



# 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**

**Baba-rrang**  
aunt  
Pronounced: baba-rang



**tandop**  
uncle  
Pronounced: tandop



## THIS WEEK FROM THE PRINCIPAL

**Welcome back everyone!** We have entered the final term of the year, and it is certainly an exciting, but also sad period as we prepare to farewell our Year 6 students as they embark on their next step in their educational journey. We trust that they will enjoy their final term and that we have done all we can to send them off, ready to strive to achieve their best.

### Flooding

Unfortunately, we are still unaware of the scope of work and timeline to reinstate the back portion of the administration building. We have done all we can to support the process by evacuating the affected areas and this was also done with the health and wellbeing of our school community in mind.

We are thankful for the way the Year 4 and 5 staff and students have accommodated the Foundation students in the STEM Building. This has assisted the Foundation students to settle into their new environment and will hopefully support them to successfully transition into Year 1 too.

The staff kitchen and staff room have also been relocated to the BER, and I will be working out of the Literacy TLI office in Mel Jackson's absence from next week as Adrian returns from leave.

### Preparations for 2025

Next week, will commence discussions and activities to assist with the development of 2025 student classes. There are so many factors at play when we develop classes, but our overarching focus is upon improving student outcomes. Learning and Wellbeing are at the heart of the DET student learning model, and we triangulate data to inform our decisions. We do invite parents who have specific requests based upon improving student outcomes for their child in 2025, to please email the school at [Bellbrae.ps@education.vic.gov.au](mailto:bellbrae.ps@education.vic.gov.au) by Friday 1 November. Please understand that we do consider, but cannot cater for all requests as we only have two, three or four classes per cohort and there are many competing priorities. Our teachers are very knowledgeable and have your child's wellbeing and learning needs in mind when they assist us in developing classes.

### Activities

We have already had a learning expo, excursion, Bike Education, AFL session, external professional learning for teachers and parents, and we're only at the end of week 2!

Next Wednesday, our Year 4 students are heading off to Urban Camp for three days led by Mr O'Donnell, Mrs Rahilly and Mr Rule and they return on World Teachers Day - Friday 25 October. The following week commences with a Year 2 billycarts incursions before we the students have a long weekend with Curriculum Day on Monday 4 November and Melbourne Cup Public Holiday on Tuesday 5 November. We're hopeful that this will give the students a much-needed recharge before Transition Session 1 on Thursday 7 November and onto the rest of the year.

Thank you, to the staff, students and parents for your support whilst Adrian has been on leave. We are looking forward to having him back on Monday and hearing all about holiday adventures! Hopefully the weather brightens for the rest of the Royal Geelong Show.

## IMPORTANT DATES & INFO

### ASSEMBLY DATES

25th October  
8th November  
22nd November  
5th December

**Wednesday 23rd October -  
Friday 25th October**  
Grade 4 Urban Camp

**Monday 28th October**  
Grade 2 Billy Carts Incursion

**Tuesday 5th November**  
**PUBLIC HOLIDAY**

**Monday 18th November**  
Grade 3 Scienceworks  
Excursion

**20th December**  
End of Term  
1:30pm End of Day

**Future Curriculum Days**  
Monday 4 November 2024



5261 2660



## Scholastic Book Club

Issue 7 of Scholastic Book Club (SBC) was distributed to the eldest child of each family this week. Spare copies are in the front office foyer for anyone that wants one.

Orders Due: Friday 25/10/24 by 3.30pm

Easiest way to order is online with your credit card using the LOOP (link below). Cash orders (with correct money please - no change available) can be given to the office (or placed in school diaries for teachers to hand to the office).

<https://www.scholastic.com.au/book-club/book-club-parents/>

If you are buying the books as presents, don't forget to tick the gift order box for online orders, or write gift order on the envelope for cash orders. Gift orders will be held at the school office and parents contacted by text for collection at their earliest convenience. With the flood damage and limited available space in the Admin/Foundation building it would be appreciated if orders are collected promptly.

This will be the final issue of SBC that will be handout out to students this year. Parents are of course welcome to order online from the final issue (Issue 8) later in the year if they wish.

