



# 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.



Hello everyone. This year in Year 2, we will be sharing with you Wadawurrung words as we learn them. We will share these words at assembly and with you in our newsletter. We hope to hear them being used in classrooms, in our playground around the school and even in our homes.

This week we have two new words to learn. The first word is Djilang this is the Wadawurrung word for Geelong. The second word is Jan jook, this is the Wadawurrung word for Jan Juc. This term at Bellbrae we will be learning new Wadawurrung words relating to our beautiful surroundings.



Last week we learnt the Wadawurrung words turt-barram and wurr-wurr. Turt-barram is the Wadawurrung word for star and wurr-wurr is the Wadawurrung word for cloud. This term we will be learning new Wadawurrung words relating to our beautiful surroundings. Please practise these new words at home.

## THIS WEEK FROM THE PRINCIPAL

**Book Week** - Children's Book Week has been running in Australia since 1945. At Bellbrae we celebrate the event with visiting authors, displays, a Book Fair, class and library activities, as well as a colourful parade at a special Assembly. All of this would not be possible without the hard work and commitment of Fran, and as such I would like to publicly acknowledge her and thank her for the fantastic effort she once again put in to make this year another success. We certainly are very fortunate to have committed and passionate staff that create these wonderful opportunities for our students.

**Soccer** - The Matildas have undoubtedly raised the profile of soccer across Australia, and Bellbrae is no exception. Recently some passionate soccer players from Grade 5 wrote me a compelling letter advocating for a soccer pitch. As a result, Tony and I got to work at demarcating an area, painting the lines and ordering goal posts. It is now functional and being enjoyed by a number of students. It's fantastic being able to respond to 'student voice and agency,' and that students are comfortable in approaching school leadership about decisions that impact on their wellbeing. We are also pleased to announce that during the school holidays, netting will be installed behind the western footy goal posts, which will also prevent balls from running down the embankment.

**NAPLAN** - Recently we received this update from the Deputy Secretary regarding our state's achievement in the NAPLAN Assessments. It illuminates the great results obtained by our students, even although Victoria has some of the lowest Federal funding: 'We now have the state and national data from the 2023 National Assessment Program - Literacy and Numeracy (NAPLAN) assessments. As you know, we're not able to compare Victoria's performance on these tests with that of previous years because of the change to the scale. So our only real measure of relative performance this year is to compare our performance with that of other states and territories. On this measure, the results Victorian schools have achieved are nothing short of extraordinary. Of the 20 tests across grades 3 and 5 and years 7 and 9, Victorian ranked first or second in 16, more than any other state or territory, and an improvement on the 2022 results when the equivalent figure was 12. NAPLAN results for Grade 3 are of course of particular importance because the first 3 years of schooling establish the foundation for further successful learning. Victorian Grade 3 students achieved the highest results in the country for both reading and numeracy.' These results are a testament to the great teachers and learning programs that are in place across our state.

**Bike Education** - This year we have expanded our Bike Education Program to include some of the lower year levels as well. This week the Grade Fours have been participating, following on from the Grade Threes a few weeks ago. It's fantastic to see our students grow in both competence and confidence as they progress through the program. Thanks to all the parents for assisting in getting the bikes to school, and all the staff for the great cycling activities they have had on offer.

**Over the last few years I haven't really had the opportunity to 'sledge' the CATS supporters about not making the AFL Footy finals, but this season my time has come! They now know how I have felt over the last few years as a lonely Eagle's supporter. Enjoy the weekend and this seemingly never ending run of great surf!**

Adrian

## IMPORTANT DATES & INFO

Tues 22nd - Fri 25th August  
Book Week Author Incursion

Friday 25th August  
Grade 6A - Tree Planting with Torquay Landcare Excursion

Tues 29th August  
Grade 1 - Scienceworks Excursion

29th - 31st August  
Foundation - Trash Puppets Incursion

Wed 30th August  
Foundation - Grade 2 Bravehearts Incursion

Fri 8th September  
Grade 5 Science Excursion - Surf Coast Secondary College

4th - 15th Sept  
Foundation - Grade 4 Swimming Program

Friday 15th September  
Last Day Of Term - 2:30pm Dismissal

Monday 2nd October  
First Day Of Term 4

Friday 13th October  
Student Free Curriculum Day

Friday 27th October  
Warri Stadium, Bellbrae Primary School Opening Ceremony (2:30-3:30pm)

## 2023 CAMP DATES



GRADE 4 URBAN CAMP  
18TH - 20TH OCT



5261 2660

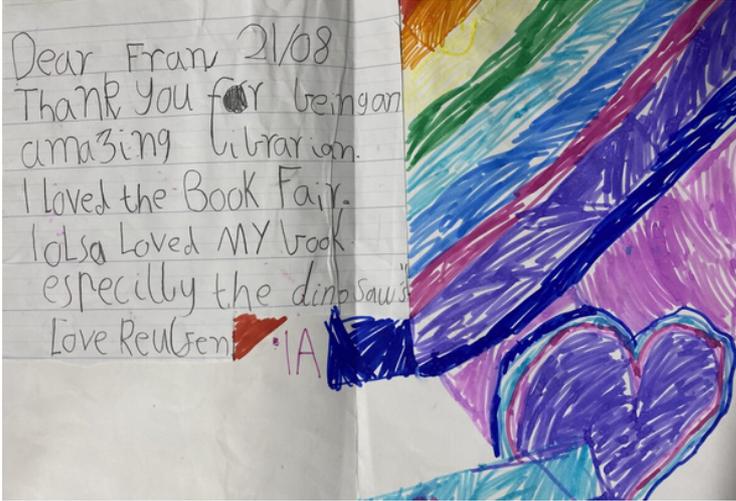
# THANK YOU



With the Book Week activities wrapping up for 2023 we would like to thank Fran our librarian and the book week committee for all of their hard work and dedication that goes into making it such a fun and action packed time that is equally enjoyed by our students and staff.

Thank You!

Below are some lovely letters the Grade 1 student have written to Fran to express their gratitude.



