



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 WITH YEAR 2

This week we have two new words to learn. The first word is kurwark this is the Wadawurrung word for kookaburra. The second word istulum, this is the Wadawurrung word for black duck. This term at Bellbrae we will be learning new Wadawurrung words relating to our beautiful surroundings.



Last week we learnt the Wadawurrung animal words gnurr-gnurr and perridak. Gnurr-gnurr is the Wadawurrung word for wombat. The second word is perridak, this is the Wadawurrung word for platypus. This term at Bellbrae we will be learning new Wadawurrung words relating to our beautiful surroundings. We will learn the Wadawurrung names of our local wildlife. Please practise these new words at home.

THIS WEEK FROM THE PRINCIPAL

Reconciliation Week - This week, together with other schools, we will be celebrating Reconciliation Week. Reconciliation Australia gives a fantastic overview of what reconciliation is all about, which I've included below, and is a great discussion starter for parents and children:

"At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians.

For Aboriginal and Torres Strait Islander peoples, Australia's colonial history is characterised by devastating land dispossession, violence, and racism. Over the last half-century, however, many significant steps towards reconciliation have been taken.

Reconciliation is an ongoing journey that reminds us that while generations of Australians have fought hard for meaningful change, future gains are likely to take just as much, if not more, effort.

In a just, equitable and reconciled Australia, Aboriginal and Torres Strait Islander children will have the same life chances and choices as non-Indigenous children, and the length and quality of a person's life will not be determined by their racial background.

Our vision of reconciliation is based and measured on five dimensions: historical acceptance; race relations; equality and equity; institutional integrity and unity."
(<https://www.reconciliation.org.au>)

School Pride - Collectively we have been trying to generate a greater sense of pride and ownership of our school. Besides the Community Hour we hold fortnightly, we have also been exploring other avenues for our students to have a greater voice and agency in their school and learning. This week our student leaders joined staff on a 'learning walk,' in order to provide feedback to teachers about classrooms and other common spaces across the school. Our Junior School Council and other student leaders have also been active in providing feedback and offering ideas as to how we can best cater for the needs of all our learners.

School Values - Our school values are now colourfully displayed on the walls outside the Wellbeing Room. Besides the visual impact, they are highly visible to students in the playground and on the oval, which allows for them to be a constant reference point. Once again, thanks to Tony for the paint work and signage.

Professional Practice Day - Just a reminder that this Friday will be 'student free.' All staff will be working on assessment, moderation and reporting. In line with the VGSA 2022, it will be held on the same day for all staff. Our Before and After School Care facility will be available for parents who require the service. Please make bookings online through the 'Their Care' portal.

Bus Travel - Our new system of using bar codes to monitor who is on the school bus appears to be working well. It has sped up the process for our bus monitors and gives us an accurate electronic copy of who is travelling on which bus. If your child's bus tag is damaged, please ask them to return it to the office so we can replace it with a more robust design.

Parking and student safety - Due to our location and the number of students who are driven and bussed into school, traffic flow and parking are ongoing concerns. Unfortunately student safety is also compromised by this congestion. In an effort to keep all students safe, please encourage your children to only cross the road at the supervised crossing.

Have a great start to winter, and I'm certain all the surfers in our community have been loving the extended run of swell and off-shore winds. You've got to love where we live!

Adrian

IMPORTANT DATES & INFO

Fri 2nd June

Professional Practice Day -
Pupil Free Day

Tues 6th June

Grade 5 Point Addis Excursion

Wed 7th June

Athletics Day Grades 3 through
to 6

Mon June 12th

King's Birthday Public Holiday
(No School)

