



# BELLBRAE BULLETIN

## IMPORTANT DATES & INFO

ASSEMBLY DATES  
TBC

**First Day Of Term 4**  
**Monday 7th October**

**Thursday 10th October**  
Grade 1 Werribee Zoo  
Excursion

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

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

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

**Future Curriculum Days**  
Monday 4 November 2024

## THIS WEEK FROM THE PRINCIPAL

To say it's been a busy term would be an understatement! Our students have been involved in activities including Science Week, Book Week, Year 3 and 5 camps, puberty education, sausage sizzle, wellbeing incursions, debating, snow sports, cross country, athletics, Bike Ed, tree planting, BioCats, ScienceWorks and the swimming program. We would like to thank all our families for supporting our extensive extra-curricular programs which provide additional opportunities and community engagement for our students. We know you're often bombarded with Compass approvals and payments in term 3, and we're looking to improve this in 2025.

### Road Safety

I'm sorry for nagging you about appropriate parking, so our kids can be safe. I'm sorry for nagging you about using the school crossing, so our kids can be safe. I'm sorry for waving you on when you double park, so our kids can be safe. I'm sorry for asking you not to walk through staff carparks, so our kids can be safe. We have been fortunate so far that the near misses have been misses. Please follow the road laws and our expectations to keep everyone in this beautiful community safe.

### Facilities

Tony and Trav have been busy constructing a fence and additional seating near the tanks between the administration building and Year 1 classrooms. It looks absolutely sensational, improves safety and creates a wonderful place for parent to catch up at drop-off and pick-up times.

Over the holidays, Total Solar, will be installing a 50kWh solar system on the roof of Warri Stadium. Over the coming years, this system will not only pay for itself, but also provide us with sufficient electrical energy to run the school on a daily basis. Thank you to Mr Mark O'Donnell, Tony Wills and Leigh Giddins for their efforts over many years to organise this installation.

We will also have additional fake turf installed on both sides of the stadium to provide for additional outside eating and learning spaces, and to reduce slipping hazards on the BER side of the building.

### Holidays

Although I'm not a Cats fan, I'll be cheering them on in the prelim on Saturday evening and I cannot wait for what should be another epic AFL Grand Final! Whether you're staying locally or heading away, we all hope you have a safe and restful holiday period, and of course that there's some cracking surf. Enjoy!

## 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

Jan jook  
Jan Juc

Djilang  
Geelong

Pronounced: Gehlang



5261 2660



Well done to our Bellbrae Athletics team that competed at the Bellarine Athletics Finals on Tuesday:

Each member of our team qualified for the Bellarine finals by placing in the top two of our Bellbrae Athletics and then placing in the top two in the City to Surf District Athletics. It is a huge accomplishment just qualify for the event. All of our students performed at a high level with everyone placing within the top 10 in their events!

Please see below for the results and well done to those students who have placed 1st or 2nd as they will now compete in the State Finals in Melbourne on the 22nd of October.

James Baker- shot put- 1st  
Jimbo Barraclough- Triple jump- 3rd  
Walter Birchill -Discus  
Coco Clyne- 100m Dash 7th, High jump- 1st  
Ryder Edwards- Triple jump- 4th  
Naree Gow- discus- 1st Shot put- 8th  
Jack Hobson- Triple jump- 5th  
Sahara Lowdon -800m- 4th  
Alice Palmieri 800m- 1st 200m- 7th  
Freddie Price -80m Hurdles- 2nd High jump- 1st  
Wren Rahilly -800m- 2nd 1500m 1st  
Hudson Ryan- 1500m  
Louie Wilson- Discus- 6th  
Murphy Winkler- Triple jump- 3rd, High jump- 1st



## BIRTHDAYS

**HAPPY BIRTHDAY TO ALL OF OUR STUDENTS CELEBRATING THEIR BIRTHDAYS OVER THE HOLIDAYS**

**FLYNN PROWSE**

**TATUM VERLAAT**

**WREN RAHILLY**

**EVERLY BACKHOUSE**

**ISAAC CANNAVAN**

**MAGGIE WILLIAMS**

**JUNIPER STEELE**

**ANOUSH HAZLE**

**ASHTON EMAN DELANDRE**

**TAHLIA YOUNG**

**FRIDA LONG**

**LILA STANLEY**

**KRISTOPHER APRIKIDIS**

**EDEN INGRAM**

**DAISY BEHMANN**

**CLEO BECK**

**FINN KNIGHT**

**CLEO ELDERFIELD**

**MAEVE HICKS**

**HEIDI HAYTON**

**JAMES BAKER**

**REUBEN MACDONALD**

**JAMES MUMMERY**

**BEA BEA MACDONALD**

**REMY TURNER**

**EVIE TAYLER**



# SOLAR SYSTEM

## 52.8kW SOLAR SYSTEM

We are very excited to announce to the school community that we will be commencing the installation of **120 Trina Solar panels** and **1 Fronius Converter** during the upcoming school holidays. As per the picture below, they are to be installed on the top of the new gym roof at a pitch designed to maximise the north-facing sunlight.