# GRATEFUL



## BIRTHDAYS

16TH AUGUST  
JAMES LLOYD

30TH AUGUST  
KYUSS HOLLMER  
ALBY BRADSHAW

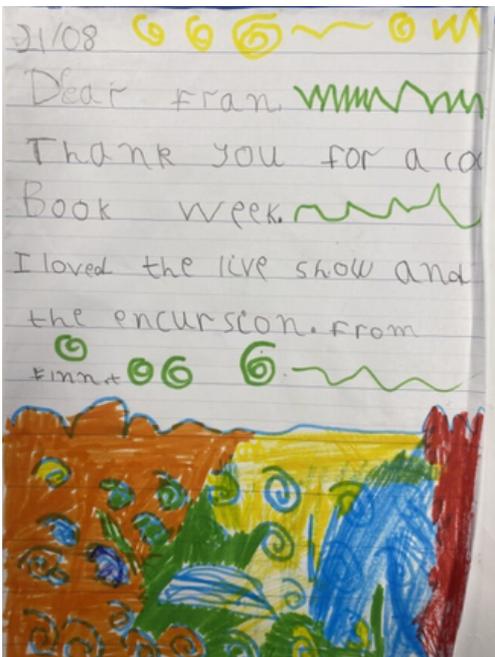
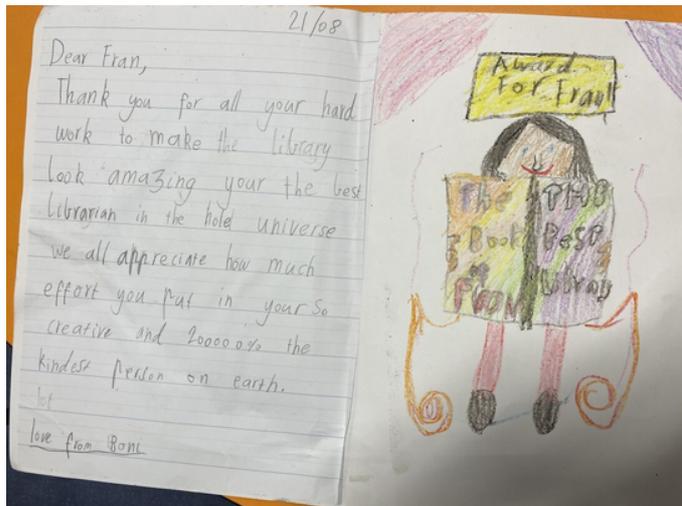
31ST AUGUST  
THOMAS ROGERS

1ST SEPTEMBER  
SUMMER HOLLANDS

4TH SEPTEMBER  
KAYDEN GLENNIE  
GILES ABBOTT

5TH SEPTEMBER  
ASH MURPHY  
SUNNY O'BRIEN

# Big Thanks



# THANK YOU

# BOOK WEEK NEWS



Book Week 2023: Read, Grow, Inspire

Over the last two weeks we have been celebrating all things books and literacy at BPS.

First Nations Cultural Incursion: Ashleigh Skinner (Wadawurrung Traditional Owner)

Ash shared his cultural heritage and knowledge with students, with a particular focus caring for country, Wadawurrung language and local dreaming stories. The interactive sessions allowed students to ask questions, feel and hold artefacts such as the yidaki (didgeridoo), porronggayn (clapping sticks), goim guliwan (male kangaroo) & walert (brushtail possum) skin rugs and get involved with using locally collected ochres for face painting!



Meerkat Live Performance CBCA 2023 Shortlisted Books

F-2: Frank's Red Hat - students were treated to a humorous telling of this delightful shortlisted storybook. They were active participants wearing favourite hats and self-made penguin masks at points in the show, as well as being able to sing along and do actions to the chorus of the final song in the show.

3-6: The Way of the Dog - a magical and moving adaptation that had students and teachers emotionally invested (yes some of us even cried) and provoked deeper thought and exploration of a number of themes in the book.



Book Week Dress Up Day and Parade

The school was transformed into a fabulous community of weird and wonderful book characters as students and staff dressed up as their favourites and grooved around the gym in year levels. It was great to see characters from such a wide variety of book genres represented and we applauded the efforts so many student (and parents) had put in to creating their attire. Apologies I missed the sibling song, but we did note the number of cute costumed preschoolers amongst the audience. Congratulations to the following students that won awards as the highest and most consistent library resource users for their year level:

Foundation: Remi Armstrong-Porter

Grade 1: Harry Hissey 1C - Grade 2: Mila Perrett 2A

Grade 3: Coco Clyne 3C - Grade 4: Ester Byrne 4C

Grade 5: Vincent Seraiocco 5C - Grade 6: Lily Slowman 6C



CONTINUED

# BOOK WEEK NEWS



## Door Decorating Competition

Each year level decorated their classroom door with their interpretation of the Read, Grow, Inspire theme. A fantastic effort was put in by all. Each class got to cast a vote for the winners. The Grade 6's took out top honours again this year with a wonderful display inspired by the fairytale Jack and the Beanstalk - including each student hanging a vine leaf with a photo, favourite book and quote. Runner's Up weren't far behind in votes with Foundation coming in second with their doors inspired by the shortlisted book Tiny Wonders including gnomes holding student book reviews. Third went to the Grade 1's with beautifully floral door and images of students reading favourite books in the clouds.



## Library Displays

The library was transformed into a mini dinosaur museum for students to enjoy. Reading about prehistoric times, helped grow knowledge and imagination which inspired creation of a dinosaur museum which in turn encourages more student reading, growth and inspires further research into this fascinating topic! We also have individual displays up for each of the 6 CBCA Shortlisted books in the Early Childhood category. Our school library is lucky enough to have been able to purchase all 2023 CBCA shortlisted books in the Early Childhood, Picture Book, Younger Reader, New Illustrator and Eve Pownall (Non-Fiction) categories - that's 30 new high quality Australian Children's books, available for students to borrow from next week! Teachers have already been using some of the titles with classes throughout the term.

## Author Incursion: Claire Saxby

This week students are participating in a workshop session with Claire Saxby - an international award winning Australian's Childrens Author. Claire has written children's books of many types including fiction, picture story and non-fiction. She is focussing on her narrative non-fiction works and getting them started on writing a story. Both students and teachers seem to be enjoying the sessions and learning some wonderful things about writing using factual information.



# SOVEREIGN HILL CAMP

Year 5 students embarked on a three day journey back into the 1850s. Throughout the journey to Sovereign Hill, students took part in a range of experiences that exposed them to integral aspects of Australia History. Teeth were chattering in the Ballarat weather, gold pans were swirling in the alluvial mine and boiled lollies were flowing. Students and staff both had a fantastic time!



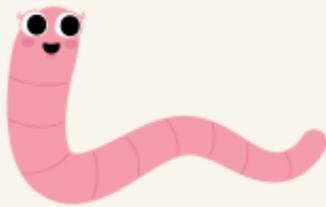


Fun Fact: Worms like shredded newspaper!



