



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

Mayfair – A big thank you to all members of our School Community for supporting our Mayfair this year. The weather was on our side, and all the hard work from parent volunteers certainly paid off. A special thank you to Belinda, Judy, Tony and Emily, who all went 'above and beyond' in planning, coordinating and running the Mayfair. We really appreciate everyone's hard work in bringing back this fantastic community event, and the proceeds will enhance both the recreational and educational opportunities for all our students. Thanks also to Bec for doing an extraordinary job in sorting thousands of donated books that were sold at the Mayfair and also used for our Mother's Day Stall. I trust that all the mums in our community had a lovely day last Sunday.

Somers Camp – Once again a group of our Grade 6 students opted to attend this year's Somers School Camp. Essentially it provides a range of community living, environmental awareness and outdoor learning programs. It is overseen by the DET, with a number of teachers from various schools contributing to 'Residential Outdoor Education.' The camp runs from 14 May to 22 May and is offered every alternate year. This means that our current Grade 4 students will have the opportunity to attend in 2026. We will provide information well before the event, but any interested families should have a chat to our Grade Six students on their return, or visit their website at: [Somers School Camp](#).

Cross Country – Well done to all our students who participated in the Districts Cross Country event earlier this week. A number of our runners did really well, which sees them progress to the next level. Thanks to Dave Semianiw for his coordination, and the parents who supported our athletes.

School Council – Last week we had our first School Council Meeting for the term. The Annual Report was presented and we had some interesting discussions about the school's overall performance during 2023. Our school achieves well above state averages in academic performance, attitudinal surveys, NAPLAN results, and student's connection and engagement with school. I am extremely proud of my staff and students, and certainly acknowledge our success is also due to the commitment and support of our parents. We also had lengthy discussions as to how we can improve our Canteen service, which all parents can provide input via a survey that will be sent out from School Council. Please take time to complete the survey so that we can make our school and its services even better!

Front Playground – Our students are making good use of the play space at the front of the school, and the new sign at the entrance has now also been installed. The final piece of work is the third flagpole, which was installed, but at the incorrect height. As such it is still fenced off and will be replaced in the coming days. Tony is also building a series of benches across our front fence line, which will add some extra comfort for parents and students whilst waiting for transport, or simply as an additional place to sit. They are set back from the sidewalk for safety reasons, and are constructed from recycled hard wood which not only looks good, but is also super strong!

Education Support Day – All schools rely on ES (all non-teaching staff) for the smooth operation of any school. This includes administration, tech, maintenance, integration aides, canteen and allied health staff. On Thursday we celebrated ES Day with a special morning tea, and I would like to publicly acknowledge the great job they do, as well as thank them for the crucial role they play in the lives of our students.

Enjoy this wonderful autumnal weather, and have a great weekend.

Adrian

IMPORTANT DATES & INFO

Tuesday 21st May
City to Surf Lightning
Premiership – Grade 5/6

Wednesday 22nd May to
Friday 24th May
Indonesian Fruit Incursion –
Grade 1

Wednesday 5th June
Bellbrae Athletics Carnival
Grade 3 – 6

Monday 10th June
Kings Birthday Public Holiday

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

Monday 15th July
Term 3 Begins

Future Curriculum Days
Monday 5 August 2024
Monday 4 November 2024



5261 2660



ENROLMENTS OPEN NOW FOR 2025



BIRTHDAYS

10th May
Elka Ogden

12th May
Hannah Dixon
Hudson Jones

14th May
Stevie Deppeler

15th May
Indika Lynch

16th May
Mirabelle Buxey

17th May
Bels Betts

19th May
Malu Maia-Rau

20th May
Laken Knite

21st May
Lala Morrison
Reymi Morgan
Beau Shroder
Max Cook

22nd May
Indi Barraclough

23rd May
Otto Mazyliis

24th May
Mackie Hamilton
Quin O'Loughlin

25th May
Harriet Denness
Indie Christian

26th May
Coco Leggett

29th May
Zalia Doyle

30th May
Archie Wilkinson
Louie Wilson

No. 319
**BELLBRAE
PRIMARY SCHOOL**
Est. 1861

**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

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

www.bellbraeps.vic.edu.au/



As part of National Reconciliation Week the Wadawurrung Traditional Owners Aboriginal Corporation have an exhibition, Journey on Wadawurrung Country, at the Grant Pavilion, Torquay from 28 May to 16 June, 2024. We are planning on taking our Year 4, 5 and 6 students to the exhibition to enhance their understanding of local cultural perspectives. For further information visit the Surf Coast Shire website [here](#).