Total Solar & Electrical were the successful installers and chosen after two years of research and planning by school council to be the best fit for our school. We were also keen to keep our business local for a number of reasons, not least that we have almost immediate backup from them as they are based in Grovedale.

**Weather permitting, installation will begin at 7am on Monday 23<sup>rd</sup> and hopefully will be completed for our return to school. If using the school grounds over the break, please be mindful of trucks and workers being onsite!!**

As you can see from the graphs & pictures below, part of our analysis was trying to maximise the potential of a big roof space while making sure that we had minimal impact on our buildings and playgrounds. The only visible structure from ground level will be the inverter which will be housed in a locked cage on the southern part of the building.

Being a school that prides itself on environmental awareness, we are extremely pleased that we will not only save the school \$\$ across many years to our ever-increasing power bills, but importantly, having a positive impact on the environment by reducing our carbon footprint.

Thankyou to past School Council President, Leigh Giddins for all the groundwork done to maximise our knowledge when making this big decision, current member Chris Law & Tony Wills our maintenance man.

Mr Mark O'Donnell (Year 4 coordinator & School Council member)



PROPOSED PANEL LAYOUT  
Bellbrae Primary School 50 School Rd  
Bellbrae VIC 3228

## ENVIRONMENTAL ANALYSIS

Your solar system will generate significant environmental benefits. These come primarily from avoided power plant emissions.

Below is a summary of environmental benefits your solar system will provide.

### TREES PLANTED EQUIVALENT

1284 trees per year<sup>5,6</sup>

Each tree icon represents 130 trees



### AVOIDED EQUIVALENT FUEL

21329 litres of petrol per year<sup>5</sup>

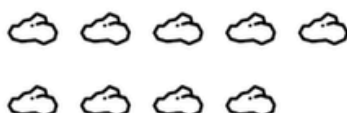
Each fuel can icon represents 2140 litres of fuel



### AVOIDED COAL BURNT

24241 kg of coal per year<sup>5,6</sup>

Each coal lump icon represents 2430 kg of coal



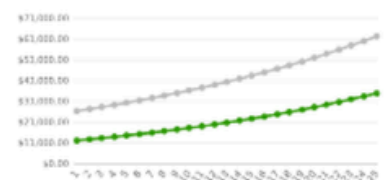
## FINANCIAL ANALYSIS

Your historical electricity bills were used to help size your solar system. Based upon the system size suggested, the expected electricity bill savings over a 25 year period are provided below.

In addition, the first-year electricity bill savings you can expect, are provided together with a chart of the monthly solar system output you can expect.

### ANNUAL ELECTRICITY BILL OVER TIME\*

Electricity bill without solar  
Electricity bill with solar



### MONTHLY ELECTRICITY BILL COMPARISON\*

Electricity bill without solar  
Electricity bill with solar



# DEBATING TEAM

## Debating Round 4

With the final round of the debating season complete, our debaters finished the competition off with a bang! Grovedale Primary School came to play and were tough and articulate opponents. The topic for this final debate was 'Public Transport Should be Free' and our debaters Acqua, Vinnie and Ochre were up for the challenge. Each presentation nailed the structure, timing, content and delivery elements that they have been working so hard on. This consistency saw Bellbrae take the win by 4 points, with Acqua being named 'Best Speaker' for the debate. A massive thank you to Freya for being the Chairperson and Timekeeper in our final round.






A huge congratulations to all of our debating crew (Freya, Vinnie, Acqua, Ochre & Seb) who gave up lunchtimes and after school time to participate. Your diligence, focus and ability to take on new skills, and use them in the challenging world of debating was first class. The results from this season are a credit to your hard work and dedication. You should be proud of your personal growth and achievements, because I most certainly am.

We are waiting to see if we make the finals which will be held next term.

Thank you again you, the parents, for your ongoing support for these students and for attending these debates.



