



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

Flooding - Thank you to all staff, parents and students for the flexibility and understanding you have shown while we have been dealing with the aftermath of the flooding in our Admin and Foundation block. We still are waiting on time frames for completion of the re-instatement works, and as we are part of a larger bureaucracy, we are at the mercy of complex decision-making processes that are largely determined by economics and available resources. As soon as we have more information we will send out an update via Compass.

Planning for 2025 - We have received a number of requests from parents relating to student placements for next year. We certainly take the wellbeing, social and academic needs of all students into consideration when planning classes, but obviously cannot accommodate every request. Please respect the judgement of our staff who spend a significant time on this process, and please understand the constraints within which we operate when planning classes. Based on our allocated funding and projected enrolments, in 2025 we will be running 4 Foundation classes, 4 Grade One classes, 3 Grade Two classes, 3 Grade Three classes, 4 Grade Four classes, 2 Grade Five classes, and 3 Grade Six classes. The number of classes we run, and the number of students in each class is not solely the decision of the school. Schools are funded on models determined by their enrolments, social economic status, parent occupations and level of education, location, disability and inclusion profiles, and other aspects determined by the DET. As our students generally come from advantaged, well-resourced and educated households, we are one of the lowest funded schools in the state. This impacts on the number of staff we can employ, and the number of learning spaces available. As such we have to self-fund some programs through fundraising, and also have to self-fund some of our staffing models. Although we manage to maintain class sizes within the DET suggested guidelines, we unfortunately do not have the luxury of having low class sizes in every year level. On a positive note, we are fortunate to have great facilities, really strong teaching and support staff, passionate and committed educators, all of which contributes to us being able to provide strong and diverse learning and extra-curricula programs.

Grade Four Camp - A big thanks to staff and parents who gave our Grade Four students the opportunity to attend a fantastic camp last week. From all reports it was a lot of fun with a good balance between the educational and social aspects. A lot of preparation and time goes into the organisation of camps, and we really appreciate staff giving up their own time and being away from their families in order to provide a program like this for our students.

iPad Program - Over the coming weeks information packs will be provided to parents of 2025 Grade Four students, which will be followed by a 'face to face' information session where questions can be raised. (This session is scheduled to take place on a Thursday afternoon between 4 and 5pm.) The School Council has been doing a lot of research in this space, and we will continue review our learning technologies as we move forward. Whilst we have to ensure we address all the requirements of the curriculum, which includes digital and design technologies, as well as remain abreast of emerging technologies; we also need to closely monitor screen time, cyber safety, hardware management, and appropriate use of devices.

Traffic and safety concerns - Due to our location, many students are driven or bussed into school. Inevitably this leads to traffic congestion, which in turn generates safety issues. Unfortunately some parents aren't following basic traffic rules on School Road, which is putting pedestrians at risk. Some of the behaviours we have recently observed include vehicles being driven on the sidewalk, talking/texting on mobile phones, and parking restrictions being ignored. Whilst we understand that parking is limited and that there is a lot of traffic on a daily basis, this is not an excuse to do the wrong thing. Please exercise patience and be exceptionally vigilant in order to keep our students safe.

Adrian Waters

IMPORTANT DATES & INFO

ASSEMBLY DATES

8th November
22nd November
5th December

Tuesday 5th November PUBLIC HOLIDAY

Wed 6th - Fri 15th November

Grade 6 Bike Ed Program
(Mon 11th -15th Practical Lessons)