Thurs 15th June

Foundation World Of Bee's
Incursion

Fri 23rd June

Last Day Of Term 2

Mon 10th June

First Day Of Term 3

Fri 14th July

Ladies Luncheon
12pm-3.30pm

2023 CAMP DATES



GRADE 5 CAMP
SOVEREIGN HILL
14TH - 16TH AUG

GRADE 3 CAMP
WYUNA
23RD - 25TH AUG

GRADE 4 URBAN
CAMP
18TH - 20TH OCT



5261 2660



BIRTHDAYS

1ST JUNE
SAM CROWE
ARCHER BUCKLAND

3RD JUNE
KAI WAKEFIELD
NAREE GOW

5TH JUNE
LEVI SANDERS

6TH JUNE
MACY MADDOCK

7TH JUNE
MILO BAKER

8TH JUNE
FINN HOPE
HARPER MOLLOY
ADELA WILSON
REX KADERA

9TH JUNE
LUCIA LARSEN
ROSIE BRIDGES

11TH JUNE
SAHARA LOWDEN
WINTER LOWDEN
DIGBY WILLS

12TH JUNE
FORREST DUNCAN
ISLA WEBBER

Winter Lightning Premiership

Last Friday our Grade 6 students participated in the Winter Lightning Premiership. This term they had a choice of the following sports Netball, Tee ball, Volley Stars, Football and Soccer. Our students participated in weekly training sessions and workshops to develop their knowledge and skills specific to their sport.

On Friday they competed against the other City to Surf District Schools. We were very proud of the teamwork and sportsmanship displayed by all of our teams and students. A special mention to our Girls Division 1 Netball team who won their competition and will continue on to the next round!



Division Cross Country

Congratulations to the following students: James Barraclough, Joe Baulch, Felix Bones, Byron Bones Sahara Lowdon, Alice Palmeiri, Hudson Ryan, Dorian Wakefeild and Ruby Williams who competed in the Division Cross Country on Tuesday the 23rd of May.

All of our students competed exceptionally well. A special mention to Byron Bones who finished 5th in his age group, as well as Alice Palmeiri and Sahara Lowdon that finished 1st and 2nd in their age group. All three students will represent Bellbrae at the next stage. We wish you the best of luck!



VALUES AWARDS



Our whole school focus for Term 2: Week 6 will be showing our school value of Responsibility- We keep our learning spaces tidy (classroom). All classes will engage in teaching and learning activities that explore:

- We keep our tables clean and tidy.
- We return things to the right place once we have used them.
- We use the different bins in our classroom correctly.
- We push chairs in when we are not using them.
- It is a shared responsibility to keep our learning spaces tidy.



Our whole school focus for Term 2 Week 7 will be showing our school value of Aspire- We have a growth mindset. All classes will engage in teaching and learning activities that explore:

- We are open to trying new things and challenging ourselves.
- We demonstrate persistence and keep trying.
- We use feedback to help us improve.
- We understand how mistakes help us grow and learn.

BOBBY O'BRIEN	FA	RESPECT	For her fantastic effort to always demonstrate all our school values.
IRA RIGBY RENZOW	FB	ASPIRE	For Showing initiative and having a "can-do" attitude to all aspects of learning. Well done Ira
ASH MURPHY	FB	RESPECT	For always being a caring classmate who respectfully listens to others. Well done Ash, you're a star!
RUBEN KNIGHTS	FC	RESPECT	For always being a helpful class member and using initiative to help tidy up. Thank you Ruben!
LEILA UGRIN	FC	ASPIRE	For challenging herself as a learner, especially in Writing. Well done Leila!
INDIE-ROSE NUTBEAN	1B	RESPONSIBILITY	For arriving at school and organising herself independently. Great job Indie-Rose!
JIMMY DEPPELER	1B	RESPECT	For being a kind and caring classmate both in the classroom and the playground. Well done Jimmy!
ERNESTO THEVENON	1B	ASPIRE	For aspiring to try his hardest in all areas of his school work. Great work Ernesto!
DANIELA JOHNSON	1B	ASPIRE	For making a great effort to follow the Narrative structure of writing in her Dreamtime story.
NEAVE O'CONNOR	1C	ASPIRE	For striving to achieve her best in class and listening beautifully during class discussions.
JIMMY HASTIE	1C	ASPIRE	For always facing a challenging task with enthusiasm and a positive attitude!
WINTER BARRY	1C	ASPIRE	Well done to Winter for applying yourself to do such great reading during our partner reading sessions!
CARYS MORZINEK	1C	RESPECT	For listening to other people's ideas and having great suggestions when discussing how to solve problems.
MILA PERRETT	2A	RESPONSIBILITY	For always being polite and helpful in the classroom and leading by example when getting organised for lessons!
SUNNY O'BRIEN	2A	RESPONSIBILITY	For showing responsibility when transitioning between lessons and being a phoneme superstar in our MSL lessons!
ARCHIE STONE	2C	RESPONSIBILITY	Archie, well done for showing great responsibility by always listening and following instructions.
CHARLIE BUCKLEY	2C	ASPIRE	For such wonderful enthusiasm towards writing your many procedural texts. Well done, Charlie!