# VALUES AWARDS

 <b>ASPIRE</b>	 <b>RESPECT</b>	<b>RESILIENCE</b> 	 <b>RESPONSIBILITY</b>
<p><b>NO VALUES AWARDS THIS WEEK DUE TO HOLIDAYS.</b></p> <p><b>HAPPY HOLIDAYS!</b> 🥳</p>			
 <p><b>well done!</b></p>			

## School Wide Positive Behaviour Weekly Update

Our whole school focus in Week 9 and 10 will be showing our school value of Responsibility - we take care of the environment. All classes will engage in teaching and learning activities that explore:

- we look after all living things and take responsibility for the impact of our choices
- we look for ways to improve and care for our natural environment





## Circle of Security Birth – Five years

Circle of Security is a six week supportive program for parents of children aged zero to five years. The program aims to:

- Help parents understand how to build feelings of security for children in their early years.
- Assist parents with skills to build a positive relationship with their child.
- Develop confidence in parents to respond to their child in a way which builds a secure foundation.



## Bringing Up Great Kids 12 months – 12 years

Bringing Up Great Kids is a six week supportive program for parents of children aged 12 months to 12 years. The program aims to:

- Help parents develop skills to enhance communication with their children.
- Promote positive interactions between parents and their children.
- Encourage the development of children's positive self-identity.

## How to contact us

We provide support in offices located in Barwon and Western Victoria.

### Community Support

General enquiries: 03 5226 8900  
info@meli.org.au

### Meli Kindergartens

General enquiries: 03 5273 0200  
kindergartens@meli.org.au

@meli.community  
@meli.community  
@meli-community



Learn more  
Scan the QR code to view our latest parenting education calendar

### Acknowledgement

We acknowledge that we work and connect on the traditional and unceded lands of Aboriginal peoples and pay our respects to their Elders past and present. We are committed to the reconciliation journey through our actions and openness to learn.



### We celebrate difference

Meli celebrates the diversity of our community and is committed to being an inclusive place for everyone. We welcome people of all races, ethnicities, genders, sexualities, ages, religions, and abilities.

We foster collaborative relationships with individuals and partner organisations to support our diverse client group. Interpreter services are available upon request.

meli.org.au

# MELI Parenting education programs

Supporting the role of parenting with information, skills and tools to help children thrive



## Our programs



### Baby College Pre-birth – Six months

Baby College brings together women who are pregnant in their third trimester or have a child less than six months old, to support them on their parenting journey. Baby College is open to women over 25 years and first-time pregnancy is not a requirement. The program aims to:

- Enhance parent and child attachment.
- Increase understanding of child development.



### Bumps to Bubs Pre-birth – 12 months

Bumps to Bubs brings together young mothers and mothers-to-be up to age 23 or 25\* (please refer to individual schedule) with babies zero to 12 months, to support them on their parenting journey. The program aims to:

- Bring young mothers and babies together for fun, learning and friendship in a relaxed setting.
- Enhance parent and child attachment.
- Increase understanding of child development.



### Bubs to Tots 12 months – Two years

Bubs to Tots brings together mothers (up to 24 years old) of children in the 12 months to two years age group for support and education. The program aims to:

- Provide education to enhance children's early development.
- Promote parent and child attachment/relationships through the promotion of play.
- Assist parents with managing and enjoying the toddler years.



### Tuning in to Kids Three years – 12 years

Tuning in to Kids is a six week supportive program for parents of children aged three to 12 years. The program aims to:

- Help parents teach their children to understand and manage their emotions.
- Support parents in encouraging children to express emotions appropriately.
- Maximise children's social, behavioural and learning outcomes.



### Dads Tuning in to Kids Three years – 12 years

Dads Tuning in to Kids is a six week supportive program specifically for dads of children aged three to 12 years. The program aims to:

- Help dads to effectively tune in to their child's emotions.
- Encourage dads to strengthen their emotional connection with their child.
- Support dads to build skills in emotion coaching to assist their child's individual needs.



### Tuning in to Teens 10 years – 18 years

Tuning in to Teens is a six week supportive program for parents of adolescents aged 10 years to 18 years. The program aims to:

- Support parents to connect and communicate with their teen.
- Assist parents with understanding adolescent development.
- Help parents to assist their teen to develop emotional intelligence.



### Strengthening Family Connections Eight years – 12 years

Strengthening Family Connections is an eight week program for parents and their children aged eight to 12 years. The program aims to:

- Build a positive culture and improve communication among family members.
- Help develop successful, confident children and parents.
- Build skills in all family members to improve family functioning.



### Bringing Up Great Kids - Parenting Adolescents 10 years – 18 years

Bringing Up Great Kids - Parenting Adolescents is a six week supportive program for parents of children aged 10 years to 18 years. The program aims to:

- Support parents to build a positive relationship with their adolescent.
- Help parents understand what is going on in the adolescent brain.
- Explore the changing role from custodian to consultant.