## *This Week's Topic: Grade Four Worm Farms*

This week's hosts are  
♥Mirabelle♥ and ♥Indi♥



IT'S BACK!!!!

## *Grade Four Gazette*

Coming Up

An interview with Mr O'Donnell about the  
worm farms



At the start of Term 3, the Grade 4s set up three worm farms in the BER Building. We are feeding the worms our compost scraps, shredded paper, coffee grounds and eggshells that people are bringing from home. We have also enjoyed an incursion about worms and keeping worm farms.



Worms  
can't  
have any  
citrus

Worms love fruit  
and vegetables



## The Interview



**INDI:** WHAT INSPIRED YOU TO START THE YEAR FOUR WORM PROJECT?

**MR O'DONNELL:** AT HOME I'VE ACTUALLY HAD MY OWN WORM FARM FOR TWO YEARS, WHERE WE WERE KEEN TO GET RID OF OUR FOOD SCRAPS AND NOT JUST THROW THEM IN THE RUBBISH BIN ALL THE TIME. I STARTED A WORM FARM AND FROM THAT WORM FARM, I GIVE AWAY WORM JUICE TO ALL MY FAMILY AND FRIENDS. IT'S MADE MY GARDEN GROW AMAZINGLY WELL. I THOUGHT IT WOULD BE A GREAT IDEA FOR THE YEAR FOURS TO TRY AND DO THE SAME THING.

**INDI:** I ALSO HAVE A WORM FARM AT HOME.

**MIRABELLE:** ME TOO!

**MIRABELLE:** WHAT IS THE BEST THING TO FEED THE WORMS?

**MR O'DONNELL:** THE BEST THING IS MAINLY FRUIT AND VEGGIES. THEY ALSO LIKE NEWSPAPER, ESPECIALLY IF YOU CAN BREAK IT UP INTO SMALL PIECES.

**MIRABELLE:** LIKE, SHRED IT?

**MR O'DONNELL:** YEAH, THEY LOVE SHREDDED PAPER. THEY LIKE TO HAVE A BLANKET ON TOP. THEY ARE NOT NORMAL GARDEN WORMS, THEY'RE ACTUALLY CALLED TIGER WORMS.

**MIRABELLE:** OH, THAT WAS ONE OF OUR QUESTIONS.

**MR O'DONNELL:** THEY ARE NOT NORMAL WORMS, THESE WORMS LIKE TO COME TO THE SURFACE AND THAT'S WHERE THEY FEED. THEY LIKE TO HAVE A DARK COVER AND THAT'S WHY WE PUT COVERS ON THEM BECAUSE IT ATTRACTS THEM TO THE TOP.

**INDI:** HOW MANY WORMS ARE IN EACH FARM?

**MR O'DONNELL:** WE STARTED WITH FIVE HUNDRED PER WORM FARM.

**MIRABELLE:** WOW, THAT'S A LOT!

**MR O'DONNELL:** BUT ONCE THEY START BREEDING, THEY REPLICATE, SO POTENTIALY THERE WILL BE THOUSANDS AND THOUSANDS IN A COUPLE OF MONTHS.

**INDI & MIRABELLE:** THANK YOU, MR O'DONNELL!



*Warri Stadium, Bellbrae Primary School Opening  
Ceremony*

*When ~ Friday 27 October*

*Where ~ Bellbrae Primary School - Warri Stadium*

*Time ~ 2:30-3:30 PM*

*Families and Friends of Bellbrae are all welcome*

*Welcome to Country,  
Smoking Ceremony by Wadaawurrung,  
and Indigenous Song and Student Presentations*

# VALUES AWARDS



Our whole school focus next week will be showing our school value of Resilience- We compromise with each other. All classes will engage in teaching and learning activities that explore:

- We listen to different ideas and opinions.
- We learn how to negotiate.
- We agree on rule changes and ideas as a group.
- We use our words to solve problems.



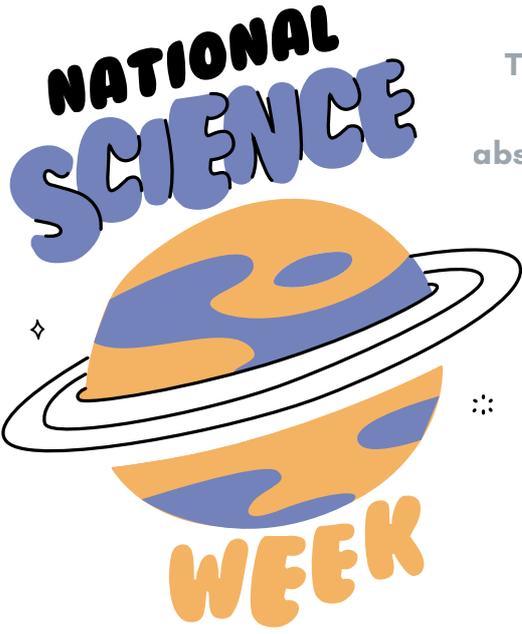
Our whole school focus for Term 3 Week 8 will be showing our school value of Aspire- We lead by example. All classes will engage in teaching and learning activities that explore:

- We demonstrate our school values in everything we do.
- We are all role models and follow our school rules.
- We behave in a way that inspires others.

Malu Maia-Rau	FA	ASPIRE	For always aspiring to do your best in writing, using many of our writing goals.
Freddie Oldfield	FB	RESPONSIBILITY	For being kind and caring to your classmates and a fantastic 'rubbish ranger' this week. Well done, Freddie.
Audrey Heard	FB	ASPIRE	For always completing each task with enthusiasm and a huge smile on your face, Amazing work Audrey!
Harriet Madeley	FC	RESPECT	For always showing kindness and being helpful to her classmates. You're great!
Daisy Hart	FC	ASPIRE	For challenging herself and sounding out unknown words in her Writing. Well done Daisy
Sia Davidson	FD	RESILIENCE	For taking on new challenges and just having a go! You've demonstrated great resilience Sia.
Olive Infield	FD	RESILIENCE	For persevering and showing resilience during your weekend recount writing. Keep it up Olive!
Finn Twycross	1A	ASPIRE	For the effort you are putting into your writing and for being a friendly and kind 1A class member.
Charlie Bitmead	1B	RESPECT	For being a kind and caring class member who always looks out for others. Well done Charlie!
Alby Cations	1B	ASPIRE	For his enthusiasm in our MSL and reading sessions. Well done Alby!
Sebastian Fox	1C	RESPONSIBILITY	For taking such care with your morning responsibilities when you arrive at school.
Sienna De Felice	1C	ASPIRE	For always having a positive approach and a 'can do' attitude.
Grace Beel	2A	ASPIRE	For always being so helpful and kind in the classroom and showing resilience when faced with a challenge.
Lenny Patterson	2A	ASPIRE	For always giving his best to every task and being a strong contributor during class discussions.
Hudson Jones	2B	RESILIENCE	For always having a resilient mindset when presented with new and difficult challenges!
Charlie Hamilton	2B	ASPIRE	For always challenging yourself to complete set extension tasks to the best of your ability!
Charlie Hayton	2C	ASPIRE	For his fantastic effort and enthusiasm towards persuasive writing this week. Well done, Charlie!
Neve Bird	2C	RESPECT	Well done Never for always being a helpful class member.