VALUES AWARDS

JAMES LLOYD	3B	RESPECT	For the positive attitude you demonstrate in all aspects of school life and for always aspiring to achieve your best. Keep up the brilliant efforts, James! :)
RYDER EDWARDS	3B	RESPECT	For the kindness and consideration that you demonstrate to yourself and others in and outside the classroom, and for your magnificent narrative writing piece.
FIN CLARKE	4A	RESPECT	Fin always acts with kindness and care towards his fellow classmates and is a friendly and popular member of 4A!
ALBY BRADSHAW	4A	RESPECT	Alby always acts with kindness and care towards his fellow classmates and is a friendly and extremely popular member of 4A!
HUGO HENDERSON	5A	RESPONSIBILITY	For his dedication and hard work to remain up to date with all of his learning. Keep up the great work, Hugo!
DIGBY WILLS	5A	RESPONSIBILITY	For his determination and focus to remain on task until he completes his work. Well done, Digby!
WALT BIRCHALL	5B	RESPONSIBILITY	For always being a part of the classroom discussion and sharing your ideas respectfully. Your input benefits the class. Well done Walt!
CHLOE TAYLER	5B	ASPIRE	For always completing learning tasks on time and to a high standard. You are a role model for learning for other students in Grade 5 Chloe. Well Done!
SEB COONEY	5C	ASPIRE	For always striving to achieve his absolute best during learning time.
SOPHIE ABBOTT	5C	RESPECT	Well done Sophie for always treating others with kindness and empathy.
IVY GITTINGS	5C	RESPONSIBILITY	Well done Ivy for taking initiative and always looking for ways to help your teachers and peers in the classroom.
EVIE ALSOP	5C	RESPECT	For showing kindness to others and always being there for her friends.
EDDIE WILSON	6A	ASPIRE	For the enthusiasm, effort and focus you have put into your learning this week. You have shown some quality results for your efforts, keep up the great work Eddie!
FLYNN WILL	6A	RESPONSIBILITY	For taking ownership of your learning and ensuring that you put your best effort into any task you attempt. Keep up the positive attitude Flynn!
WILLOW SWAN	6C	RESPONSIBILITY	For being an outstanding student in class and aspiring to achieve her learning goals. Excellent Willow keep it up!
JOE BAULCH	6C	RESPONSIBILITY	For always being a responsible student and being a great class member! We are so impressed with you Joe! Keep up the amazing work!



Parent and carer webinar schedule 2023

eSafety's free webinars provide parents and carers with the knowledge, skills and tools to support their children to have safe, positive online experiences.

Our live webinars for parents and carers attracted record attendance numbers in 2022. To meet the growing demand, we are expanding the program in 2023 to include more dates and topics to support school communities.

Term 1

Safer Internet Day (7 February)

eSafety 101: how eSafety can help you

Suitable for parents and carers of young people in primary and secondary school.

Setting your child up for success online

Suitable for parents and carers of young people in primary school.

Getting the most out of gaming

Suitable for parents and carers of young people in primary and early secondary school.

Navigating online friendships

Suitable for parents and carers of young people in secondary school.