Thanks to everyone that has supported SBC this year - your children will have some great books to read and 15% total value of sales are given back to the school in the form of vouchers to spend on books and resources for the classrooms and library.

✧ Book Clubs ✧

## BIRTHDAYS

Happy Birthday to all our students that celebrated their birthdays during the holidays and in the first 2 weeks of term .



**18th October**  
Andrew Neduzhyi  
Bobby O'Brien

**20th October**  
Matilda Dent

**22nd October**  
Charlie Bitmead  
Seb Cooney

**23rd October**  
Audrey Byrnes  
Keli'i Le Nevez  
Lottie Wilson  
Imogen Wyllie

**24th October**  
Yumi Mullen - Walsh

**25th October**  
Sophia Moore

**26th October**  
Sailor Joy Knaption  
Lottie Hebbard  
Lenni Schnabel  
Kalani Dale

**27th October**  
Beau Bitmead





**28th October**  
Leila Ugrin

**29th October**  
Maelyse Goy  
Zara Madeley  
Henry Stanley

**30th October**  
Jimmy Shugg  
Lola Bullen  
Lily Tayler



# VALUES AWARDS

 <b>ASPIRE</b>	 <b>RESPECT</b>	<b>RESILIENCE</b> 	 <b>RESPONSIBILITY</b>
<p><b>ADELINE DYSON FA</b></p> <p><b>CARWYN MORZINEK FA</b></p> <p><b>ETHAN EARLE FB</b></p> <p><b>CLEO BECK FB</b></p> <p><b>LUCIANO PASSUELLO FD</b></p> <p><b>KALANI EVANS FE</b></p> <p><b>SONNY JOHNSON 1C</b></p> <p><b>AUDREY BYRNES 1C</b></p> <p><b>JARRAH YOUNG 2B</b></p> <p><b>HAZEL COY 2C</b></p> <p><b>OSCAR MEE 3A</b></p> <p><b>AUDREY CROOKES 3B</b></p> <p><b>ARLIE COLE 5A</b></p> <p><b>GEORGIA SMEDLEY 5A</b></p> <p><b>FLETCHER NUTT 5C</b></p> <p><b>WIG BEAVER 5C</b></p> <p><b>LEXI INGRAM 6A</b></p> <p><b>GATSBY GRIGG 6B</b></p> <p><b>INDI SCHMIDT 6B</b></p>	<p><b>NED LONG FE</b></p> <p><b>IGGY ADAMS 2B</b></p> <p><b>FINN MADELEY 5B</b></p> <p><b>MIRABELLE BUXEY 5B</b></p>		<p><b>NED CROTTY FD</b></p> <p><b>OSCAR HOBSON 1A</b></p> <p><b>AUDREY HEARD 1B</b></p> <p><b>EVIE TAYLER 3A</b></p> <p><b>JAMES ROGERS 3B</b></p> <p><b>INDIANA GIDDINS 5B</b></p> <p><b>EVIE ALSOP 6A</b></p>



School Wide Positive Behaviour Weekly Update

Our whole school focus for Term 4 Week 3 and Week 4 will be showing our school value of Aspire - We reflect on our learning. All classes will engage in teaching and learning activities that explore:

- looking at what we did well
- identifying what we want to do better
- celebrating our learning.



# WELLBEING NEWS


Hi Families,

The *Learning Links* website has a range of free parent webinars coming up that might be of benefit. See the calendar below, and register at the following address:

[www.learninglinks.org.au/families/parent-webinars/#webinar-calendar](http://www.learninglinks.org.au/families/parent-webinars/#webinar-calendar)

[www.learninglinks.org.au/families/parent-webinars/#webinar-calendar](http://www.learninglinks.org.au/families/parent-webinars/#webinar-calendar)


OCTOBER 31, 2024 Sort by ▾



**OCTOBER**  
31

**Parent Webinar: Anxiety and Depression in Children and Adolescents**  
12:00 PM AEDT  
Free Webinar Psychology Anxiety Parents Wellbeing