Mon 18th - Fri 22nd November

Grade 5 Bike Ed Program

Monday 18th November

Grade 3 Scienceworks
Excursion

Fri 29th November - Wed 4th December

Grade 5 - 6 Aquatic Survivor

Wed 16th December

Grade 6 Graduation

20th December

End of Term
1:30pm End of Day

Future Curriculum Days

Monday 4 November 2024



5261 2660



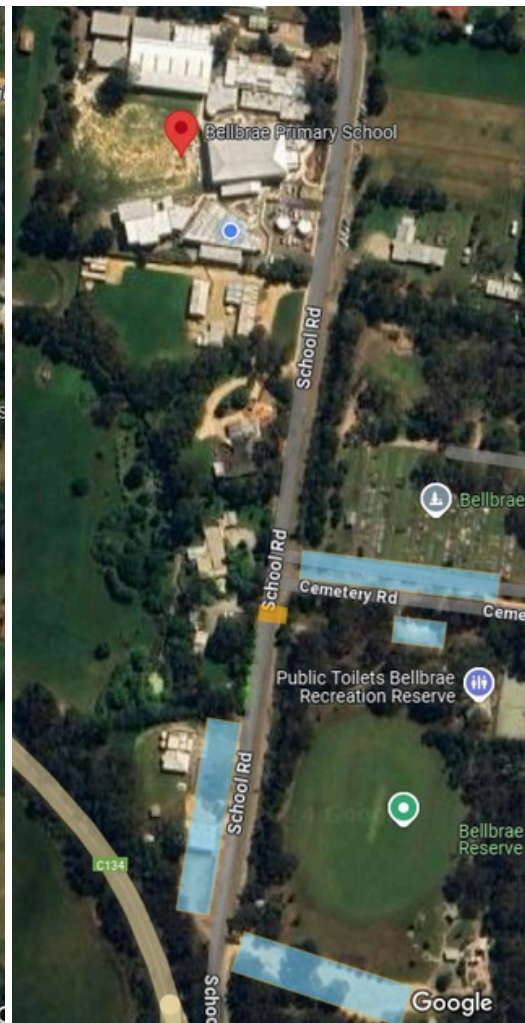
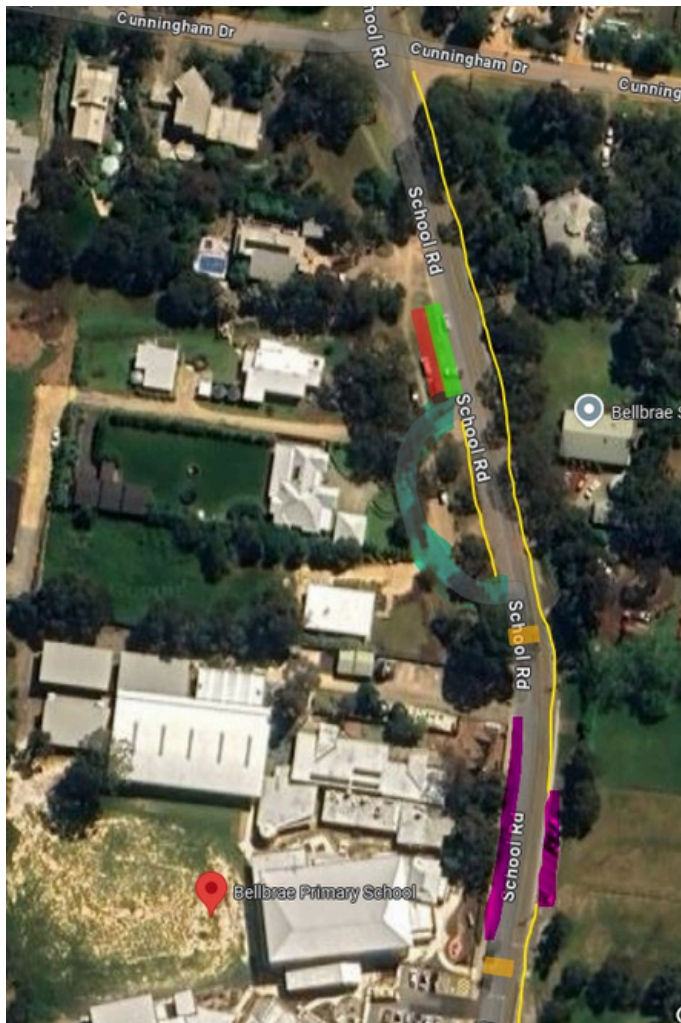
Bellbrae Community Traffic Safety Management Report

Last night members of the local community, school and Surf Coast Shire representatives met to discuss the recent parking trials along School Road. We all agreed that the increased 'Kiss & Go' 2-minute parking areas (pink highlight), no standing zones (yellow lines) and bollards around the 'loop/island' (blue highlight) have improved traffic flow and safety.

However, to the north of the 'loop/island' vehicles have been driving down the footpath to park in the RED AREA. Driving on footpaths is a driving offence, not a parking offence, so the shire has reported this activity to the police. On Tuesday afternoon, we had a near miss as a vehicle backed onto the footpath narrowly missing pedestrians. In light of the events at Auburn South Primary School this week, we are all taking this very seriously. If vehicles continue to park in the RED AREA, the shire has warned that the whole section (including green area) will be deemed a nature strip and hence a no standing zone.

"But we have nowhere else to park?!"

There are approximately 80 car parks (light blue areas) surrounding the CFA and Bellbrae Hall, along with additional parking at the Bellbrae Reserve and along Cemetery Road. Please role model road safety with your children and be respectful to our community by abiding by the parking restrictions. We still have two or three parents that continue to park in the 'Kiss & Go' areas and walk their students into the school on a daily basis. What message are you sending to your children and the community? Please help us to look after everyone's safety at drop-off and pick-up times in particular.