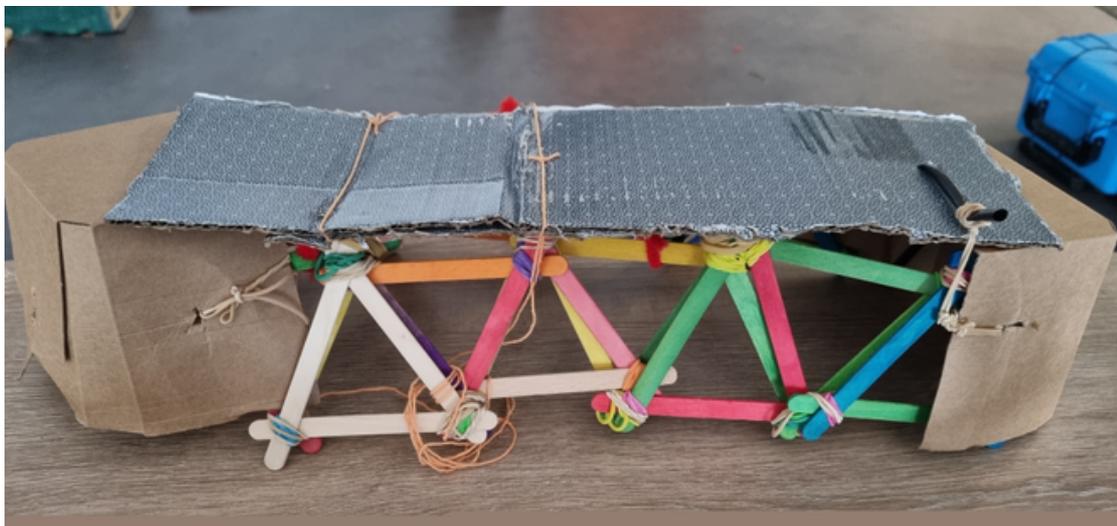
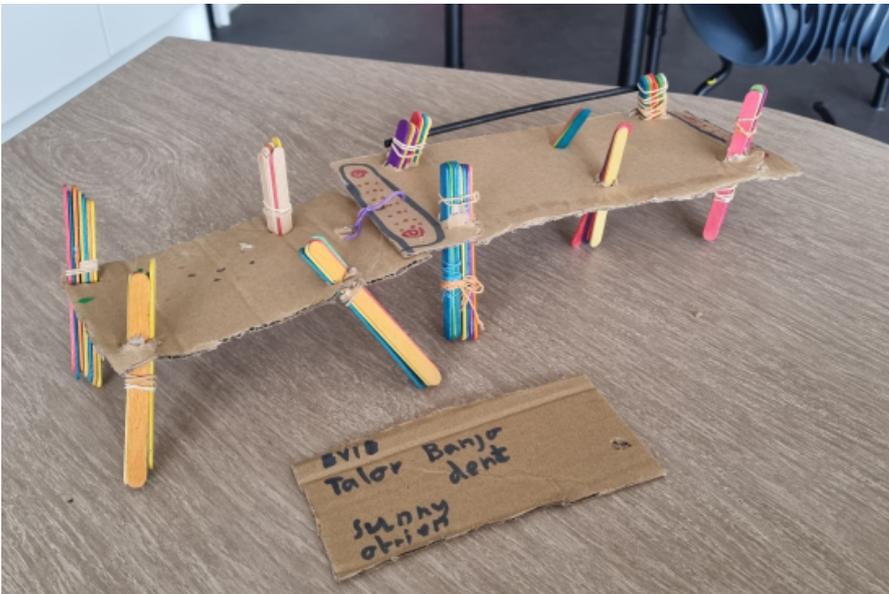
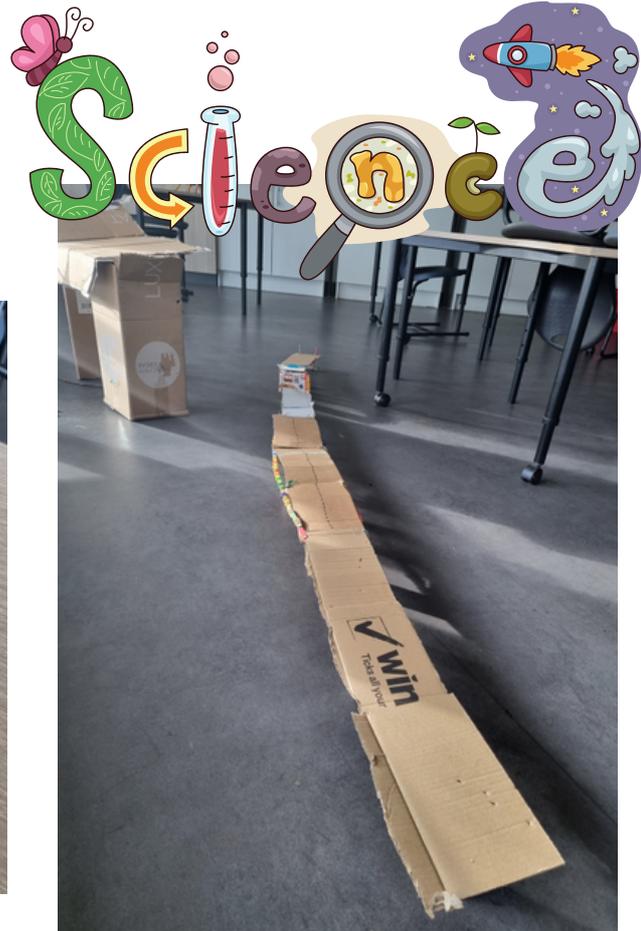
Oliver Maule	3A	ASPIRE	Well done for working so hard on your explanation of how night and day occur. You really aspired to do your best. Keep it up Oliver. Well done!
Charlotte Seiffert	3A	ASPIRE	Well done for always being a responsible and caring member of 3A. You go above and beyond to help others Charlotte. Keep it up!
Stella Capon	3B	RESPECT	For the kindness and respect that you demonstrate to others, you are a class role model and should be so proud of your efforts. Congratulations
Eddie Rees	3B	ASPIRE	For the determination and focus that you demonstrate to complete learning activities. Congratulations for all your efforts, Eddie! :)
Ava Giddins	3C	ASPIRE	For her responsible and creative approach to learning about money in Maths this week. Well done Ava!
Patrick Shimada	3C	RESPECT	For the calm and respectful way he goes about learning in the classroom and sharing his understanding.
Finley Clarke	4A	ASPIRE	For taking pride in his presentation, and displaying all the right behaviours such as listening and watching. Well done
Giles Abbott	4A	ASPIRE	For striving to achieve your personal best, and taking pride in his handwriting and is happy to collaborate with others to have more success.
Isla Sytema	4B	ASPIRE	For creating beautiful clay creations for your Genius Hour project.
Jake Takle	4B	ASPIRE	For writing an imaginative poem about an iceberg and using great descriptive language
Finn Madeley	4C	ASPIRE	Leading by example and being a great role model for the rest of 4C. Well done Finn!
Lenny Perry	4C	RESPONSIBILITY	For taking responsibility for your actions and being honest to your friends and teachers.
Lola Ryan	5A	RESPONSIBILITY	For going out of her way to provide a neat and tidy learning space for everyone.
Jenny Becker	5A	RESPONSIBILITY	For displaying great responsibility and leadership as our class captain this week.
Jack Hobson	5B	RESPONSIBILITY	For enthusiastically participating in all activities and representing our school with pride at Sovereign Hill camp. Well done Jack!
Ollie Bird	5B	RESILIENCE	For displaying a positive attitude at our Sovereign Hill camp and participating in all the activities with enthusiasm. Great work Ollie!
Majka Brodecky	5C	RESILIENCE	For making such a smooth transition back into 5C after your time away.
Chase Sinclair	5C	RESILIENCE	For settling into 5C with resilience and positivity.
Missy Newbegin	6A	ASPIRE	For the diligence and thought you are putting into your learning. You have stepped up to the challenge and ensured a high standard of work. Keep up the great work Missy!
Lily Lloyd	6A	RESILIENCE	For challenging yourself as a learner and always giving your best to everything you do. You always lead by example and encourage others to do their best. Well done Lils!!
Harper Edwards	6B	ASPIRE	For always making positive contributions to classroom and group work discussions. Well done!
Tulleah Close	6B	ASPIRE	For your positive interactions with your friends and during classroom tasks. Well done!
Sam Behamann	6C	ASPIRE	For displaying a positive attitude and resilience on return from your family trip. It's great to have you back! Well done!
Lily Sloman	6C	ASPIRE	For showing determination in class with her learning and always aspiring to do her best. Great job Lily!

