



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

Welcome back to the second semester – I trust that those families who travelled to warmer places over the holidays have reacclimatised to our Victorian winter. Although it has been cold, I certainly wouldn't want to live anywhere else.

Busy term ahead – We have a very busy term ahead with a lot of extra-curricular activity planned. This includes our Swimming Program, Grade 3, 4 and 5 Camp Program, multiple incursions and excursions, as well as fundraising initiatives. Incursions have included a visit from 'Prof Bunsen' on Tuesday and Wednesday this week as an introduction to our Science Week celebrations, the Junior School Council's successful 'Munchie, Crunchie' fundraiser on Friday, and the upcoming 'Backflips against Bullying' next week. Thank you to the staff and parents who volunteer their time to make all these opportunities possible.

Student safety and wellbeing – In an effort to dilute the number of students on the oval and basketball court during break times, we are trialling a system of designated times for junior and senior students to use these facilities. This will be complemented by additional lunch time clubs, the opening of the gym for certain activities, educational programs focussing on sportsmanship in the 'Gaga Pit,' and the Wellbeing Team offering alternative activities on certain days of the week. The staff are continuing with their wellbeing training, with the second day of Berry Street training (trauma informed practice), scheduled for the 5th of August. Please remember that this is a student free day, but Their Care will operate services to assist families who require care for their children.

School Council – Our next School Council meeting will be held on the 5th of August. Agenda items include an update on the proposed solar electric system which will be installed on the gym roof during the September break, a focus on performance data and the recent NAPLAN results, facilities and maintenance updates, as well as reports from the various sub-committees.

Student health – If your child is unwell, please do not send them to school. Although the isolation restrictions regarding Covid have been lifted, if your child tests positive, they will need to remain home until they are asymptomatic. Recently we have had a lot of kids with colds and flu, a case of chicken pox, and numerous other ailments that have impacted on attendance rates. Although it is important to attend school and engage in learning, it certainly is more important to recover properly and not risk infecting fellow students if you are unwell.

Have a great weekend and enjoy the term ahead.
Adrian

IMPORTANT DATES & INFO

ASSEMBLY DATES

2nd August
16th August
30th August

Wed 31st July

Backflips Against Bullying
Incursion

Monday 5th August

Curriculum Day -

Staff will be completing
day 2 of the Berry Street
Training.

This is a

Student Free Day

Wednesday 7th August

Grade 6 - ScienceWorks
Excursion

Friday 9th August

Grade 6 - Tree Planting
Excursion

Thursday August 15th

CBCA Live Theatre
Performance incursion

Monday 19th August

Book Week Dress up day,
Magic Show and
workshops

20th - 21st August

Magic show workshops and
Foundation to Grade 3 Author
Incursion.

Friday 23rd August

Grade 4 - 6 Author Visit

Wed 21st August -Fri 23rd August

Grade 3 - Camp Wyuna

Monday 2nd September

Grade 6 -BioCats Excursion

Future Curriculum Days

Monday 5 August 2024

Monday 4 November 2024



5261 2660



ENROLMENTS OPEN NOW FOR 2025



BIRTHDAYS

Birthdays that were celebrated at the beginning of term, we hope you had a very special day-

SADIE WARNER
LENNY PATTERSON
INDY MORDES WILSON
EVA DE BIE
SAMUEL BEAN
ISLA O'CONNOR
JACK HOBSON
AUDREY ISAIAH
HOLIDAY WEIDNER
OLIVIA HUGHES
TEDDY COLE
OCHRE BUCKLEY
BEN SCHNABEL

26TH JULY
ZOE COY

27TH JULY
IMOGEN PAGE
AIDAN TAKLE

28TH JULY
KALANI EVANS
REMI ARMSTRONG – PORTER

29TH JULY
IVY TURNOCK
NINA IRWIN
ELODIE GOY

30TH JULY
OSCAR VON EINEM

31ST JULY
IVY GARRARD

2ND AUGUST
TOM ROSS
LILY BYRNE
BOHDI GLENNIE
FINN MADELEY

3RD AUGUST
HAZEL DRAKE
LILY VEENENDAAL
OSCAR BIRD
WINTER LONG
HENRY COLE

4TH AUGUST
SUNNY CAMPBELL
HARRY HISSEY
KAI MILLER

5TH AUGUST
JAMES BARRACLOUGH
JAX TREWIN

6TH AUGUST
FREYA HYNES

7TH AUGUST
MARLOW COONEY
JUSTICE JEFFERY

8TH AUGUST
MAJA FIESS

9TH AUGUST
MIA MOLLOY
RUBY WILLIAMS

10TH AUGUST
GEORGIA SMEDLEY
LEILA ALAM



No. 319
**BELLBRAE
PRIMARY SCHOOL**
Est. 1861



**BELLBRAE
PRIMARY
SCHOOL**

*A community of critical thinkers
and innovative learners.*



**ENROLMENTS
NOW OPEN FOR
2025**

**CONTACT US TO
BOOK YOUR
SCHOOL TOUR:**

(03) 5261 2660





bellbrae.ps@education.vic.gov.au

All enrolments welcome!