Term 2

National Families Week (15 to 21 May)

eSafety 101: how eSafety can help you

Suitable for parents and carers of young people in primary and secondary school.

Getting started with social media: TikTok, YouTube, Instagram

Suitable for parents and carers of young people in primary school.

Online relationships and consent: sending nudes and sexting

Suitable for parents and carers of young people in secondary school.

Setting your child up for success online

Suitable for parents and carers of young people in primary school.



Term 3

National Day of Action Against Bullying and Violence (18 August)

National Child Protection Week (3 to 9 September)

eSafety 101: how eSafety can help you

Suitable for parents and carers of young people in primary and secondary school.

Online boundaries and consent

Suitable for parents and carers of young people in primary school.

Getting the most out of gaming

Suitable for parents and carers of young people in primary and early secondary school.

Online relationships and consent: sending nudes and sexting

Suitable for parents and carers of young people in secondary school.

Getting started with social media: TikTok, YouTube, Instagram

Suitable for parents and carers of young people in primary school.

Term 4

Mental Health Month (October)

Wellbeing and digital technologies

Suitable for parents and carers of young people in secondary school.

Getting the most out of gaming

Suitable for parents and carers of young people in primary and early secondary school.

Navigating online friendships

Suitable for parents and carers of young people in secondary school.

Getting started with social media: TikTok, YouTube, Instagram

Suitable for parents and carers of young people in primary school.

Subscribe to [eSafetyNews](#) for dates and registration details or visit esafety.gov.au/parents/webinars.



FREE PARENTING FORUM

A GUIDE TO RAISING A
CHILD WITH ADHD



There may be no psychological condition more controversial and provocative than ADHD. At one extreme, we see some people say it doesn't exist. Others say it's a result of poor parenting.

But for parents who are raising children with an ADHD diagnosis, their child's behaviour can seem like a wrecking ball.

In "A Parent's Guide to Raising a Child with ADHD", Dr Justin Coulson will explore up-to-the-minute science on what ADHD is, why it occurs, and most importantly, what parents can do to create something at home that feels sane and balanced in an often chaotic climate. This presentation will:

- Explain what ADHD is, and is not.
- Unpack why ADHD is so controversial.
- Review science-supported strategies to help parents guide children with ADHD successfully.
- Provide practical solutions to help create willing participation in family life with a child with ADHD
- Offer family-strengthening tips to support parents, strengthen relationships, and build bonds.



**THURSDAY 8
JUNE**

9.00am–10.30am

VENUE

OneHope Centre
4–32 Province Boulevard,
Highton

BOOKINGS

Scan the QR
code

This is a free
event but
bookings are
essential.



Cyber Safety

e Smart update 3 –
Technology (mobile application) update: Snapchat



What is Snapchat?

Snapchat is a messaging app that lets you send images, videos or instant text messages to friends. These images, videos and messages are only available for a short period of time once they are opened. You can also use filters on your images and upload photo and video stories that last for 24 hours before they disappear. Businesses and organisations can create their own channels. Content posted to Snapchat is not as temporary as it may appear, as users can save chats or screenshot them without the sender knowing. Adult content can also be accessed in the app.

In August 2022, Snapchat introduced an in-app tool called Family Center, which will provide parents and carers with an insight into who their teens (13-17) are interacting with on Snapchat. Parents will not be able to access the content of their children's interactions, but they will be able to report any accounts of concern. Snapchat has created a video for parents and carers to find out more about how to sign up and use Family Center.



intended for anyone 13+



privacy settings you can adjust.



report cyber-bullying or abuse to snapchat.



block a user on a snapchat.

PLEASE BE AWARE OF THIS.....

A reminder that the Office of Children's e-safety recommend that kids be 13+ to use these social media apps...reason being that research undertaken has found that kids do not have the mental age in primary school to use and deal with these forms of social media effectively. Please remind your children that the use of messaging services and harassing or having conversations regarding relationships is not appropriate. If asked to stop, the expectation is that the contact stops immediately. Also re the receiver of messages; if uncomfortable, then it is important to ask the messenger to cease, and have a discussion with an adult for support if it is not ceasing. Contact the school if it continues and we will follow up with the necessary actions as stated in the Bellbrae Internet User Agreement, including contacting Senior Constable Robbie Nogger.