Journey on Wadawurrung Country

Next date: Tuesday, 28 May 2024 | 10:00 AM to Sunday, 16 June 2024 | 03:00 PM

Yaneekan-werreeyt Wadawurrung Dja

Wadawurrung Traditional Owners | Ferne Millen | Vicki Hallett



IMMERSIVE EXHIBITION

**May 28
– June 16**

GRANT PAVILION TORQUAY

Journey on Wadawurrung Country is a sensory immersive cultural learning experience that shares images, life stories and sounds of Wadawurrung People and Country.

NEWS FROM THE GRADE 6 STUDENTS

Last Friday our year 6 students got their hands dirty spreading compost, learning about soil health and planting out our vegetable beds. We would like to thank Bunnings Torquay for another generous donation of vegetable seedlings, seeds and mulch. It takes a community!



SCHOOL WIDE POSITIVE BEHAVIOUR

Our whole school focus for Term 2, Weeks 5 and 6, is showing our school value of Responsibility - We play safely and fairly. All classes will engage in teaching and learning activities that explore how when out in the yard we:

- follow game rules
- use words to solve problems
- safely challenging ourselves
- take turns
- know that we are all free to make our own choices
- use equipment correctly and respectfully.



VALUES AWARDS



LILY TAYLOR	FA	ASPIRE	For your positive attitude to everything you try and to all your classmates and teachers. Thanks Lily.
CARWYN MORZINEK	FA	ASPIRE	For a great effort trying your best, even when things feel tricky. I'm proud of you- be proud of yourself, Carwyn.
ARABELLA COLE	FB	ASPIRE	You are such a star, always trying your best and never giving up! Keep shining bright with your can-do attitude.
JACK HISSEY	FB	RESILIENCE	Well done Jack for showing amazing resilience this week! You bounce back from all challenges with a smile.
LUCY BASTAIN	FC	RESILIENCE	For bravely starting each day with a smile, even when feeling nervous, and overcoming challenges with a positive attitude. You are a superstar, Lucy!
POPPY DECELIS	FC	ASPIRE	For always giving your best effort and being super excited about learning new things. Keep up the awesome work, Poppy!
ISSY HENNESSY	FD	RESPONSIBILITY	Well done for consistently showing responsibility and giving your best effort in every task in the classroom!
NED CROTTY	FD	ASPIRE	Well done Ned for being a focused learner and demonstrating role model behaviour in our classroom. You're a superstar, Ned!
KALANI EVANS	FE	RESPECT	For being an incredibly kind and helpful person at all times. You are amazing!
NED LONG	FE	ASPIRE	For always being a focused and hard working student. Keep being awesome Ned!
SOPHIA MOORE	1A	RESPECT	For the kindness you show to other students, always encouraging and offering to help those around you.
TOM BRACKIN	1B	RESILIENCE	For you consistent hard work on your writing. You should be very proud of you hard work on improving your learning!
REMI ARMSTRONG - PORTER	1B	ASPIRE	For making fantastic and positive choices during learning, you are helping us build a happy classroom environment!
BOBBY O'BRIEN	1C	ASPIRE	For making such a fabulous effort with her take home reading books. Well Done Bobby!
LEVI SANDERS	1D	ASPIRE	For always trying your best and listening to feedback, you are continually demonstrating our school value of Aspire.
RUBY MCVERRY	2A	RESILIENCE	For showing resilience when learning new addition strategies and persevering until she succeeded. Well done, Ruby!
INDIE - ROSE NUTBEAN	2A	RESILIENCE	For showing resilience when faced with a challenging writing task and persevering to produce a great piece. Well done, Indie!
HUGO HURAT	2B	ASPIRE	For embracing challenging tasks with a positive mindset. Well done Hugo!
WINTER BARRY	2B	RESPECT	For contributing respectfully on the floor and listening to others. Well Done Winter!
MATILDA HILBERT	2C	ASPIRE	Well done, Matilda for always aspiring to do your best in all learning areas.