# SCIENCE WEEK



**Science Week- Bridge Building Competition**  
This year, to celebrate National Science Week we held a bridge building competition that was open to all student's. It was absolutely fantastic to see so many eager and creative minds come along ready to take on the challenge. Congratulations to all participants and enjoy some photo's of the entries!

Mr Rule



## AN ANALOGY TO HELP YOUR CHILD UNDERSTAND THEIR **BIG EMOTIONS**

USE THIS ANALOGY TO TEACH YOUR CHILD HOW THEIR BRAIN WORKS SO THEY CAN:

- ◆ Handle stress better
- ◆ Become more resilient
- ◆ Interpret and regulate their emotions

PRETEND YOUR BRAIN IS A **HOUSE**:

The upstairs = your **thinking** brain  
The downstairs = your **feeling** brain



THE UPSTAIRS BRAIN HELPS YOU:

- † Understand your emotions
- † Focus & concentrate
- † Make decisions

THE DOWNSTAIRS BRAIN HELPS YOU:

- † Feel all kinds of emotions (anger, sadness, and joy)
- † Be aware of potential dangers

WHEN YOU'RE OVERWHELMED WITH EMOTIONS...

your **downstairs "feeling" brain** takes over.  
your **upstairs "thinking" brain** shuts down.



WHEN THE **DOWNSTAIRS BRAIN** IS IN CHARGE, IT'S HARDER TO:

- ◆ Make good decisions
- ◆ Learn and remember
- ◆ Think things through

TO HELP YOUR BRAIN GET BACK IN BALANCE...

recognize the body signs showing your **FEELING BRAIN** has taken over.  
use a technique to calm down so your **THINKING BRAIN** can turn back on.



## 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.



KIDS SHOWS WITH MARTIN HEPPELL  
TOURING VICTORIA SEPTEMBER 2023

THE  
**RESILIENCE  
PROJECT™**

**3 HAPPY  
TRICKS**

FRANKSTON  
18 SEPTEMBER

WODONGA  
20 SEPTEMBER

WANGARATTA  
21 SEPTEMBER

DANDENONG  
22 SEPTEMBER

DAREBIN  
23 SEPTEMBER

BALLARAT  
24 SEPTEMBER

GEELONG  
25 SEPTEMBER

BENDIGO  
26 SEPTEMBER

SHEPPARTON  
27 SEPTEMBER

TICKETS AT [LIVENATION.COM.AU](https://www.livenation.com.au)