BIRTHDAYS

HAPPY BIRTHDAY



1ST NOVEMBER
REMI GADD
OLLIE BIRD

2ND NOVEMBER
WILLOW TABAK

3RD NOVEMBER
FINN MARTIN

4TH NOVEMBER
FLORENCE FULLER

5TH NOVEMBER
JACK COLLET
LEXI INGRAM

6TH NOVEMBER
WILLOW MORRISH
THEO IRVINE

8TH NOVEMBER
VASCO BONES





9TH NOVEMBER
TYLER CORMACK

10TH NOVEMBER
HUTCH FOSTER

11TH NOVEMBER
AVA GIDDINS



VALUES AWARDS

 ASPIRE	 RESPECT	RESILIENCE 	 RESPONSIBILITY
JACK HISSEY FB	SUNNY CAMPBELL FC	FLORENCE FULLER FC	RORY DUNCAN FD
HARLOWE HARVEY FB	MAYA FIESS FE	FINN HOPE 1A	NINA IRWIN 3A
INDRAH D'AGOSTINO FD	HANNA MANDERFELD FE	OLLIE KARFUT 4B	BOHDI GLENNIE 3B
LAYLA THOMPSON 1B	DUSTY COLE 2A		MILLA LYNCH 3C
HARRY STEWART 1D	LAKEN KNITE 4B		TEDDY COLE 3C
BONNIE SCHOKMAN 1C			FELIX MARTIN 3A
INDIA OSBORNE 1C			JACK WEBBER 4A
REUBEN MACDONALD 2A			RUBY MEE 5B
CHRISTOPHER CULLEN 3B			LOTTIE WILSON 6A
WILLOW NUTT 3C			
ISLA O'CONNOR 4A			
RYDER EDWARDS 4B			
JAKE TAKLE 5B			
MURPHY WINKLER 5B			
WALT BIRCHALL 6A			
WOODY GRIGG 6B			



School Wide Positive Behaviour Weekly Update

Our whole school focus in Week 5 & 6 is showing our school value of Respect - we are friendly. All classes will engage in teaching and learning activities that explore:

- how being friendly helps others feel included and safe within the school community
- how our body language shows friendliness to others
- different ways of being friendly in our classrooms, yard and in the wider community.



@gozenlove



4 WAYS FOR KIDS TO HANDLE ANXIOUS THOUGHTS

Create a character of your worry and talk to it.

Find evidence that shows your worried thought isn't really true.

Remind yourself that you are not your worry. Worried thoughts come and go.

Acknowledge the worry, wave hello to it, let it pass by.



@gozenlove



7 SELF-TALK PHRASES TO TEACH KIDS WHEN THEY ARE ANXIOUS

"My body can handle feeling anxious. It always passes."

"This is a false alarm. I'm totally safe."

"I can handle this feeling. I am strong."

"My anxiety is telling me something. What is it saying?"

"Anxious feelings can't hurt me."

"I breathe in calm and breathe out worry."

"Anxious thoughts can't hurt me."



things to say WHEN OUR KIDS FEEL ANXIOUS & SCARED (and we are uncertain, too)

We don't know what will happen or when this will end. But this won't last forever.

What questions do you have?
What are you wondering about?

This is really hard right now. But I also know that we can deal with this and get through this together.

It's totally normal to feel worried, sad, disappointed, or even angry in situations like this. Let's see how we can take good, kind care of your feelings.

I am here and I've got your back, sweetheart.

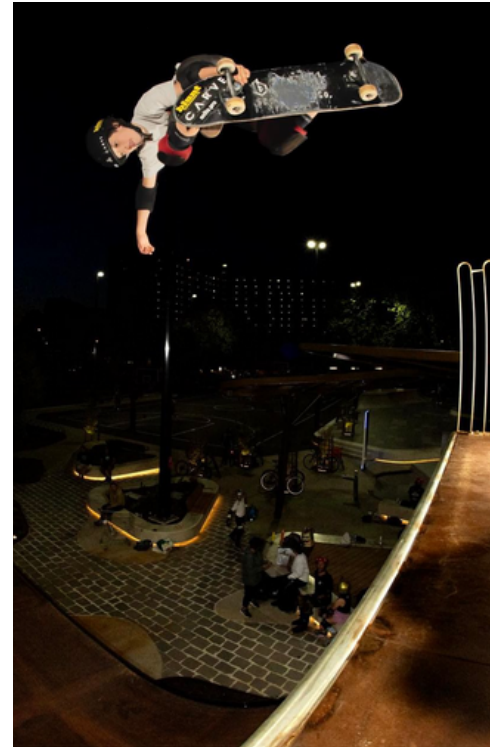
Even though we don't have all the answers right now, when we know more, I will let you know, too.