## 5 TIPS TO GET YOUR CHILD OFF THEIR EMOTIONAL ROLLERCOASTER:

### 1 CONNECT WITH YOUR CHILD

Use **empathy** to show their emotional outbursts don't make you love them any less.

"I can see that you're struggling right now, and I'm here for you. I love you."

### 2 HELP THEM UNDERSTAND HOW THEY ARE FEELING

Avoid **telling** them how they should feel about a situation. Instead, **help them understand how they are feeling**.

"I can see that your body is tense and you're breathing fast. It looks like you're feeling angry and frustrated."

### 3 BRAINSTORM IDEAS FOR DEALING WITH BIG EMOTIONS TOGETHER

**Remind them** of these ideas when they need them.

"Next time you feel this way, what would help? What could you tell yourself to help ride it out?"

### 4 TALK TO YOUR CHILD

Wait until they are in a more **emotionally stable place**. Then, **talk about their behaviors** and what they need to do differently.

"Remember when you were very angry yesterday? Let's talk about how I can help you next time you're feeling that way."

### 5 TEACH YOUR CHILD A "BIG EMOTIONS MANTRA":

Life is full of ups and downs, but they are all part of the journey!

My emotions are like big waves, and I can ride them out!

Emotions change, but love stays the same!

By actively helping your child learn to recognize, understand, and cope with emotional highs and lows, you'll prepare them for the roller coaster of life.



## When your children go online – they have left the house

### If the Young People in your world are:

- Using online platforms
- Gaming with friends
- Using chat /messenger functions
- Keen to have their own youtube channels
- Asking for personal devices & eager to access more online platforms



This session is for you!

# DIGITAL TATTOO

Supporting Children as we introduce them to the world via the internet, social media/chat platforms and gaming is very much a conversation about relationships not the tech itself.

### This workshop is for:

- parents and carers of primary aged students
- aims to complement information delivered by Vic Police and e-safety

### Digital Tattoo focuses on how:

- Young People interact with each other
- parents and carers can create ongoing conversations that mirror their own family values
- we can support Young People as they grow in their online worlds
- families can create meaningful conversations about their families online footprints

Thursday: 2.00 – 3.30pm  
17 OCT 2024



**Bellbrae Primary  
School**



## ***e Smart update 10 - 2024***



### **Technology (application) update: X Box live**

Xbox LIVE is an online service used to access a library of games and music, download and play games and connect with friends through Microsoft's Xbox 360 console.



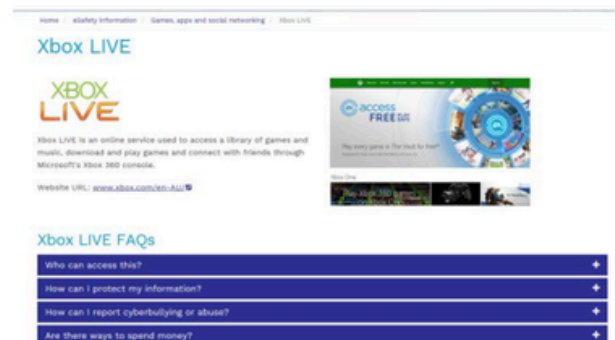
available to anyone



People of all ages can play Xbox live. If you are a child, your account is linked to an adult's Windows LIVE ID.



Xbox LIVE's default online safety and privacy settings are divided into three age groups: child (under 13), teen (13–18) and adult (over 18).



If you believe a player has violated the Xbox LIVE Code of Conduct, you can file a complaint two ways:

- visit the Reporting Abuse on Xbox LIVE page which has a step-by-step guide that outlines how to file a complaint through the Xbox Dashboard
- if the game has a complaint option, you can file a complaint within the game. Refer to the documentation that came with the game for instructions.



You can adjust the online safety and privacy settings for any profile on your console.



change default settings...see above.



Xbox LIVE is free to join. For a fee, you can upgrade the Gold Membership to access additional features. More information at Xbox LIVE's [Membership](#) page.

You can purchase downloadable games, movies and music through the Xbox LIVE service. Xbox LIVE will ask for billing information, including credit card details, to complete the transaction.

For more information, please log onto;

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

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

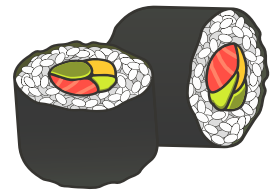
CompassPay  
Payment Confirmation

## 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
- Personalised 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)



## JUNIOR SUMMER COMP

New players and all abilities welcome!