**Foundation enrolments to be submitted
by Friday 26th of July**

www.bellbraeps.vic.edu.au/

VALUES AWARDS

 ASPIRE	 RESPECT	RESILIENCE 	 RESPONSIBILITY
<p>HARRIET DENNESS FA</p> <p>ETHAN EARLE FB</p> <p>MATILDA DECELIS FC</p> <p>OLIVE ADAMS FC</p> <p>SADIE ANDERSON FD</p> <p>HUTCH FOSTER FD</p> <p>ASTIN MARCEAU FE</p> <p>GRIFFIN STANLEY 1A</p> <p>ISLA ANDERSON 1B</p> <p>ASH MURPHY 1D</p> <p>FOX WALKER 2A</p> <p>FINN TWYCROSS 2C</p> <p>POPPY GORMAN 3B</p> <p>HENRY STANLEY 3B</p> <p>RAF KELLETT 5B</p> <p>HUDSON RYAN 5B</p> <p>HARMONY MOLLOY 6A</p> <p>ROSIE BRIDGES 6B</p>	<p>ELI ANASTASIU FA</p> <p>EVA DE BIE FE</p> <p>LYLA HAMMOND FB</p> <p>ANOUSH HAZLE 2A</p> <p>CARYS MORZINEK 2B</p> <p>ELLA TORNEY 3C</p> <p>MAX COOK 4A</p> <p>HARVEY NEWBOULD 4A</p>	<p>FORREST DUNCAN 1C</p> <p>FREDDIE VIVIAN – TAYLOR 3C</p> <p>PATRICK SHIMADA 4C</p> <p>CHASE SINCLAIR 6B</p>	<p>SUMMER HOLLANDS 3A</p> <p>ZOE COY 4C</p> <p>FINLEY GORMAN 5C</p> <p>OLLIE BIRD 6A</p>

well done!

Welcome School Wide Positive Behaviour Weekly Update

Our whole school focus for Weeks 1 and 2 will be showing our school value of Respect – we look after our school property. All classes will engage in teaching and learning activities that explore:

- We use classroom equipment and furniture with care and we return things to where they belong.
- We use sports equipment the way it is meant to be used and we return equipment to the sports shed.
- We take care of library books and return them on time.





To celebrate the upcoming Science Week (10th-18th August) Bellbrae Primary had a whole school incursion presented by Professor Carl Bunsen. He had students and teachers alike engaged for the entirety of his hour shows that included a dazzling number of experiments that elicited “oohs and ahhs” from the captivated crowd.

We saw air turned into condensation that blew students hair like a wind tunnel. We saw purple Fanta turn orange by an infusion of carbon dioxide and it return to its colour through a chemical reaction. We even saw Professor Bunsen put a flammable gas into bubbles and light his hand on fire to show the retardant properties of water! He also managed to make students float on a hovercraft by using a dust blower. We learned how combustion works in engines as he launched a ball across the gym. We heard how sound vibrations travel through the air and are magnified by solid objects and some students even got splashed by the water so we could “see” the vibrations taking place.

We saw how matter can transform into different states, solid to liquid, liquid to gas, and witnessed water turn into slime and snow! Some student's shirts were drawn on with a magic ink before Professor Bunsen made it 'magically' disappear. We saw flames light up the stadium that showed how much energy is in a banana and how gravity can make beads seem to fly into the air.

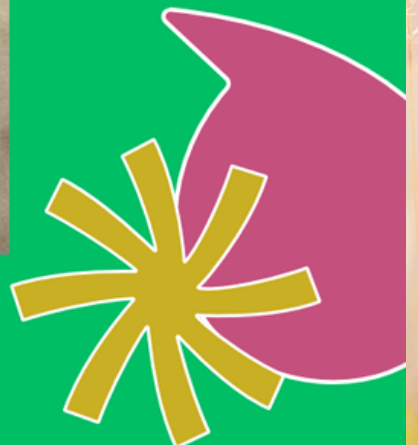
How cool is Science! Bellbrae Primary would like to thank Professor Bunsen for showing us these amazing scientific experiments and commend the students on their engagement and interest in what they saw.



Buddy Wagon



The Buddy Wagon has been a popular addition to the yard each recess time, supported by our Yr 5 Yard Buddies & Wellbeing staff. Here is a glimpse at some of the activities on offer!



**REGISTER
NOW**



BUILDING ROCKET SHIPS

**FREE parent/carer
Workshop**

Presented by BATforce, this interactive workshop gives parents and carers skills, tips and strategies as their child transitions from early years to school. Explore the importance of school/family partnerships, building resilience and the role of technology in your family life.