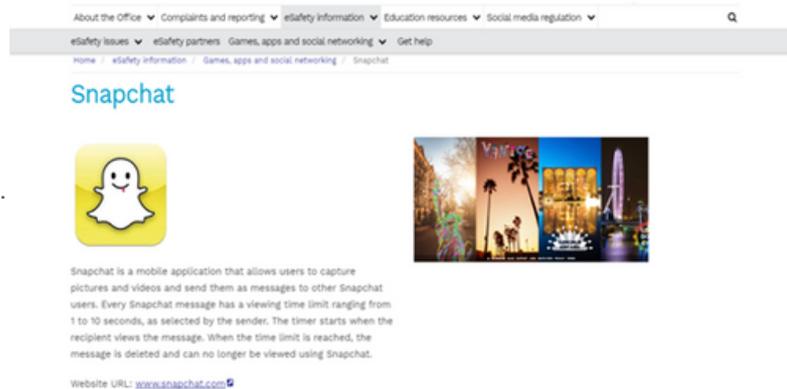
For more information, including ways to block content accessed by your kids, please log onto;

<https://www.esafety.gov.au/esafety-information/games-apps-and-social-networking/snapchat>

<https://www.esafety.gov.au/key-issues/esafety-guide/snapchat>

Mr O'Donnell

Year 4 & eSmart Coordinator





Wonder Recycling Rewards is a fun and easy program created to collect and recycle bread bags at school that might otherwise go to landfill!

Bellbrae Primary School can earn rewards points to spend on new sports equipment, simply by collecting bread bags and sending them back to Wonder White.

START Collecting

You can recycle any type of bread bag as part of the Wonder Recycling Rewards program!
The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

Do our bread bags need to be clean?
Bread bags should be as free from crumbs as they can be to keep the recycling process free from contamination (there is no need to wash them).

RECYCLE BREAD BAGS FOR BELLBRAE!

- Collect bread bags at home.
- Drop off bread bags to a box in reception at school.
- On the 15th of June we will send the collected bread bags back to Wonder Recycling Rewards.
- In Term 4 we will receive sports equipment for the bread bags we recycled.

GET RECYCLING!



The more bread bags recycled the more sports equipment for Bellbrae Primary School & less plastic going to landfill!

A NOTE FROM THE OFFICE

Thank you to all the families who have paid Curriculum Contributions, Voluntary Levies and to those who have kindly donated to the Bellbrae Primary School Building Fund.

Without your support, we would not be able provide our students with the resources that are required.

If you have not already returned your forms and contributed it is not too late

Term 2 Volunteers – Please contact the office if you are unable to attend 😊

Term 2 - Canteen – Please sign in at office 12.30pm

Thursday 27 th April	Annabel Bullen
Friday 28 th April	Charlotte Byrnes
Thursday 4 th May	Lachlan Vivian-Taylor
Friday 5 th May	Kiera Sehmish
Thursday 11 th May	Jessica Ardley
Friday 12 th May	Nicola Clyne
Thursday 18 th May	Katrina Barraclough
Friday 19 th May	Evan Milne
Thursday 25 th May	Simon Dale
Friday 26 th May	Justene Ingram
Thursday 1 st June	Eliza Helm
Friday 2 nd June	Georgina Von Einem
Thursday 8 th June	Tom Scown
Friday 9 th June	Emily Hamilton
Thursday 15 th June	Nicole Hawken
Friday 16 th June	Jacinda Herreen
Thursday 22 nd June	Brigid Beck
Friday 23 rd June	Julia O'Brien