SEASON RUNS OCTOBER 2024 – MARCH 2025

Please Register online:  
[www.surfcoasttennisclub.com](http://www.surfcoasttennisclub.com)

Any queries please email:  
[juniors@jvtennis.com.au](mailto:juniors@jvtennis.com.au)

Registrations close 11th August 2024





ANGLESEA C.C.  
EST. 1902

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

CHOOSE YOUR

# FOOTY ADVENTURE BELLBRAE PS



PLAY

TUESDAYS 3:45-4:45PM  
REGISTER YOUR INTEREST



4-12 year olds

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.



7-12 year olds

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.



VISIT [PLAY.AFL](https://play.afl.com.au)



## 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



## POTTERY STUDIO-EVENTS & GALLERY

### School Holiday's Pottery & Craft Sessions

- Fri 27th Sept 10.30am-12.30pm Kids Pottery Class
- Tues 1st Oct 10.30am-12.30pm Kids Pottery Class
- Tues 1st Oct 1.30pm-3.30pm Kids Pottery Class
- Wed 2nd Oct 1.30pm-3.30pm Kids Pottery Class

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

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

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

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

16 MAYALL WAY, DRYSDALE, BELLARINE [sally@hazytales.com](mailto:sally@hazytales.com) 0439 709 492  
[www.hazytales.com](http://www.hazytales.com)



# WINKS FIT

## Qualified Coach

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

Private Torquay Studio  
**Celeste Winks**  
0421022832

## 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](mailto:admin@whralliedhealth.com)

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



## PlayConnect+

Supporting Families With Children With a Disability or Developmental Concern

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

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

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



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



# COMMUNITY NEWS



Safe Space Creative Arts Therapy are offering  
Mums and daughters Artsy Wednesdays 🌻🌈🎵🎨🌻🌻🌻🌻🌻🌻🌻🌻🌻🌻🌻🌻

The next two Wednesday evenings will be all about mums and their daughters (of any age):

- ~ Getting messy
- ~ Creating
- ~ Playing
- ~ Having fun
- ~ Laughing
- ~ Listening to music
- ~ Warming by the fire
- ~ Meeting other surf coast gals



When: Wednesdays - 25th Sept. & 2nd Oct. 🌻

Time: 6:30-8:30pm 🌿

Who: mums and daughters - any age 🌻

Cost: \$25 per head/per week 🌻

Location: Yoga Farm - 150 McCanns Road, Mt Duneed. Parking down the driveway. 🌻

Only 12 (6 mums & 6 daughters) spots available each Wednesday!

Please register through my this link:

[https://safe-space-creative-arts-therapy.au2.cliniko.com/bookings?](https://safe-space-creative-arts-therapy.au2.cliniko.com/bookings?business_id=1293802882788760485&practitioner_id=1293802876354697639&appointment_type_id=1496699374095309516#schedule)

[business\\_id=1293802882788760485&practitioner\\_id=1293802876354697639&appointment\\_type\\_id=1496699374095309516#schedule](https://safe-space-creative-arts-therapy.au2.cliniko.com/bookings?business_id=1293802882788760485&practitioner_id=1293802876354697639&appointment_type_id=1496699374095309516#schedule)

Please register for each participant so I can keep track of who is attending.

Once you are registered you will receive payment details.

If you have trouble registering please contact me through Instagram or email me: [anna@safespaceartstherapy.com](mailto:anna@safespaceartstherapy.com)

I hope you can join me.

Anna Nielsen 🌻🌿

Creative Arts Therapist

Anna Nielsen

Creative Arts Therapist

(e) [nielsen.anna24@gmail.com](mailto:nielsen.anna24@gmail.com)

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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!



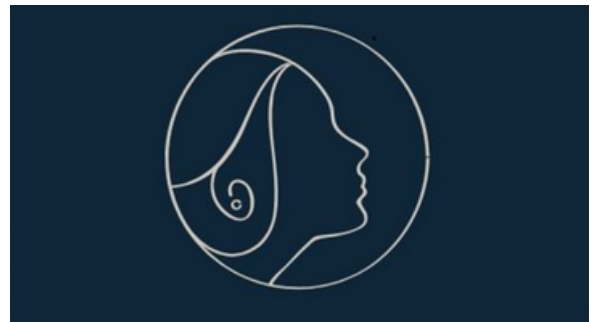
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#### THERAPY ASSISTANTS

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- Mental Health Support & Education

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# COMMUNITY NEWS



## 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.



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GEELONG CANOE CLUB  
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Newtown VIC 3220

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