NOVEMBER 4, 2024



**NOVEMBER**  
4

**Parent Webinar: The Transition to High School**  
12:00 PM AEDT  
Parents Transitions High School Free Webinar


NOVEMBER 5, 2024



**NOVEMBER**  
5

**Parent Webinar: The Transition to Primary School**  
12:00 PM AEDT  
Parents Transitions High School Free Webinar


NOVEMBER 14, 2024



**NOVEMBER**  
14


**Parent Webinar: Helping Your Child With Maths at Home**  
12:00 PM AEDT  
Parents Free Webinar Maths Primary School

DECEMBER 4, 2024



**DECEMBER**  
4

**Parent Webinar: The Transition to High School**  
1:00 PM AEDT  
Parents Transitions High School Free Webinar



## Mental Health Services and Support

### Beyond Blue

24/7 mental health support service

1300 22 4636  
beyondblue.org.au

### headspace

Online support and counselling to young people aged 12 to 25

1800 650 890  
(9am to 1am daily)

headspace.org.au

### Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800  
kidshelpline.com.au

### Lifeline

24/7 crisis support and suicide prevention services

13 11 14  
lifeline.org.au

### Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467  
suicidecallbackservice.org.au

### 13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76  
13yarn.org.au

### Mensline

24/7 counselling service for men

1300 78 99 78  
mensline.org.au

### 1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732  
1800respect.org.au

### QLife

LGBTIQ+ peer support and referral

1800 184 527  
qlife.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



With delivery partners



Funded by



## envisage

Enabling Visions and Growing Expectations



**Are you concerned about your child's development, or are you raising a child with a disability?**

In the **ENVISAGE Families Program** you will connect with other caregivers where you can **share** your experiences, **learn effective strategies** and access **practical tools** for supporting your child and family. Each program is facilitated by a trained health professional and **parent peer with lived experience**. Each workshop covers:

- Workshop 1** Health and wellbeing in early child and family development
- Workshop 2** Child and Family development
- Workshop 3** Parenting is a 'dance' led by the children
- Workshop 4** Looking after myself
- Workshop 5** Communication, Collaborating, Connecting

**A peer support program for caregivers designed by caregivers.**

Envisage is a **fully funded program** for parents and caregivers raising children aged 0-8 years with developmental concerns or disability. Your child does not need a diagnosis or NDIS plan. Enrol today using the QR code.



ENVISAGE Families Australia is funded by the Australian Government Department of Social Services. Go to [dss.gov.au](https://dss.gov.au) for more information. Envisage has been developed by Australian Catholic University, McMasters University, Murdoch Children's Research Institute and University of Melbourne.

## **e Smart Update 11 – (2024)**



### **Cyber Balance – restoring balance to the use of technology within the family (Part A)**

Definition: **“Cyber Balance, or balancing the use of technology, allows you to experience the benefits of technology while reducing the risks”.**

Using devices to stay connected has become a big part of everyday life, so it's important to make sure you know how to balance your time online.

Online gaming is fun, social media is a great way to stay in touch, and there are always movies and TV shows to binge on. With so much available online whenever and wherever you want, it's very easy to find yourself spending a lot of time in front of a screen.

If you feel the need to constantly refresh your apps or check your notifications, it's probably time to take a break. Why? Because too much time online can make study, work and relationships more difficult, and even drag down your physical and mental health.

**Working out how much time online is 'too much' will vary from person to person.** It's important to think about all the types of online content or activities you are engaging with, as well as the quality and whether it's a good addition to your everyday life.

Be aware of how your time online may have an impact on your mental and physical health, your work or study, and your relationships (including with friends and family). If you notice you're being affected in your 'offline life' by what you see and do online – and it's becoming a problem – it's likely that you need to cut back on the amount of time you spend online.

**There is no magic figure.** The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Consider your child's screen use in the context of their overall health and wellbeing. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

**“Don't be afraid to say NO.** Set boundaries and rules that suit your family and age of your children. You may in fact have slightly different rules as the kids are different in age and access. When your kids say that they don't LIKE you because your harsher than little Billy's mum and dad who don't have any rules, just say that you not fussed if they like you but rather care that they still LOVE you!! You wouldn't let them cross a busy road without holding their hand and setting clear, safe boundaries around technology use is no different!!”