VALUES AWARDS

ISLA CARBONELLI	3A	RESPONSIBILITY	Isla, you're a star! Always so responsible and willing to do anything to help. Keep it up!
COLTON OAKLEY	3A	RESPONSIBILITY	For always being a responsible and trustworthy class member. Well done and keep up the wonderful work.
ADDIS OGDEN	3B	RESPECT	For the kindness and respect that you always demonstrate to others, both in and outside the classroom.
ARCHIE STONE	3B	RESPECT	For your respectful and positive engagement during all learning activities. You are always aspiring to achieve your best!
ELIJAH EMAN - DELANDRE	3C	ASPIRE	For aspiring to attempt and complete all of your learning tasks this week. Well done Elijah.
KELI' LE NEVEZ	3C	RESPONSIBILITY	For working so well this week on your individual learning tasks, you were able to stay on task and ignore the distractions of others. Well done Keli'
ALICE TARIK	4C	ASPIRE	Giving every activity a go no matter what the topic is. Keep it up Alice!
OLIVE DILLON	4C	ASPIRE	Taking great pride in all work completed at school. Great work Olive!
COCO CLYNE	4B	ASPIRE	For showing an interest when learning new processes and concepts.
EDDIE REES	5A	RESPONSIBILITY	For being organised with his belongings and due dates.
WILLOW TABAK	5A	RESPONSIBILITY	For taking responsibility of her learning and applying herself to complete her goals.
LOLA BULLEN	5B	ASPIRE	For always working hard to give your personal best when completing learning tasks.
ANAI MOLLOY	5B	ASPIRE	For taking learning risks, learning from your mistakes and having a growth mindset in maths.
ISLA O'BRIEN	6A	ASPIRE	For the effort and involvement you are putting into your learning. You have shown some impressive growth with your perseverance and focus this month. Keep it up Isla!
ZALIA DOYLE	6A	RESPONSIBILITY	For always taking responsibility of your learning. You approach every learning opportunity with focus and diligence, setting the standard for your peers. Well done Zalia!
ESTELLA CARBONELLI	6B	ASPIRE	For putting in so much effort to be organised and ready to learn everyday.
GATSBY GRIGG	6B	RESPONSIBILITY	For always being a role model to others in his learning and the way he respects others.

THANK YOU!

Thanks for your support. It's been a team effort!



You may have noticed construction work on a new pedestrian refuge on the Great Ocean Road in front of Christian College. Bellbrae Primary families and students have been advocating for many years for safe cycling access to school. Ali and Amy, the students in the photo above are now in year 9 at high school, Hudson is in year 8, and Rosie and Xanthe are in year 7!

Thanks also to those of you who filled out safer cycling surveys and signed petitions to State Parliament and Council.

In response to sustained community advocacy,

- the Department of Transport and Planning has funded the construction of a pedestrian crossing and trimming of vegetation to get rid of blind spots.
- Christian College is funding the installation of electronic 40km signs.
- Council will be seeking funding to construct footpaths that connect the crossing to the corner of Strathmore West, and a new cycling and walking trail that will run between the Bellbrae Reserve and Duffields Road.
-

We very much appreciate their support and commitment to safe, active travel.

We had hoped for a supervised school crossing, but this is a great outcome that will meet the needs of all road users. The 40km flashing lights will help slow the traffic down during school hours, and the pedestrian refuge will make it safer to cross.

At first glance the refuge looks like it's in a weird spot, but we understand the decision to put it in this location.

By moving the crossing west towards Bellbrae, the traffic engineers have moved pedestrians and cyclists away from the Christian College entrance and Strathmore West intersection where cars and buses enter and exit the college. The Great Ocean Road is also narrower in this spot, and it means families will only need to cross two lanes instead of four.