Term 2- Sick Bay Washing – Friday afternoons

Friday 28 th April	Rebecca Osborne
Friday 5 th May	Jess Carr
Friday 12 th May	Laura Rees
Friday 19 th May	Natalie Deidda
Friday 26 th May	Samantha Coy
Friday 2 nd June	Julia O'Brien
Friday 9 th June	Rebecca Keyte
Friday 16 th June	Candice Stewart
Friday 23 rd June	Amanda Brissenden

Term 2 - Second Hand Uniforms – Any day that suits for ½ hour or so

W/Starting Mon 24 th April	Eva Fonnes
W/Starting Mon 1 st May	Emily McDiarmid
W/Starting Mon 8 th May	Dee Ogden
W/Starting Mon 15 th May	Kerstin Johnson
W/Starting Mon 22 nd May	Alice Sheppard
W/Starting Mon 29 th May	Katrina Molloy
W/Starting Mon 5 th June	Lucinda Buckley
W/Starting Tue 12 th June	Mel Myers
W/Starting Mon 19 th June	Natalie Deidda

Save the Date

BELLBRAE PRIMARY LADIES LUNCH

Friday 14th July, 2023
12pm-3.30pm

MORE DETAILS TO FOLLOW





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

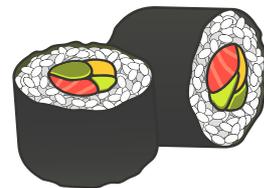
CompassPay
Payment Confirmation

Canteen - Specials

Please see compass menu for all specials

Sushi Tuesdays

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



COMMUNITY NEWS



FREE COMMUNITY LUNCHES

Join Torquay Community House for a delicious and nutritious two course lunch each month, connecting members of our community to share a meal together.

In partnership with Surf Coast Secondary College, students will help prepare and serve a hearty soup and dessert.

Supported by Feed Me Surf Coast.

- May 2
- June 6
- July no lunch
- August 1
- September 6
- October 3
- November 8
- December 5



When: 1st Tuesday of each month, 12:00 - 1:30pm

Where: Torquay Community House, 14 Price St, Torquay

Cost: FREE

Bookings: administration@torquaycommunityhouse.org.au

or call us on **03 5261 2583**.

Please advise any dietary requirements.



RHYTHM AND MELODY MUSIC STUDIO
We have put on more teachers and have more lesson times available.
Please e-mail musicstudiotorquay@gmail.com call/SMS 0419590160 or visit our social media pages to book @rhythmandmelodytorquay

PIANO	SINGING	GUITAR/ DRUMS
Monday 4.45pm 5.45pm 6.15pm Tuesday 4.45pm x 2 5.45pm 6.45pm Wednesday 3.15pm Thursday 4.15pm 4.30pm 5pm 6.15pm x 2	Tuesday 5pm 5.30pm Wednesday 5pm 5.30pm 6pm VIOLIN Sunday 10.30am 12.30pm	Monday 4.30pm 4.45pm 6.15pm Tuesday 4.45pm Wednesday 3.15pm 5.45pm Saturday 12.30pm 2.30pm


@RHYTHMANDMELODYTORQUAY

SING Local Vocals



Local Vocals is coming to Bellbrae Primary!!

Director, Shayne Lowe, firmly believes everyone can sing! Singing within a group, even for strong vocalists, brings along lessons about balance, harmonisation and listening that you just can't learn by yourself. Not to mention the fun of sharing music with others and creating together!

Local Vocals is singing lessons run within a group where we build confidence in singing and work into exploring our vocal ranges and abilities. We work together as a group to learn and grow our vocal skills through a variety of musical styles. Local Vocals is a fun, creative and inclusive space where good vocal techniques are the underlying foundation of all activities.

Shayne began singing in primary school herself and hasn't stopped since! As a qualified teacher, Shayne has been a music specialist teacher and established her own vocal studio while living in Devonport. She has been a vocal instructor and director for over 20 years. Shayne has also been heavily involved in local musical theatre, both in Tasmania and Geelong. Her experience as a Vocal Director has run parallel to her on-stage performances over many years.