Mr O'Donnell (from experience!!)

For more information, please visit;

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

Mr O'Donnell  
Year 4 & e Smart Coordinator





# REWILDING THE RIDGELINE

## RESTORING NATURAL HABITAT AND BIODIVERSITY WITH YOUR FAMILY AND COMMUNITY



### Make a positive environmental impact:

Help restore local ecosystems and learn about native flora, fauna and fungi.



### Held in Friday "Community hour":

- Community hour is Friday's when assembly isn't on (dates to be confirmed).
- Sign out your kids\* at the office at 2:30pm.
- Head down to the bike path beside the Great Ocean Road.
- Parents and kids both participate - it will be fun.
- Rewilding finishes at 4pm.



### Get involved:

Sign up to **Rewilding the Ridgeline WhatsApp group** by contacting James (Patto) Patterson on **0403 943 757**. More details to come.

\*Please note that your child might miss out on other Curriculum-based learning during Community Hour



JAMES PATTERSON 0403 943 757

[www.springcreekvalley.org](http://www.springcreekvalley.org)

**SPRING  
CREEK**





# 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

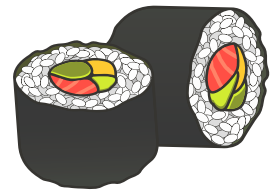
CompassPay  
Payment Confirmation

## 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

## 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)



**ANGLESEA CRICKET CLUB  
COME & TRY  
JUNIOR TRAINING SESSION**



**SUNDAY 8TH SEPTEMBER 10-12** ELLIMATTA RD ANGLESEA

**ALL JUNIORS WELCOME  
BOYS & GIRLS - U11, U13 & U15s  
BRING YOUR FRIENDS**

Senior coaches and players will be attending  
Information on the 24/25 season will be available

**SAUSAGE SIZZLE  
GIVE AWAYS  
FAMILY FUN**

FOR MORE INFORMATION CONTACT: PETER BUTCHER 0448 811 038



**BROOKSYS**  
COMEDY CARNIVAL

SATURDAY OCTOBER 26  
*Anglesea Football Netball Club*  
Ellimatta Reserve, Anglesea

Everyone's favourite, Dave Thornton,  
the hilarious Adam Rozenbachs AND  
Mike Cole, as ELVIS!



MC'd by the incomparable Brooksy! (The Music Men)  
Plus!!.....Catch ELVIS before he leaves the building!  
Doors open at 6:30, show at 7:30  
Fantastic value \$50<sup>o</sup> per head - table nibbles provided,  
monster raffle & door prize with drinks at bar prices.

*book now!*

Enquiries: Ayesha McWilliam

P: 0407 811 742

<https://www.trybooking.com/CUOMD>

\*Booking fee applies





## Surf Coast FAMILY HUB

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



# WINKS FIT

## Qualified Coach

Learn to lift and fall in love with **RESISTANCE TRAINING**  
Guided and Personalised

Private Torquay Studio  
**Celeste Winks**  
0421022832

## Australia's leading childhood development sports program

<b>MINIS</b> For boys and girls aged 2.5 - 3 years	<b>PRESCHOOL</b> For boys and girls aged 3 - 5 years	<b>JUNIOR</b> For boys and girls aged 6 - 8 years
<b>PREMIER</b> For boys and girls aged 9 - 11 years	<b>HOLIDAYS</b> Exciting school holiday programs	<b>BIRTHDAYS</b> Soccer themed birthday parties

# REGISTER NOW

[www.soccajoeys.com.au](http://www.soccajoeys.com.au) | 1300 781 735

## WHR ALLIED HEALTH

Proud Gold Sponsors of the 2024 Bellbrae Mayfair

Our Torquay clinic has **IMMEDIATE CAPACITY** to provide occupational therapy services to clients aged 3+

We are currently receiving referrals for:  
Private, Medicare, NDIS, My Aged Care funded clients



### OUR SERVICES

#### OCCUPATIONAL THERAPY

- Experienced & skilled in supporting people with ASD, ADHD, Intellectual Disability
- Paediatric OT
- Feeding Specialist
- Mental Health OT
- Home Modification
- SDA & SIL Assessment & Reports
- Therapeutic Listening Interventions
- Assistive Technology Assessment & Recommendations

#### THERAPY ASSISTANTS

- Implementation of WHR OT Skill Development Plans

#### GROUP PROGRAMS

- Sex Education
- School Readiness Programs
- Mental Health Support & Education

#### SCHOOL PROGRAMS

Contact us directly to provide services for:

- School OT
- Kinder Screening
- School Readiness
- WholeMind
- Teacher Webinar Series
- Sensory Regulation Strategies
- Classroom Environmental Audits



We have immediate capacity! Visit our website or contact our admin team to refer!