LIVE NATION



### e Smart Update 8 (2023)

## STAYSMARTONLINE

### These tips will help you stay safe online

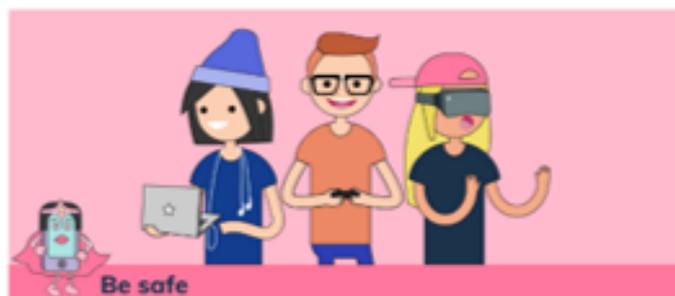
1. **Explore together** — ask your mum, dad, carer or a trusted adult to play new games or apps with you at first.
2. **Stay close by** — when you use a phone, tablet or computer by yourself, make sure your mum, dad or carer is nearby so you can get help if you need it.  
Bonus tip — don't use your device alone in your bedroom.
3. **Ask before you download, install or buy anything** — check with your mum, dad or carer first.
4. **Keep your personal information private** — don't give out your address, which school you go to, phone number or passwords. Find out more.
5. **Check your privacy settings and talk about what to share** — make your online accounts private and talk to your mum, dad or carer about the kinds of photos and information it is OK for you to share online. Find out more in the eSafety Guide.
6. **Cyberbullying** — if you receive a mean message, or a message that is mean about someone else, try not to respond and don't forward it. Tell an adult you trust about it and read our tips on what to do.
7. **If you see something online you don't like** — show your mum, dad, carer or a trusted adult immediately. Find out more.
8. **If someone you don't know sends you a message or you receive a message that makes you feel uncomfortable or unsafe** — tell your mum, dad, carer or an adult you trust straight away. Find out more.
9. **Only 'friend' or add people you know in real life** — remember that not everyone online is who they say they are, so don't accept friend requests or followers you don't know.
10. **Don't meet up with online friends** — It is best to keep 'online friends' online, so if you do chat to other kids in online games don't meet up with them in person.

For more information, please visit;

<https://esafety.gov.au>

Mr O'Donnell  
Year 4 & eSmart Coordinator

### Being safe online





Safeguarding our children's  
future together

## We are becoming eSmart!

Parent information

Our school has registered with eSmart to help us build and maintain a supportive and connected whole school community and be smart, safe and responsible users of technology.

eSmart provides a proven framework that helps us examine how well we're doing at reducing the risks of anti-social behaviour, both online and offline, and how we're supporting students to thrive. eSmart then offers resources and guidance to fill in any identified gaps.

We look at six areas across our whole school's operations:

- School Organisation
- School Policies and Procedures
- Values and Behaviour
- Teacher Practices
- Curriculum
- Parent and Community Partnerships.

Throughout our eSmart journey, we can access free resources, online training and shared examples of how schools and parents meet the challenges of teaching and parenting in the digital world.

eSmart helps us build on our strengths and current knowledge and ensures that we keep doing the best for our students, our staff and our families.

We will share more information with you about any eSmart programs that your child may be participating in – as well as free parent webinars about navigating the ever-changing online world – via our school newsletter and/or our Facebook page.

When we are confident that we've put all the recommended actions in place, we will become an eSmart School – and you'll see a new sign on our school celebrating our achievement!

Our school's eSmart Coordinator is: \_\_\_\_\_





## BELLBRAE BUSINESS DIRECTORY

*Proudly supporting Bellbrae Primary School*

# NOW LIVE



Showcasing great local businesses



Check out the site to find out how these local businesses can support you.

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

## THIS WEEK WE SHOWCASE:



### Endurance Martial Arts

*Sports, Recreation, Activity*

0422 353 723

View [Business](#)

View [Discount](#)



### Brett Essing Landscapes

0418 334 141

View [Business](#)

**CLOSING DOWN SALE**



**CLOSING DOWN SALE**

### Torquay Stockfeeds is

**Closing Down. Closes  
end of September.**

View [Business](#)

If you are a business that would like to sign-up to the directory, visit our [website](#) and complete the registration form on the [Contact Us](#) page.



# 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

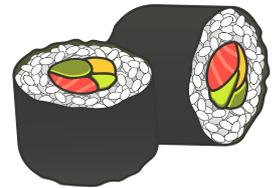
CompassPay  
Payment Confirmation

## 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



# 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.

<b>May 2</b>	<b>September 6</b>
<b>June 6</b>	<b>October 3</b>
<b>July no lunch</b>	<b>November 8</b>
<b>August 1</b>	<b>December 5</b>



**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](mailto:administration@torquaycommunityhouse.org.au)

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

**Please advise any dietary requirements.**



A huge thank you to Ryans IGA for their donation of \$600.00 to our school from their Community Awards program.

This money will be used to provide resources for our students to use.

Your support of our local independently owned IGA in turn means support for our school!

## Meli Kids Run

AT THE SURF COAST CENTURY

**Sunday 17 September**

**Anglesea Main Beach**

- 2.5km course - on the beach and paths
- For kids aged up to 12yrs
- \$10 entry, includes finisher ribbon, race plate and fruit at the finish
- Plus spot prizes, food and coffee available on the day



supporting



**MELI** [meli.org.au/surf-coast-century-fundraiser](http://meli.org.au/surf-coast-century-fundraiser)



## 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@singinnowgeelong.com.au](mailto:sing@singinnowgeelong.com.au))

You can find more information about Shayne at [www.singinnowgeelong.com.au](http://www.singinnowgeelong.com.au)

Find us:



@sing.localvocals.geelong

## 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](http://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



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](mailto:scott@oceanlending.com.au) for further information.



Aged 7-22? Do you play violin, viola, cello or double bass?

Any week is Come & Try Week at Bay City Strings.

Bay City Strings has been the home for Geelong's young strings players for more than 30 years. We nurture and inspire young musicians to reach their full potential in a fun and friendly environment.

Would you like to join Bay City Strings? You can join at any time.

We rehearse at St Joseph's College from 4.30-6.00pm each Friday during term with a snack-break mid-way and we are looking for string players of all abilities. We perform a concert at the end of each term.



AMEB grades are a guide to our levels:

Our ensembles cover Preliminary to Grade 2, Grades 3 to 5, and Grades 6+.

A late starter? Don't think you will be the little ones - students are placed in ensembles with consideration to social age as well as musical level and the music is adjusted to suit your level.

Cost: \$165 each term, discount available for families

Any questions, please contact Rachel Anderson 0400 642 328 or email [bcnews@outlook.com](mailto:bcnews@outlook.com)



WOMEN'S HEALTH  
TORQUAY

1a Fischer Street  
Torquay  
PH: 03 9828 7550  
[womenshealthtorquay.com.au](http://womenshealthtorquay.com.au)  
Women's Health Torquay –  
Created by women  
for women.

