be part of the Mighty Eels.... Or pop along to training to have a go!**

**If you have any questions at all please call**

**Leo Renkin 0407065500 or Narelle Day 0468563277 or Liz Currie 0437213229**