You might also have seen flags and white pipes in the ground at the Duffields Road traffic lights and near the corner of Strathmore East. Major Roads Projects Victoria will be upgrading the pedestrian crossings at the lights and installing a second pedestrian crossing near the corner of Strathmore East. Traffic engineers have started collecting information that will feed into the design process.

We can't wait. We've helped make it safer to ride to school, now it's time to Make Your Move!

e Smart update 4 – 2024

Instagram (photo and video sharing application)



What is Instagram?

Instagram is a social media service designed for people to share photos and videos. You can upload and share photos, images or videos using a range of overlay and filter effects. Instagram 'Stories' allows you to post photos and videos that disappear after 24 hours.

You can follow other profiles so they appear in your feed and your profile can also be followed by them. You can like and comments on each other's posts. Instagram has additional settings that allow you to moderate these comments (such as keyword blocking) and control if other people or accounts tag you. These functions are also available if you manage an Instagram account for your organisation or business.

Parents and educators need to recognise that the same pitfalls that its photo-sharing functionality presents, also extends to video.

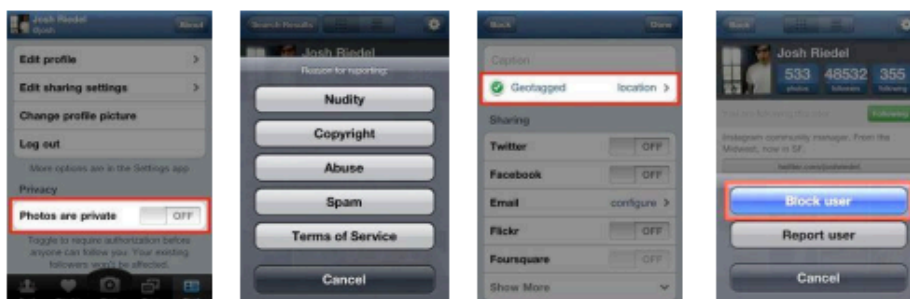
The age restriction of Instagram is 13 + (this is the Internationally recognised age that children may or may not have the mental age or maturity to deal with any issues that arise).

Could I ask that parents have the conversation with your children. Ask them questions about their privacy settings, alert them to stranger danger, make them aware that many people may be seeing what they post and above all – **please ask them to refrain from using inappropriate language when communicating with others**. As with any of the current social media applications, used correctly they can be great tools to stay connected – unfortunately used inappropriately they can have very negative consequences.

If you need to report an incident, please remember to try and screen-shot the offending text or picture for further investigation by the school or police.

For further information and assistance with blocking content and individuals, restricting followers, locking down privacy settings, reporting abuse or explicit material etc please head to;

https://help.instagram.com/477434105621119/?ref=hc_fnav



Mark O'Donnell

Year 4 & e Smart Bellbrae PS Coordinator

Bellarine Cross Country Championship

Congratulations to the following students:

James Barraclough

Tyler Cormac

Sahara Lowdon

Addis O'Loughlin

Alice Palmieri

Wren Rahilly

Ruby Williams

It is a huge accomplishment to qualify for the Bellarine Championship and we thank you for displaying such excellent sportsmanship whilst representing our school. All of our students competed at a very high level with a large percentage of our students now qualifying for Regional Final in Melbourne. We wish you all the best of luck!

A special mention to Wren Rahilly who placed first in the 12/13 year old girls!





READY TO LAUNCH: PARENT/CARER WORKSHOP

Bellbrae PS values the relationship they have with parents and carers and have taken the opportunity to invite you to an online parent carer workshop. We hope you are able to sit back with a cuppa and join us for the first of two workshops that will run in 2024 for your school community.

As Grown ups our job is not to build a future for our children but to equip them with the tools they require to build a future of their own.

Topics:

- Importance of connections with school, community & environment
- Importance of rolemodelling
- Supporting our Children as they navigate emotions
- Building healthy & respectful relationships
- Teaching Children to sit with disappointment
- Where to go when worry happens

With:

LEIGH BARTLETT

This is a BATForce/SFYS presentation delivered by Leigh who has a background in education, wellbeing, sports coaching & has practiced the content on a few kids of her own. Leigh has presented many community workshops with Students, Families and Professionals.