# COMMUNITY NEWS

**BECOME A SHARK THIS SUMMER!**

**JUNIOR REGISTRATIONS NOW OPEN**

**U17s (boys), U15s (girls / boys), U13s (boys), U12s (girls), U11s (mixed)**

- PLAY CRICKET IN A FUN ENVIRONMENT!
- JOIN WITH A FRIEND!
- \$90 JOIN UP!
- NEW U12s GIRLS TEAM OFFERED THIS SEASON CATERING TO 8-12YOs!
  - NO EXPERIENCE NECESSARY
  - CLUB EQUIPMENT AND KIT AVAILABLE
  - GIRLS PLAY SUNDAY MORNINGS
- SIGN UP VIA THE JJCC PLAYHQ REGISTRATION PORTAL
- ENQUIRIES TO [juniors@janjucsharks.cricket](mailto:juniors@janjucsharks.cricket)

**Jan Juc Cricket Club**



**coerver®**  
COACHING SOCCER SCHOOL

**TERM 3 - REGISTRATIONS OPEN**

MONDAYS- GEELONG LEISURETIME  
CREATIVE PLAYER: 5:15PM - 6:30PM

WEDNESDAY - TORQUAY  
CREATIVE PLAYER: 5:15PM - 6:30PM




**39 YEARS**  
coerver COACHING




— Your Health Link —

**National Photographic Competition**  
**HEALTHY LIFE HEALTHY YOU**

**FREE TO ENTER**

NSW Mid North Coast Local Health District

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

Primary and high school students are encouraged to grab their trusty camera or mobile phones/tablets to capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with prizes that support healthy canteen programs.

**Competition closes 8 October 2023**

Competition Partners






## Physiotherapy for Children

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



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



## GEELONG, BELLARINE & SURF COAST

### EARLY CHILDHOOD

### CAREERS & WORKFORCE EXPO

Starting a career in Early Childhood Education is easier than you may think!

Free or low-cost courses flexibly delivered, with early career supports to start you off on an exciting career.

Come along to the Geelong Early Childhood Career and Workforce Expo

For further information:

[earlychildhood.improvement.barwon@education.vic.gov.au](mailto:earlychildhood.improvement.barwon@education.vic.gov.au)

THURSDAY 31 AUGUST 2023  
2:00PM - 4:00 PM

GMHBA STADIUM - 370 MOORABOOL ST,  
SOUTH GEELONG



REGISTRATION NOT  
REQUIRED BUT PREFERRED

# Financial Resources



### Saver Plus

Program includes:

- Matched dollar for dollar savings up to \$500
- Money Minded workshops - Financial Education
- Coaching on budgeting and savings



SCAN ME

### Eligibility Criteria

- Must be a health/concession card holder;
- Be in receipt of a Centrelink Payment
- Be studying or have a child in school
- Have some regular income from work
- Be 18+ years old



### State Schools' Relief

Provides school uniforms and shoes to those that are unable to afford them.



SCAN ME

### Eligibility Criteria

Situations include but not limited to:

- Unemployment
- Health issues/illness
- Financial difficulties
- Independent living and/or homelessness
- Natural disasters
- Bereavement
- Domestic and family violence



### Camps, Sports and Education Fund

Funding to attend activities like:

- school camps or trips
- swimming and school-organised sports programs
- outdoor education programs
- excursions and incursions

\$125 per year for eligible primary school students

\$225 per year for eligible secondary school students.



SCAN ME

### Eligibility Criteria

- Parent must be a health/concession card holder;
- Or families on protection/bridging visas, or seeking asylum;
- Or children in out of home care



### Computerbank

Low cost refurbished computers that include various programs including word processing, Google Chrome and PDF Maker



SCAN ME

### Eligibility Criteria

- Concession/Health Care Card holders
- Students
- Asylum seekers



**Torquay  
Community  
House**

respect • equality • inclusion

## TORQUAY COMMUNITY HOUSE

### Term 3 2023 Timetable

#### MONDAY

##### Baby Sensory Torquay

9:00am-3:00pm

##### Little Da Vincis (3-5yrs)

9:30am-10am

##### 'Have A Chat'

Community Table

10:30am-12pm

##### Italian for Beginners

12:00pm-1:00pm

##### Life Drawing

7:00pm-9:00pm

#### TUESDAY

##### Story Time Playgroup (1-5-yrs)

9:15am-10:00am

##### Low cost Counselling

11am-1:30pm

##### FREE IT Help with Chris

1pm-3pm

##### Tutoring Worx

4pm-6pm

##### French for children

4pm-5pm

##### Torquay Actor's Studio

Kids 4-6pm

##### FREE Community Lunch

12:00pm-2pm

(1st Tuesday of month)

1 August & 5 September

##### Book Club

7:30pm-9pm

(3rd Tuesday of month)

#### WEDNESDAY

##### Active Playgroup (1-5-yrs)

9:15am-10:15am

##### Still Life with Jenna

10:30am - 1:30pm

##### Guitar for Kids

3:45pm-4:45pm

##### French Intermediate Adults

6pm-8pm

(Fortnightly)

##### Watercolour & Drawing

6.30pm-8.30pm

#### THURSDAY

##### Bells and Beats (0-5 yrs)

9:30am-10am

##### Watercolours with Pat McKenzie

1pm-3:30pm

##### Guitar for Kids

3:45pm-4:45pm

##### Tutoring Worx

4pm-6pm

#### FRIDAY

##### Yoga for Wholeness

9:15am-10:30am

##### My Mates Program (fortnightly)

9:15am-10:15am

##### Friday Art Group

1pm-3:30pm

##### Women's Sharing Shed

1pm-4pm

#### SATURDAY

##### Meditation

8:30am-9:30am

SCAN HERE TO BOOK!



### Term 3 House Programs

#### Little Da Vincis (3-5 yrs)

Art and craft group suitable for preschoolers.

Enjoy lots of fun craft activities including painting, drawing, cutting, and pasting!

**Cost: \$15 per term per family**

**When: Monday 9:30am -10am**

#### Story Time Playgroup (1-5 yrs)

Join Surf Coast SC students for stories and play! Spark your little one's imagination through the wonderful world of books and social connection.

**Cost: \$15 per term per family**

**When: Tuesday 9:15am -10am**

#### Active Playgroup (1-5 yrs)

Get your kids moving and playing, working on fine and gross motor skills!

**Cost: \$15 per term per family**

**When: Wednesday 9:15am -10:00am**

#### Bells and Beats (1-5 yrs)

This half hour is packed full of fun songs and activities to get your little ones singing and moving. Price is per family.

**Cost: \$35 per term or \$5 on the day**

**When: Thursday 9:30am -10am**

#### My Mates Program

Get social with Surf Coast SC Yr 11 & 12 students, help build social skills for transition to workforce. Enjoy a cuppa, cards and chat!