40 Baines Cres. Torquay, VIC  
Clinic, home, school, kinder, or community visits available!

03 5261 9037  
0431 556 720

admin@whralliedhealth.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  
Ph: 0472 722 587

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



## TORQUAY AFTER SCHOOL



GEE LONG  
REGIONAL  
LIBRARIES



CHECK OUT OUR RANGE OF TERM 4 AFTER SCHOOL PROGRAMS AT TORQUAY LIBRARY



### Chess Club

Test your wits and challenge yourself with chess! Learn the basics, develop strategy and practise with others in a friendly environment. Suitable for beginners and advance players.

Every Monday  
4pm-5pm  
Ages 8-15  
Facilitated Drop-in



### Youth Mix

Mix it up each week with a bit of art, craft, games, tech, and good company. Range of activity options available based on what YOU want to do.

Every Wednesday  
4pm-5pm  
Ages 12+  
Facilitated Drop-in



### MEGA Lego Club

Join other LEGO fans, explore your creativity and see where your imagination can take you. Take up the weekly challenges or freestyle your own brick creations.

Every Thursday  
3:30pm-4:30pm  
Ages 5+  
Unfacilitated Drop-in



### Horrid Histories

Write like an Egyptian, invent like Da Vinci and learn how the Romans used the toilet! Come along to this four-week program based on the Terry Deary books and TV series, Horrible Histories.

Friday for 4 weeks  
Starting 18<sup>th</sup> Oct  
4pm-5pm  
Ages 8+  
Bookings Required

grlc.vic.gov.au

book  
now

All events are **FREE** unless otherwise specified.  
Bookings recommended to save your place!  
Online grlc.vic.gov.au  
In person at any branch, or phone 03 4201 0600

## BAKING BUDDIES



MONDAY 4:00-5:30pm

A therapeutic baking program focusing on:

- learning to follow instructions and use kitchen tools
- exploring new foods and textures
- practising teamwork and problem-solving
- building social connections and mealtime skills
- tuning into hunger and fullness cues for mindful eating

Designed to engage children in a fun, hands-on baking experience while working on essential life skills. And get creative in the kitchen!

enquiries@fsct.com.au  
OR 5264 7430 for more info



Does your  
*child*  
need someone  
to talk to?

Child Therapist

**Meaghan  
Cook**

MPP, GradDip Psy (Adv),  
Grad Dip Psy, Grad Dip Ed, BA



**Book online**

barwonheadsfamilypractice.com.au

P: 03 42441030

## COME AND JOIN THE FUN

OCTOBER 2024 TO MARCH 2025

GIVING KIDS AGED 5 – 17 THE OPPORTUNITY TO COMPETE IN A RANGE OF ATHLETIC EVENTS EACH WEEK.



For more information visit [www.glac.com.au](http://www.glac.com.au)

Or

Email [grovedalelittleaths@outlook.com](mailto:grovedalelittleaths@outlook.com)

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



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 want 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!