7.00-8.30pm



Wednesday 22 May



Online via Zoom - click [HERE](#) to join

REGISTER NOW WITH
YOUR SCHOOL





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

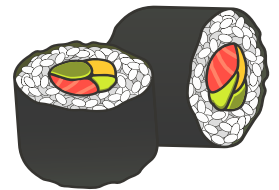
CompassPay
Payment Confirmation

Canteen - Specials

Please see canteen menu
on the Compass App

Sushi Tuesdays

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



COMMUNITY NEWS

MELI

Drop-In Service Surf Coast



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

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

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

DETAILS

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

WHO
Parents/Carers/Families

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

CONTACT

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](#) [@ meli.community](#)

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

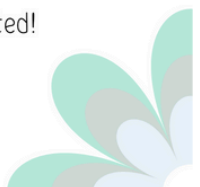
Whether its one cupboard, one room or the whole house.
We can help you regain functional flow & order.

We are reliable, super efficient & friendly

Contact us today. Let's get started!

☎ 0493-828-736

✉ simplifyandsort@gmail.com



Sometimes words are not enough...



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



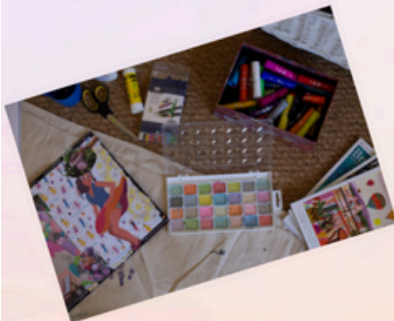
Feel connected.
Be present.
Get messy.
Have fun.
Play.



2 hour Self-Care Workshop



When: **Saturday
18th May**



Where: **Yoga Farm,
150 McCanns Road,
Mt Duneed**

Who: **Women 18+**

Time: **10am - 12pm**

Cost: **\$45 pp**



I will be presenting the benefits of creative arts therapy through educational sharing, as well as a hands on, interactive workshop.

Register:
www.yogafarm.com.au



Here is the link to register

GEELONG 2024 YOUTH AWARDS AWARD CATEGORIES

The Geelong Youth Awards aim to recognise and celebrate young people and volunteers who have made and/or are currently making significant contributions in the areas of leadership, innovation, cultural awareness, community work, sport, arts, music and youth development.

The awards are open to young people aged between 12 and 25 years who live, work, learn or play in the City of Greater Geelong.

ACTIVE ACHIEVEMENT AWARD

This category recognises a young person whose involvement in sport and recreation has had a positive impact.

Nominees may have demonstrated:

- The ability to inspire others in a positive way through their chosen sport
- Volunteering or acting as a role model that encourages and supports others to participate
- A strong dedication and achievement within their chosen sport

ARTS & MUSIC AWARD

This category recognises a young person who has demonstrated hard work, creativity and passion in their art and engaged the community through various mediums including visual arts, music, writing, sculpture, theatre or film.

Nominees may have demonstrated:

- The ability to inspire others in a positive way through their art or music
- Provided a contribution to the community through their art
- Contributed to creating a vibrant and creative art or music community, this may include the organisation of music, art events or collectives

CITIZENSHIP AWARD

This category recognises individual young people that may be described as champion due to their involvement and dedication to empower others.

Nominees may have demonstrated:

- A significant contribution to the local community
- Used their skills and positive attitude to connect and empower others
- Mentor other young people and engage them to participate in the community



Scan the QR code or visit geelong.link/YouthAwards for more information on the awards or to nominate a young person. For more information call us on 5272 6520 or DM us on socials (@geelongyouth).

Nominations close 12 May 2024



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 Puntton
hpuntton@playgroup.org.au
Ph: 0472 722 587



playgroup.org.au @playgroupvicofficial
1800 171 882 /playgroupvic



CULTURAL AWARENESS AWARD

This category recognises a young person who has contributed to creating a vibrant and diverse cultural community.

Nominee may have achieved outcomes in:

- Promoting the inclusion and participation of young people from Culturally Diverse backgrounds in community life
- Encouraging and promoting initiatives for the wider community that enhances community cohesion and understanding of other cultural practices
- Planning and delivering cultural celebrations across the municipality

INNOVATION AWARD

This category recognises and celebrates the effort of a young person who strives to make change through innovative projects, inventions or initiatives that have made a significant impact.