**Cost: FREE**

**When: Fridays 9:15am -10:15am, fortnightly (July 14 & 28, Aug 11 & 25)**

#### 'Have A Chat' Community Table

Come and join us to have a cuppa and a chat for as little or as long as you choose. Everyone welcome!

**Cost: Free**

**When: Monday 10:30am -12pm**

#### Women's Sharing Shed

Newcomers welcome! A place for women to learn new DIY or gardening skills or take time out for a cuppa and a chat.

**Cost: \$10 per term or \$35 per year**

**When: Friday 1pm-4pm**

#### STAY TUNED!

Lots of wonderful one-off workshops coming in Term 3. Visit our website and follow us on Social Media for updates.

#### Italian for Beginners (8 weeks)

Learn the basics of Italian language by joining Edward Aquilina, a Torquay resident and native of the Italian language.

**Cost: \$50 per term or \$35 concession**

**When: Monday 12:00pm-1:00pm**

#### Tutoring Worx

A low-cost tutoring program for Primary and Secondary students who require assistance with Maths and English, and year 11 & 12 students doing chemistry or physics.

40 minute sessions.

**Cost: \$10 per term**

**When: Tues and Thurs 4pm - 6pm**

**Booking essential**

#### IT Help with Chris

Chris can help you with some tips with your PC, laptop and android phones (including Samsung) and some basic issues with ipads and iphones

**Cost: Free**

**When: Tuesday 1pm -3pm**

**Booking essential**

#### Friday Art Group

Bring along what you're working on and paint in your preferred medium. Socialise with other artists, and exchange ideas in a supportive and friendly environment. Easels supplied.

**Cost: \$10 per term or \$35 per year**

**When: Friday 1pm-3:30pm**

#### Watercolour & Drawing

Come and join Colin Peel to develop both watercolour and drawing skills. This class will be suitable for beginners or people expanding their experience in painting in watercolour

**Cost Full Fee: \$120**

**Concession: \$80**

**When: Wednesday 6.30pm-8.30pm**

**Material list for participants to be provided - first session included.**

#### Book Club

Fully booked for 2023.

**Cost: \$10 per term or \$35 per year**

**When: 7:30pm-9pm**

**3rd Tuesday of each month**



**Torquay  
Community  
House**

respect • equality • inclusion

**Enquiries: Call 5261 2583, visit [torquaycommunityhouse.org.au](http://torquaycommunityhouse.org.au), email [administration@torquaycommunityhouse.org.au](mailto:administration@torquaycommunityhouse.org.au) or come and see us!**

**\*All activities held at Torquay Community House unless otherwise specified**



**Torquay Community House**  
Wadawurrung Country  
14 Price St, Torquay, 3228  
Ph: 5261 2583

## Term 3 Programs

### Torquay Actor's Studio

Dynamic drama classes for kids.

**Cost: From \$200 per term**

**When: Tuesday 4-6pm**

**Book with Gabe on 0410 478 559 or  
egan\_gabrielle@yahoo.com.au**

### Little French Wave

French for children

For children prep to year 4 who are orally fluent in French. This is a learn to read class.

**Cost: \$22 per class**

**When: Tuesday 4-5pm**

**Book with Florie on 0481 233 714 or  
littlefrenchwave@gmail.com**

### French Intermediate Adults

Put your learning into practice through games, facilitated conversation and listening activities.

**Cost: \$22 per class**

**When: Wednesday 6-8pm (fortnightly)**

**Book with Florie on 0481 233 714 or  
littlefrenchwave@gmail.com**

### Meditation

Learn how to heal your body and still your mind for health and wellbeing. Beginners welcome.

**Cost: Gold coin donation**

**When: Saturday 8:30-9:30am**

**Book with Nikki call/text on 0400 497 024**

### Yoga for Wholeness

Classes combine a balance of Asana (postures), Pranayama (breathing practices), Meditation and Yoga Nidra. BYO mat, cushion and blanket.

**Cost: \$15 per session**

**When: Friday 9:15am-10:30am**

**Book with Bryan on 0457 911 563**

### Low-Cost Counselling

Jan Cheatley is an experienced counsellor offering affordable counselling sessions for the community.

**Cost: \$25/1-hr session**

**When: Tuesday 11am-1:30pm**

**Book via TCH on 5261 2583**

### Watercolours with Pat McKenzie

To extend the knowledge of watercolour painting for individual participants.

**Cost: \$200 for term (9 weeks)**

**When: Thursday 1pm-3pm**

**Book with Pat on 0418 179 554 or  
email patmckenzie8@gmail.com**

### Life Drawing

Observational Life Drawing of a model

**Cost: \$10 per session**

**When: Monday 7pm-9pm**

**Book with Julie on 0412003759 or  
email julieromail@gmail.com**

### Still Life Painting with Jenna Winship

Working with acrylics, suitable for beginners or extending skills.

**Cost: \$410 for term (6 weeks)**

**When: Wednesday 10:30am - 1:30pm**

**Book with Jenna on 0401 652 405**



**Torquay  
Community  
House**

respect • equality • inclusion

### Guitar for Kids

Lessons introduce kids to music basics and guitar in a fun and easy way. Sarah is a qualified music teacher with over fifteen years experience.

**Cost: \$140 per term**

**When: Wed & Thurs 3:45pm-4:45pm**

**Book with Sarah on 0466 113 138**

### Baby Sensory

Baby Sensory is designed for babies from birth to 13 months old to promote learning and development during this precious first year.

45min classes are packed with a variety of sounds, smells, sights, textures, music, dance, signing, therapeutic games, bonding and massage.

**Cost: \$216 for the term (8 weeks)**

**When: Mondays 9am-3pm**

**For more information and to**

**book, go to**

**<https://www.babysensory.com.au>**

**[/geelong-vic/](https://www.babysensory.com.au/geelong-vic/)**

--- Rooms available for hire ---

More information and booking enquiries

<https://torquaycommunityhouse.org.au/venue-hire/>



Torquay Community House

Wadawurrung Country

14 Price St, Torquay, 3228

Ph: 5261 2583



**SURF COAST  
LITTLE ATHLETICS**

# LITTLE ATHS!

A fun, inclusive program where kids experience track and field events like the Olympians! Personal Bests and fun memories last forever!

**Little Athletics  
Summer Season  
is for you!**

**HAVE FUN  
with your mates  
16COMP DAYS \$180**

- 📅 6 Oct — 22Mar
- 🕒 5pm Friday Nights
- 📍 Polwarth Oval

 [surfcoastlittleathletics.com](http://surfcoastlittleathletics.com)