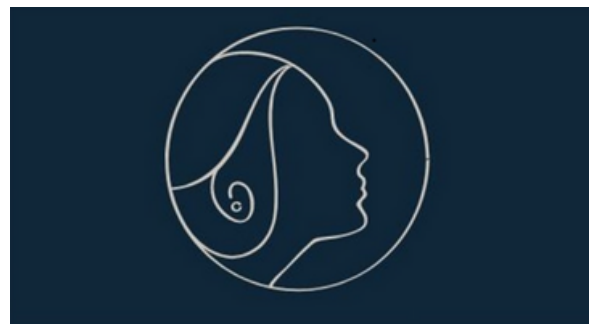
**MSC** MELBOURNE SWIMMING CLUB

**GEELONG** JOIN TODAY

**CATERING FOR ALL SQUAD LEVELS, BEGINNER TO HIGH PERFORMANCE**

**MULTIPLE VENUES IN GEELONG**

[MELBOURNESC.COM.AU](http://MELBOURNESC.COM.AU)  
[ENQUIRIES@MELBOURNESC.COM.AU](mailto:ENQUIRIES@MELBOURNESC.COM.AU)



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.

## WHR ALLIED HEALTH

Proud Gold Sponsors of the  
2024 Bellbrae Mayfair

Our Torquay clinic has  
**IMMEDIATE CAPACITY**  
to provide occupational therapy  
services to clients aged 3+

We are currently receiving  
referrals for:  
Private, Medicare, NDIS, My Aged  
Care funded clients



### OUR SERVICES

#### OCCUPATIONAL THERAPY

- Experienced & skilled in supporting people with ASD, ADHD, Intellectual Disability
- Paediatric OT
- Feeding Specialist
- Mental Health OT
- Home Modification
- SDA & SIL Assessment & Reports
- Therapeutic Listening Interventions
- Assistive Technology Assessment & Recommendations

#### THERAPY ASSISTANTS

- Implementation of WHR OT Skill Development Plans

#### GROUP PROGRAMS

- Sex Education
- School Readiness Programs
- Mental Health Support & Education

#### SCHOOL PROGRAMS

Contact us directly to provide services for:

- School OT
- Kinder Screening
- School Readiness
- WholeMind
- Teacher Webinar Series
- Sensory Regulation Strategies
- Classroom Environmental Audits



We have immediate capacity! Visit our website or contact our admin team to refer!

40 Baines Cres. Torquay, VIC  
Clinic, home, school, kinder, or  
community visits available!

03 5261 9037  
0431 556 720

admin@whrallehealth.com

# COERVER<sup>®</sup> SOCCER

## holiday camp

TORQUAY: 23,24 & 25th Sep

GEELONG: 30 Sep, 1 & 2 Oct



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## DON'T MISS THE BUS!

### INSTRUMENTAL LESSONS

Thursday

Spaces in Keyboard, Guitar, Ukulele and Drums



Ready to jumpstart your little maestro's musical adventure?  
Book now for music lessons designed just for  
primary school Rockstars!

WWW.THEMUSICBUS.COM.AU

1300 168 742



## Kayaking4Kids

### TERM 4 PADDLE PROGRAM

Geelong Canoe Club's Kayaking4Kids program is back for Term 4 with an eight-week paddle course. Participants will be introduced to the sport of paddling in a fun and safe environment, using the Paddle Australia Paddle Power program.

The Kayaking4Kids Term 4 Program is suitable for children aged 8 - 15 years. Participants do not require previous experience paddling, however, they need to be able to swim short distances. Return participants or those from a holiday program will be further challenged in their paddling and leadership skills.

All instructors are qualified with Paddle Australia, have current Working With Children Checks, and are trained in First Aid.

#### WHEN

The program will run on Mondays between 4:30pm to 6:00pm over eight weeks, from Monday 7 October to Monday 25 November.

#### WHAT TO WEAR

Clothing suitable for paddling in the cooler weather, such as a wetsuit, leggings and/or thermals - no cotton clothing. Participants should also bring a towel and change of clothes. Life vests will be provided and will be worn at all times on the water.

#### COST

The cost for the Term 4 Program is \$120 per child. This covers insurance with Paddle Australia, instruction by our qualified and experienced instructors, and use of crafts, paddles, life vests and helmets.

#### WHERE

Geelong Canoe Club  
Balyang Sanctuary  
1/11 Marnock Road, Newtown

If you have any questions about the program, please email [kayaking4kids.geelong@gmail.com](mailto:kayaking4kids.geelong@gmail.com)

### REGISTER



Just scan the QR code above to complete the registration form. Please register under your child's name and not their Parent/Guardian's name.



Children's OT supporting everyday Independence.