We will take it one step at a time and focus on what we do have control over, like doing things that help us to stay safe, taking care of ourselves, and being gentle, forgiving, and kind with each other.

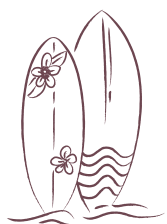
STUDENT ACHIEVEMENTS



Congratulations to Violet who represented Bellbrae at the Geelong Show last weekend. Well done!



Congratulations to Addis who won a huge skateboarding competition and will now go on to compete in the World Championships!



Congratulations to Estella Carbonelli who recently competed in the Rip Curl National GromSearch final at Urban Surf in Sydney. The top 12 under 12's in the country were in the comp and she made the final coming close 4th. She will finish this year ranked 2nd under 12 girl in Australia!

INDONESIA AND CULTURE DAY AT BELLBRAE PS

On Wednesday 11 December we will be celebrating Indonesia and Culture Day at Bellbrae. We are excited to have the team from BagusKan! come to our school to present a series of authentic Indonesian cultural dance, craft, movement and music workshops and performances including gamelan, pencak silat, angklung and tari topeng throughout the day.

To align with our Indonesian language learning and celebrate the end of a great year, all students will participate in one music-based workshop and one movement-based workshop, as well as two different craft activities. All students will get to watch an authentic wayang kulit performance at the conclusion of the day.

Students are invited to dress up in Indonesian colours (red and white) for the day, or to wear their uniform with a touch of red or white. The cost of this whole school incursion day will be \$10 per student payable through Compass. Further details to come!

Terima kasih!
Bu Kelly, Bu W dan Pak Brett



e Smart Update 12 – (2024)



Cyber Balance – Family Assessment (part B)

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

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

Signs that your child's online activity may be having a negative impact on them or on your family include:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

What to do if you are concerned

Ask questions and listen

Some of the behavioural changes described above are a normal part of growing up but, if you are concerned your child is struggling, try to find out why — there may be underlying issues such as cyberbullying, friendship difficulties or mental health issues.

As part of your conversation, ask your child about how much time they spend online and explain why it is worrying and what they could be missing out on.

Try not to show that you disapprove or they might shut down communication altogether.

Talking to your child's school may also reveal academic or social issues, and the school may also be able to provide support

For more information, please visit;

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

Mr O'Donnell

e Smart & ICT 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

**SPRING
CREEK**





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

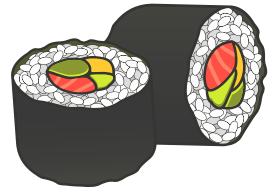
CompassPay
Payment Confirmation

Canteen - Specials

Please see canteen menu on the Compass App

Sushi Tuesdays

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



COMMUNITY NEWS

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!

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- ✿ 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

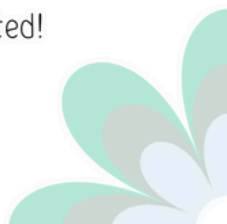
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simplifyandsort@gmail.com



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GIVE AWAYS
FAMILY FUN

FOR MORE INFORMATION CONTACT: PETER BUTCHER 0448 811 038



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.

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16 Princes Terrace
Jan Juc

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www.surfcoastfamilyhub.com.au



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

OUR SERVICES:

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



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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

Creating Playgroup Communities

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



GEELONG 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 18th Oct
4pm-5pm
Ages 8+
Bookings Required

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

grlc.vic.gov.au

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@fscf.com.au
OR 5264 7430 for more info



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child
need someone
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Meaghan Cook

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



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Surf Coast

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Beginner - Advanced

LEARN GUITAR WITH LOCAL MUSICIAN
TOMMY CASTLES.

PAST STUDENTS HAVE BEEN ACCEPTED
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UNIVERSITY FOR FURTHER MUSICAL
STUDY.

TOMMY CATERS HIS LESSONS FOR
STUDENTS INDIVIDUALLY AS WE ALL
HAVE DIFFERENT MINDS, AND THINK /
LEARN DIFFERENTLY!