Register



**Tues 3 September
6.30-8.30pm**

Kurrambee Myaring
Community Centre

P: 5264 9250 E: kmcc@surfcoast.vic.gov.au

Suitable for
parents/carers
of Pre-School - Year 2
TOPICS INCLUDE:

Boundary setting

Making space for
emotions

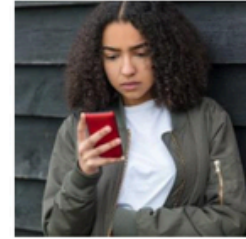
Creating community
connection

Creating space for
creativity

When to worry about worry

E Smart Update 7 - 2024

Defining cyber bullying.



Cyberbullying

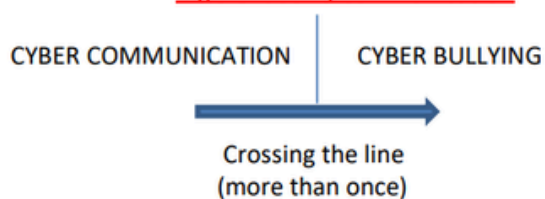
Cyberbullying is when someone uses the internet to be mean to a child or young person so they feel bad or upset.

eSafety helps prevent and deal with cyberbullying and its impacts. We do this by providing information, education and resources, and by investigating and helping to fix the most serious cases of cyberbullying.

It is important to understand when the line has been crossed. At Bellbrae Primary School, our boundary is set very clearly; **any more than once is considered to be cyber bullying** – that is, if you receive more than one negative, derogatory, explicit email, picture, text etc. it becomes an incident of cyber bullying.

The person is given the chance after one incident to stop the behaviour (it may indeed be a miscalculated error of judgement that wasn't intended to harm the individual). If they make a conscious decision to send material for a second time, then it is considered to be cyber bullying and a trusted adult should be told. Remember to keep the evidence and report it.

Differentiating Communication



What you can do

If someone is being really mean online, first of all it's a good idea to:

- **tell a trusted adult** and ask them to help you – you could show them this page about cyberbullying
- **change the settings** on your device or online account so you don't see so many messages, posts or comments from the person who was mean – find out how in The eSafety Guide.

If you need cyberbullying material removed:

- **report it** to the social media site, gaming site or other app that was used to send, post or share the harmful content (this can be the fastest way to get it removed) – find reporting links for most sites, games and apps in The eSafety Guide
- **check our tips** about how to take care of yourself if you are cyberbullied.

For more information, please visit;

<https://youtu.be/4z16VLmaXjs>



<https://www.esafety.gov.au/esafety-information/esafety-issues/cyberbullying>



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

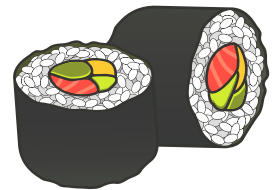
CompassPay
Payment Confirmation

Canteen – Specials

Please see canteen menu
on the Compass App

Sushi Tuesdays

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



COMMUNITY NEWS

MELI

Drop-In Service Surf Coast



Meli drop-in service provides free support to families and does not require an appointment or referral.

Our drop-in service provides free support to families who:

- are experiencing family challenges and need support
- would like to increase their skills as parents
- are experiencing mental health or substance use challenges
- need support to reduce adolescent violence and aggression in the home
- may be seeking information or support with referrals to other services

DETAILS

LOCATION
Kurrambee Myaring
Community Centre (KMCC)
12 Merrijig Drive
Torquay

WHO
Parents/Carers/Families

Family Support Drop-in
Monday 8.30am-12.00pm
Amy Godfrey
☎ 0491 092 058

CONTACT
Mental Health/Alcohol &
Other Drugs (AOD) Drop-in
Tuesday 1.30pm-4.00pm
Kate Fitzsimmons
☎ 0403 781 821

Early Steps Drop-In
Friday 8.30am-12.00pm
Sianna Lloyd
☎ 0490 783 046

SMS and phone calls
welcome

COST
FREE (no referral required)
Support people welcome

For more information please call Meli
on 5226 8900.

[f meli.community](#) [@ meli.community](#)

groups@meli.org.au

SIMPLIFY & SORT

"Where Clutter Ends, Calm Begins"

Are you a busy person, do you run a busy household?
We are here to help you.

If you don't have time, we do!

- ✿ Refresh & de-clutter your living spaces
- ✿ Help with downsizing/relocating
- ✿ Personalized service
- ✿ Eco-friendly practices

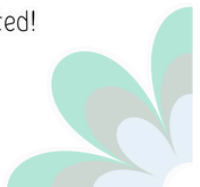
Whether its one cupboard, one room or the whole house.
We can help you regain functional flow & order.

We are reliable, super efficient & friendly

Contact us today. Let's get started!