Sessions will be available after school beginning in Term Two. Limited places available - first come, first serve. 🎵

To book your spot, contact Shayne directly
(0429 08 4343/ sing@singitnowgeelong.com.au)

You can find more information about Shayne at www.singitnowgeelong.com.au

Find us:



@sing.localvocals.geelong



OCEAN Lending helps clients to transfer to the next stage of their lives and accomplish their goals through finance. Our services include home loans, business and commercial finance, franchise finance, car finance and personal loans.

Please contact **Scott** 0407 349 246 or scott@oceanlending.com.au for further information.



POTTERY STUDIO-EVENTS & GALLERY

School Holiday's Pottery & Craft Sessions

Tue 27th June 10.30am-12.30pm Kids Pottery Class
Wed 28th June 10.30am-12.30pm Kids Pottery Class
Tue 4th July 10.30am-12.30pm Kids Pottery Class
Tue 4th July 2pm-4pm Bath Bomb 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.

\$50 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

Welcome to our village!

Holistic, evidence-based care to support perinatal wellbeing.

The perinatal period. Unique and complex.

Having a child is the biggest life transition we will ever face. It requires adjustment in every single domain of our life, including how we view and care for ourselves.

The Perinatal Hub Surf Coast offers specialist perinatal care that is individually-tailored and enables continuity of support from conception through to parenthood, and beyond. Our multidisciplinary team works with infants, children, adolescents, men, women, couples and families.

Wherever you are in your perinatal journey, join our village!

MAKE AN APPOINTMENT TODAY:

Jan Juc Village
16 Princes Terrace
Jan Juc

0491 184 788

www.theperinatalhub.com.au



OUR SERVICES:

- Perinatal Psychology
- Couples Therapy
- Child/Adolescent Therapy
- Acupuncture
- Infant Massage Therapy
- Pregnancy / Relaxation / Remedial Massage
- Pregnancy / Birth / Postpartum Education
- Postpartum Support
- Midwifery / Doula Support
- Play-Based Parent-Child Relationship Therapy



COMMUNITY NEWS



CROSS COUNTRY

7th May - 13 August
 Sundays @ 12 Midday
 Torquay & Jan Juc locations

Sign Up Today!



For any queries, please contact:
info@surfcoastlittleathletics.com
or 0488 288 324

UNDER 6 +
12 COMPETITION WEEKS
+ REGION & STATE
CHAMPS
\$65



WOMEN'S HEALTH
TORQUAY

1a Fischer Street
Torquay
PH: 03 9828 7550
womenshealthtorquay.com.au
Women's Health Torquay –
Created by women
for women.



Want to prepare
your kids for a
healthier future?



Participants receive
great freebies and
a reward at the end!

BETTER HEALTH PROGRAM

Is your child...

- Aged 7-13 years old?
- In need of support to improve eating and activity habits?

Better Health Program is a **free**, 10-week, online program for eligible children and families.

There are weekly online sessions, **free** resources, including a Garmin watch, and weekly coaching calls. These are with a qualified health coach who gives you professional advice and helps keep



MONASH University

Sign up today!

www.betterhealthprogram.org
 1300 822 953

BETTER HEALTH PROGRAM

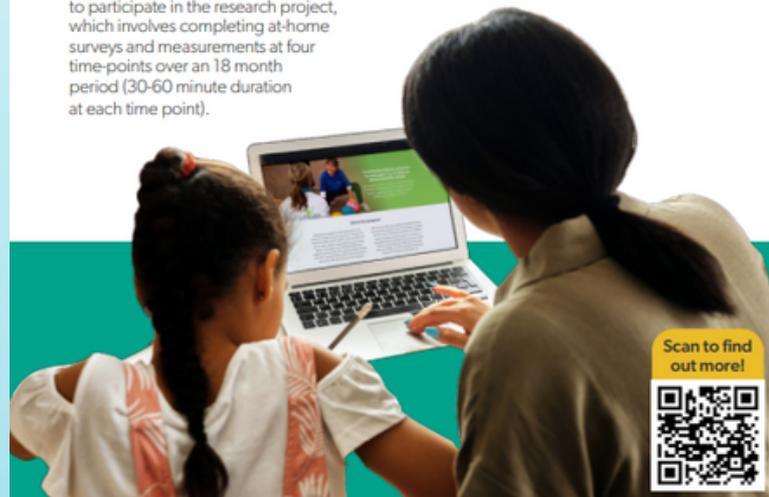
Better Health Program is an online healthy lifestyle program for families with children aged 7-13 years. In 2023, the program is **free** for eligible Victorian families as part of a large research project with Monash University.