LESSON COSTS:
30 MINUTES - \$50
60 MINUTES - \$70

TOMMY - 0405 128 108
TOMMYCASTLEMUSIC@PROTONMAIL.COM



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OCTOBER 2024 TO MARCH 2025

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For more information visit www.glac.com.au

Or

Email grovedalelittleaths@outlook.com

Register online at 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 or contact us directly at admin@jvtennis.com.au

Looking forward to seeing you on court!



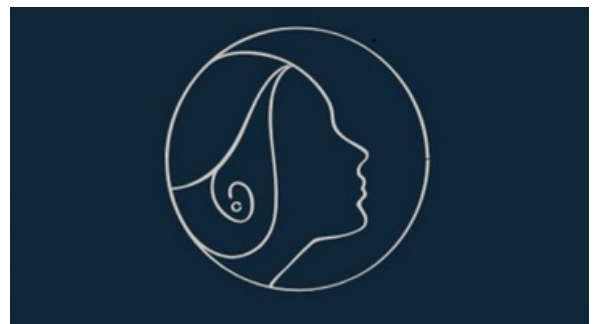
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Women's Health Torquay –
Created by women
for women.

WHR ALLIED HEALTH

Proud Gold Sponsors of the
2024 Bellbrae Mayfair

Our Torquay clinic has
IMMEDIATE CAPACITY
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- Home Modification
- SDA & SIL Assessment & Reports
- Therapeutic Listening Interventions
- Assistive Technology Assessment & Recommendations

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- WholeMind
- Teacher Webinar Series
- Sensory Regulation Strategies
- Classroom Environmental Audits



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

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COERVER[®] 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!

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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

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

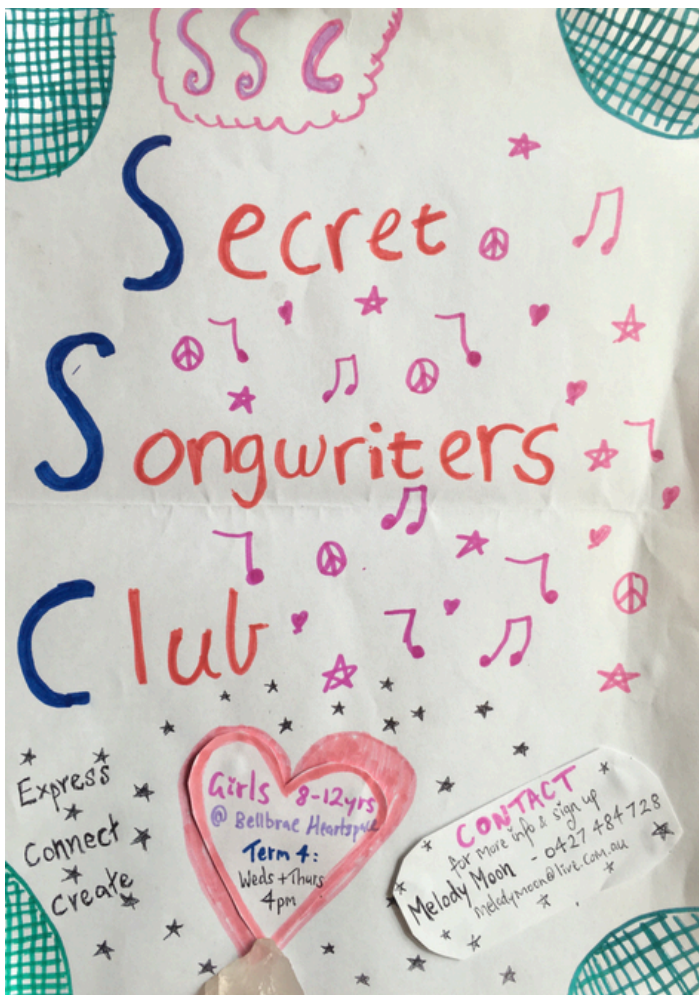
0491 030 282

info@creativeconnectionsot.com.au
www.creativeconnectionsot.com.au



GEELONG CANOE CLUB
1/11 Marnock Road
Newtown VIC 3220

admin@geelongcanoecub.org.au
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

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

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 19th 11:30am-1:00pm – Elephant Walk, Torquay

Contact: Shayne Lowe 0429 08 4343 sing@singitnowgeelong.com.au 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

Contact: Shayne Lowe 0429 08 4343

sing@singitnowgeelong.com.au



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



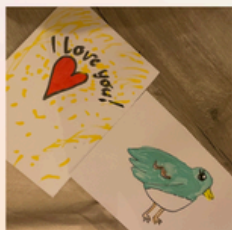
Artsy Wednesdays

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
safespaceartstherapy.com