Nominees may have achieved outcomes in:

- Digital technology
- Social entrepreneurship and/or small business start ups
- Initiatives promoting eco-friendly practices and environmental sustainability
- Innovative use of social media platforms to raise awareness and advocate for change

INSPIRATION AWARD

This category recognises a young person who can be described as an inspiration for others.

Nominees may have demonstrated:

- Resilience to overcome challenges and have used their experiences to guide and motivate others, or pursued careers in a demanding field despite facing obstacles in their lives
- Strength to improve the lives of others by displaying admirable qualities of empathy and kindness
- Caring duties for a family member, relative or friend with a disability, mental illness or chronic condition

LEADERSHIP AWARD

This category recognises a young person who has demonstrated leadership within their community through school, work or other pursuits/contributions and is regarded by others as a good example to follow.

Nominee may have achieved outcomes in:

- Encouraging other young people
- Advocating for others in the community
- Promoting respectful and positive behaviour/attitudes
- Volunteering or getting involved in various activities with a focus on community participation and social connectedness

UNSUNG HERO AWARD

This category recognises a young person who can be described as having a positive attitude, a willingness to help and a commitment in doing so.

Nominees may have demonstrated:

- An eagerness to work quietly behind the scenes with a positive 'can do' attitude and who consistently go the extra mile
- Untraditional leadership roles, who may not even know they are a leader among their peers, at home or in their community
- Young people who are making a difference but not in a way that would usually get them recognition

VOLUNTEER AWARD - WORKING WITH YOUNG PEOPLE

This category recognises any person who works on a voluntary basis with young people.

This award is open to all ages.

Nominees may have:

- Volunteered their time in existing programs to mentor young people
- Exceptional leadership in supporting a young person or youth group
- Inspired, encouraged and supported a young person to develop their ideas and activities
- Broken down barriers for young people to participate through their volunteering endeavours
- Have positively impacted others in the community



Scan the QR code or visit geelong.link/YouthAwards for more information on the awards or to nominate a young person. For more information call us on 5272 6520 or DM us on socials (@geelongyouth).

Nominations close 12 May 2024



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

Register interest or enquiries please email: info@scna.net.au



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.

www.jvtennis.com.au

J V TENNIS ACADEMY

TORQUAY THEATRE TROUPE PRESENTS

THE EFFECT

By Lucy Prebble
Directed by Douglas Montgomery

June 6 - June 15
Shoestring Playhouse
77 Beach Rd Torquay
Tickets \$27/\$25

trybooking.com/CQRCH

With permission from ORIGIN Theatrical PL for Dramatists Play Services Inc.



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

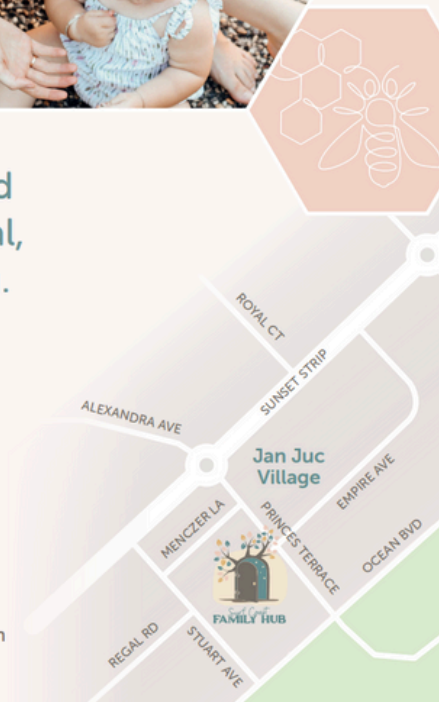
0491 184 788
www.surfcoastfamilyhub.com.au



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 particularHome 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 20th March – First Training (4pm-5pm – U/10s Skate Park, U/12s Aireys PS)
Wed 17th April – Jumper Presentation (Aireys Pub 5.30pm after training)
Sat 20th 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



NATIONAL SIMULTANEOUS STORYTIME

GEE LONG
REGIONAL
LIBRARIES



BOWERBIRD BLUES

Join us and children across Australia and New Zealand for National Simultaneous Story Time 2024!

Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops, and many other places around the country.

Now in its 24th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy.

Wednesday 22nd May 2024

11:45am to 12:45pm

Torquay Library

Scan QR Code to book



grlc.vic.gov.au

All events are **FREE** unless otherwise specified.
Bookings essential.
Online grlc.vic.gov.au
In person at any branch, or phone 03 4201 0500



WOMEN'S HEALTH
TORQUAY

1a Fischer Street
Torquay

PH: 03 9828 7550

womenshealthtorquay.com.au

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

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 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.

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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

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.

COMMUNITY NEWS

TEEN YOGA + HEALTH & WELLBEING WORKSHOPS

For schools and community organisations

Choose from the selection of topics to build your own program or get in touch to talk about how we can tailor an offering specifically for your school, organisation or community group.

YOGA

BREATHE + FLOW - a gentle movement based yoga class to build strength, self-esteem + self-confidence

RELAX + UNWIND - a restorative Yin yoga style class to help young people connect with the body + breath and to calm the mind

WORKSHOPS

HEALTH & WELLBEING:

BODY - learn about the importance of setting a daily routine + explore healthy eating, sleep and exercise patterns

MIND - breathing exercises, mindfulness activities, guided meditation + creative arts

HEART - learn to locate innate power, build self-confidence + self-esteem and identify networks + resources for ongoing support

SOUL - reflect on your values, learn to start living and leading with purpose + passion, dream a vision + set goals to achieve it

NATURE BASED/DEEP ECOLOGY:

Outdoor experiences to deepen connection, appreciation and care for the earth. Includes mindfulness activities, learning to engage the senses, deep reflection + group sharing.



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HI, I'M ALI

All sessions will be led by experienced youth facilitator and yoga teacher, Alicia Crawford Bell. Ali has over 20 years experience designing and facilitating personal development and leadership programs for young people and community groups. She has worked with some of Australia's leading social change organisations and with a wide variety of schools.

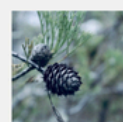
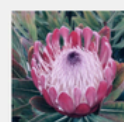
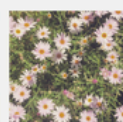
I started my career working in leadership training and community development as a volunteer manager and youth engagement specialist. After becoming a mama and by following my heart, I then transitioned to become a yoga teacher, Ayurvedic practitioner and nature based facilitator offering experiences for personal and collective transformation.

Our ability to be self aware and reflective, in-tune with our environment, resilient in times of stress and confident to take leadership, are essential skills for anyone wanting to be an active and engaged citizen and ones I believe are critical for developing within young people.

I have a deep understanding of the needs and desires, the motivations and thought patterns as well as the worries and concerns of young people and encourage self expression, self confidence and self love as well as understanding and compassion for peers, and collective responsibility for issues currently facing our world.

I am committed to issues of social justice, indigenous rights, and value equality, inclusivity, ecological awareness, building and strengthening community connection and can bring all of this into my sessions when suitable.

www.liminallife.com.au @liminal.life.au 0407 905 617 alicia@liminallife.com.au



Offering young people an opportunity to relax, unwind, calm the mind, connect with their inner and outer world and learn new skills for life, leadership, wellbeing, resilience and self-care.

Sessions can be run as a stand-alone offering or could form part of a series of sessions.

Perfect for:

- physical education, health and wellbeing, religion and society, ethics etc in schools
- student or youth leadership / personal development programs
- retreats, camps, extra-curricular activities
- community sports clubs
- local council youth programs, community orgs

Learning skills for health and wellbeing is essential for young people today and there is ample evidence to suggest that yoga, self awareness and mindfulness practices can help reduce stress and alleviate/prevent a wide range of mental and physical health issues.

The classes and workshops are designed to work with the whole self - mind, body heart and soul and offer a range of physical and mental practices for participants of all ages and abilities. I teach about the importance of self awareness, self reflection, self care, understanding your own values and living and leading from your heart.