#### Early Years

- Play
- Routine
- Motor Skills

#### Pre-School

- School Readiness
- Self-Care
- Social Skills

#### School

- Adolescent Transitions
- Handwriting
- Thinking Skills
- Social Skills

NDIS, Medicare & Private Clients

Consulting Suite:  
4/136 Geelong Rd,  
Torquay  
Servicing the  
Surf Coast Shire

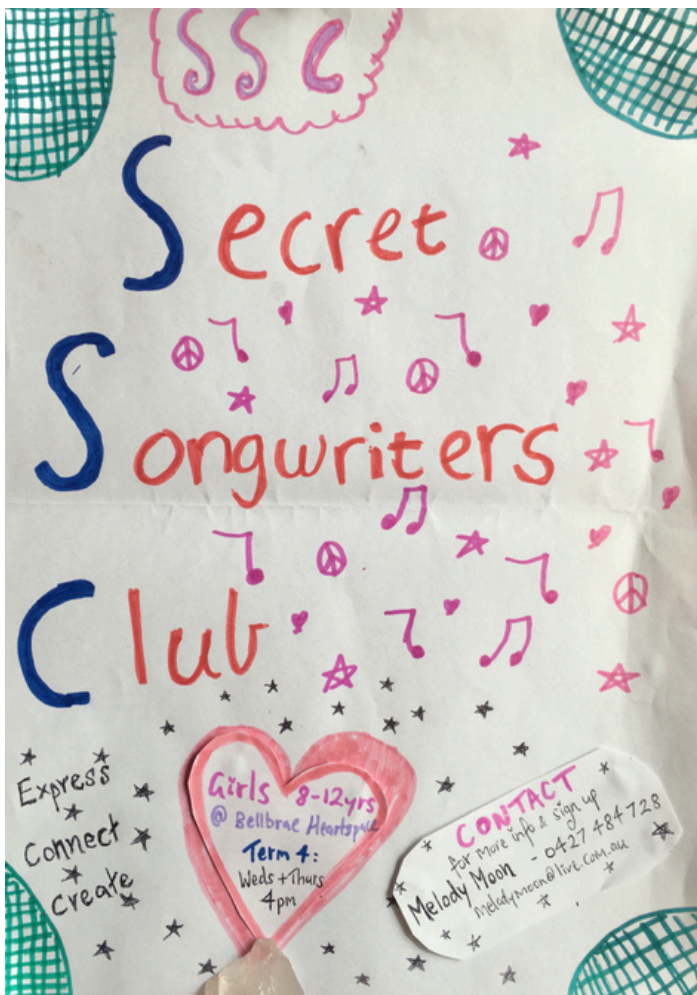
0491 030 282

[info@creativeconnectionsot.com.au](mailto:info@creativeconnectionsot.com.au)  
[www.creativeconnectionsot.com.au](http://www.creativeconnectionsot.com.au)



GEELONG CANOE CLUB  
1/11 Marnock Road  
Newtown VIC 3220

[admin@geelongcanoecub.org.au](mailto:admin@geelongcanoecub.org.au)  
[www.geelongcanoecub.org.au](http://www.geelongcanoecub.org.au)  
GeelongCanoeClub  
[@geelongcanoecub](https://www.instagram.com/geelongcanoecub)



## The School Holiday Juggle is Real!

Need an extra set of hands these holidays?  
Book a nanny now and enjoy peace of mind knowing your kids are in safe, caring hands.  
We have a wonderful team of experienced nannies to care for your children.



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

# Children's Week 2024

19-27 OCTOBER  
2024



“Children have the right to a clean and safe environment”.

**TUESDAY 22 OCTOBER  
10AM-12PM - TORQUAY**

**Elephant Walk Park, The Esplanade,  
Torquay**

Come along and celebrate Children's Week with a Welcome to Country, fun pop-up activity stalls and enjoy some great entertainment.

**THURSDAY 24 OCTOBER  
1PM-3PM - WINCHELSEA**

**HMK Kindergarten – 30 Hesse Street,  
Winchelsea**

Come along and enjoy a fun afternoon of activities including nature play, healthy snacks, sensory experiences and much more.