Sign up today!

www.betterhealthprogram.org
 1300 822 953

BETTER HEALTH CO.

To join the program, families must agree to participate in the research project, which involves completing at-home surveys and measurements at four time-points over an 18 month period (30-60 minute duration at each time point).



Scan to find
out more!



@betterhealthprogram



Physiotherapy for Children

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



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



**MUST
CLOSE
18 JUNE**
JOHNSTONE
PARK

KALEIDOSCOPE

BY KEITH COURNEY

LIGHT UP YOUR WINTER NIGHTS
INSIDE A BREATHTAKING MIRROR MAZE



Kaleidoscopegeelong.com.au

Suitable for all ages
Open Wed - Sun + Kings Birthday Holiday
2pm - 9pm - last entry 8.30pm

All tickets \$15
+ plus booking fees
where applicable



2024 kinder enrolments open 10 April 2023

Help give your child the best start

- Funded three-year-old and four-year-old positions available across six Surf Coast Shire kindergartens in Anglesea, Jan Juc, Lorne, Torquay and Winchelsea.
- Variety of session times to suit families' needs.
- Bush Kinder included in each four-year-old program.
- Children who attend kindergarten gain independence through play in a safe and happy environment. It helps them make a smooth transition to school.

Enrol online at surfcoast.vic.gov.au/kinder.

Round one applications close Sunday 18 June 2023.
surfcoast.vic.gov.au/kinder2023



SPROUT TIME



LITERACY PROGRAM FOR EXPECTANT & NEW PARENTS

Sprout Time is a unique literacy program for pre-birth parents and parents of newborns.

2 x 40 minute sessions focus on the importance of literacy at an early age. The program supports parents connection with baby and storytelling.

This outreach program is delivered by Children and Youth Services Librarians and funded by Give Where You Live.

For more details please contact the Manager of Children's and Youth Services cysmanager@grlc.vic.gov.au



Scan the QR code
for contact details

www.grlc.vic.gov.au



School Holiday Program

27TH, 28TH & 29TH JUNE

A DAY ON THE FARM

Join us for a fun-filled day on the farm at Common Ground Project. An opportunity for young people to connect with food and farming.

Experience a 'Day in the Life of a Farmer'

Sow and harvest produce

Feed the chickens

Learn about farming

Meet new people

9am - 3pm

Suitable for children aged 8-14

\$70 + GST per person

This program is subsidised through a partnership with VicHealth



For more information and to book a spot in the program, please visit our website.

www.commongroundproject.com.au

675 Anglesea Rd Freshwater Creek, 3217



Barwon Health Foundation

1 - 30 JUNE

Giving Month

Help us care for current and future generations of Geelong families.

Donate...

anytime online at barwonhealthfoundation.org.au or by calling 4215 8900.



Volunteer...

to tin shake or help at a BBQ across Giving Weekend, June 23-25.



Contribute Goods...

donate personal hygiene products for Barwon Health patients facing financial challenges. Donations can be dropped to the Barwon Health Foundation Office at 283 Ryrie St, between 9am - 5pm, Monday to Friday.



Becoming a shopping partner...

by donating a percentage of sales or dollar value from a particular product sold from your local business.



Host a fundraiser...

at your office, school, sporting club or community group.



Collect a tin...

to fill with coins at your workplace or next family function.



SCAN THE QR CODE OR HEAD TO BARWONHEALTHFOUNDATION.ORG.AU FOR MORE INFORMATION OR TO DONATE NOW