☎ 0493-828-736

✉ simplifyandsort@gmail.com





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

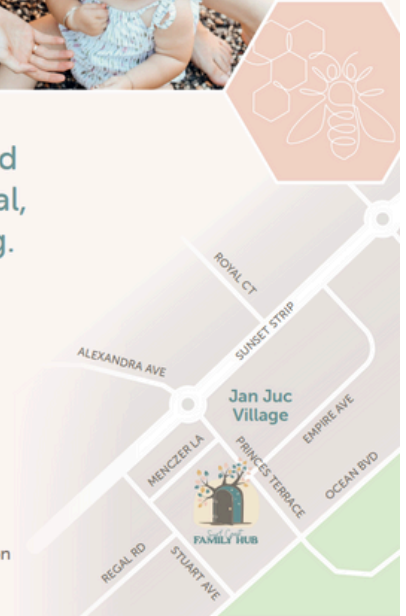
www.surfcoastfamilyhub.com.au



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



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!



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 Puntton
hpuntton@playgroup.org.au
Ph: 0472 722 587





Share your world Become a foster carer

It's the little things that matter most – like having a safe place to call home, someone you can smile with and the right support.

You can make an extraordinary difference in the life of a young person by sharing those ordinary, everyday moments.

We are looking for compassionate individuals, couples and families to become foster carers to provide a safe and supportive home for vulnerable children and young people. We'll support you 24/7 and provide all the training you need.

Share your world. Become a foster carer.

1300 592 227
lwb.org.au/foster-care

Scan to find out more.



**LIFE
WITHOUT
BARRIERS**



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 wants 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!



A Celebration Day for Girls

AUGUST 2024

Location Torquay
Venue TBC

Friday 2nd August
6.30pm - 8.30pm

&

Saturday the 3rd of August
10 - 4pm.

Session times are:

Friday 2nd August
6.30pm - 8.30pm Mothers/female carers only

&

SATURDAY 3rd August
Sat 10am - 1pm
Daughters only

Sat 1pm - 4pm

Daughters & Mother/carers together

*

Cost \$165 per mother & daughter duo
/\$125 con
\$240 mother w two daughters

For more info & bookings contact:

Michelle Buggy
0417 168 070

informemot@gmail.com

*Sessions are also run by request so please contact me to arrange a date that suits you *

"Since the Celebration Day Sophie has been so chatty and open - asking questions about menstruation and talking about all the changes and experiences of puberty. I'm so pleased."



For girls 10-12 years old with their mother or female carer

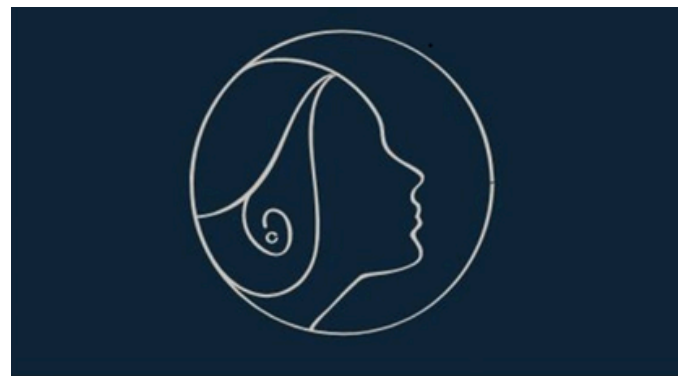
At the **Celebration Day** the girls experience positive menstrual education through lively discussion, fun activities, women's stories and a gentle celebration of puberty.

Menarche is a signpost of the beginning of a girl's fertile years and the menstrual cycle is an intrinsic aspect of womanhood. Extensive research has shown that for young girls who experience menarche well-prepared, with a positive introduction and emotional support, the result is higher self-esteem, fewer negative cycle related symptoms, favourable overall menstrual perception and easier subsequent births.

As such the positively presented information, activities and conversation around these topics at the **Celebration Day** can have a profound and lasting impact on girls, in conjunction with the ongoing support of mothers, families and other carers. By enabling a healthy and grounded experience of the changes of puberty we deeply nourish girls' self-esteem, self-awareness and positive body-image. In this way we can support a physical and psychological integrity that underpins healthy decision making around relationships, sex and fertility when that time comes, as well as other life choices.

At the **Celebration Day** girls are warmly invited into the time-honoured, nurturing connection and support women have long shared with each other. Many participants report that their mother-daughter relationship is enriched and enlivened as the doors of communication in this key area of female experience and development are opened wide.

The first part of the day is spent with the girls on their own and, just before lunch, the mothers/female carers will join us for the rest of the day (and grandmothers who are available and wish to participate).



**WOMEN'S HEALTH
TORQUAY**

1a Fischer Street
Torquay

PH: 03 9828 7550

womenshealthtorquay.com.au

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