## GENERAL INFORMATION

Please bring your own water bottle, hat and sunscreen.



Events may be cancelled due to extreme weather.

## FOR FURTHER INFORMATION ABOUT CHILDREN'S WEEK VISIT:

P. 5264 9250

E. [kmcc@surfcoast.vic.gov.au](mailto:kmcc@surfcoast.vic.gov.au)

[surfcoast.vic.gov.au/Community/Families-and-children](https://surfcoast.vic.gov.au/Community/Families-and-children)



Surf Coast Shire Early Years



**#CHILDRENSWEEKVIC**

This Children's Week event is presented by Surf Coast Shire in partnership with the Victorian Government





# COMMUNITY NEWS



WORLD SINGING DAY 2024



SHINES LIGHT ON MENTAL HEALTH

## A global singing celebration of well-being on Saturday, Oct 19, 2024

Nearly one billion people worldwide suffer from some form of mental health condition, according to the United Nations. An estimated one in four people globally will experience a mental health issue in their lifetime. Almost one million people die due to suicide every year. We are experiencing a pandemic of loneliness and isolation.

This year's World Singing Day (WSD) will highlight the importance of mental health as people around the world enjoy and connect by singing together in their communities on Saturday, October 19, 2024. This year's WSD Song-of-the-Year that everyone is invited to sing, is a mash up of "We Are The World & Imagine", fitting for this year's focus.

Studies have shown that feelings of depression and loneliness lessen when singing with others. Endorphins, a hormone that is released by singing, is associated with feelings of pleasure. Oxytocin is also released while singing, which can alleviate anxiety and stress. Oxytocin also enhances feelings of trust and bonding.

"Every day from the media, we see stories of what's wrong with the world," says WSD Geelong host Shayne Lowe. "It's stressful and depressing. Yes, there are problems but there are a lot more things going right. Our focus on the worst of humanity often disconnects us from one another and blinds us to the fact that we're all part of a global family sharing the same planet, doing the best we can."

Founded in 2012, World Singing Day invites people around the world to share a positive human experience by singing together. "Unlike politics and religion," says founder, Scott Johnson, "music has the unique power to bring people together of all ages and backgrounds. And it just feels good."

"Singing makes you feel good," says Shayne. "And singing with others makes you feel less lonely and more part of the community."

WSD 2024, Geelong – Saturday October 19<sup>th</sup> 11:30am-1:00pm – Elephant Walk, Torquay

Contact: Shayne Lowe 0429 08 4343 [sing@singitnowgeelong.com.au](mailto:sing@singitnowgeelong.com.au) [www.worldsingingday.org](http://www.worldsingingday.org)

## Saturday, 19 October 2024

Torquay, Elephant Walk, 11:30am - 1:00pm

Public Event

Everyone Welcome



Community Sing-a-Long

# World Singing Day Geelong

No Entry Fee

## Sing together. Unite the world.

[WorldSingingDay.org](http://WorldSingingDay.org)

Contact: Shayne Lowe 0429 08 4343 [sing@singitnowgeelong.com.au](mailto:sing@singitnowgeelong.com.au)



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



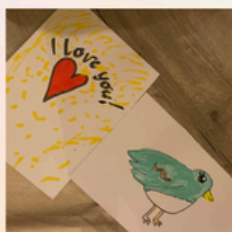
## Artsy Wednesdays

Time: 6pm - 7:30pm  
Location: Yoga Farm,  
150 McCanns Road,  
Mt Duneed  
Cost: \$35 per head

with Anna Nielsen  
Primary School Teacher  
and  
Creative Arts Therapist

Wednesday 23rd October - Dads and Daughters  
Wednesday 30th October - Mums and Daughters  
Wednesday 6th November - Dads and Sons  
Wednesday 13th November - Mums and Sons  
Age: 5+

"Anna creates such a warm and open space for expression and connection. My daughter and I attended a mums and daughters Artsy Wednesday and it was such a positive experience for us."



Register:



Contact:  
[anna@safespaceartstherapy.com](mailto:anna@safespaceartstherapy.com)  
[safespaceartstherapy.com](http://safespaceartstherapy.com)

