



# 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 mirri this is the Wadawurrung word for sun. The second word is yirn, this is the Wadawurrung word for moon. This term at Bellbrae we will be learning new Wadawurrung words relating to our beautiful surroundings.



Last week we learnt the Wadawurrung animal words buniya and mayayn. Buniya is the Wadawurrung word for eel. The second word is mayayn, this is the Wadawurrung word for yabbie. This term we will be learning new Wadawurrung words relating to our beautiful surroundings, such as the Wadawurrung names of our local wildlife.

Please practise these new words at home.

## THIS WEEK FROM THE PRINCIPAL

**NAPLAN Results** - We have received the preliminary results from the recent NAPLAN Assessments, which are very pleasing. Our Grade Fives in particular were outstanding, with our school scoring well above similar schools and all Network Schools across every learning area. Our Grade Threes also scored great results, being ahead of Network Schools in most areas, which is a great reflection of all the professional learning our staff have been involved in. Individual student reports will be sent out to parents over the next few days.

**Excursions/Incursions** - Recently our students have been involved in some amazing extra-curricular activities. These include a mix of physically related events like Badminton and Jump Rope for Heart, as well as incursions focussing on mental health, such as Backflips against Bullying. Thank you to all the staff members who have been proactive in organising these activities for our students.

**Parent Teacher Interviews** - A big thank you to all the parents and staff members who took time to meet and discuss the progress of your child. Although written reports provide a good overview of student achievement, it is always beneficial to be able to discuss other aspects pertaining to your child's overall learning experiences at school. Due to various circumstances some interviews have had to be postponed, but they certainly will be held as soon as the teachers are available.

**Prep Enrolments** - Thank you to everyone who has handed in enrolment forms for next year. As we are in the process of recruiting staff and organising learning spaces for 2024, please let anyone else you might know who is considering coming to Bellbrae next year to submit an enrolment as soon as possible.

**School Council Meeting** - On Monday night the School Council met. A number of issues were discussed including a contract extension for Their Care (OSHC provider), the new inclusive playground being planned for the front of the school, the future of our Bellbrae School Disco, student achievement results and attitudinal survey responses.

**Facilities Update** - Recently there has been some substantial work happening on the BER to ensure its integrity as a fire shelter. The work has included replacing some doors and windows, replacing some of the decking, replacing the cages around air conditioning systems, painting fire retardant on some surfaces, removing some vegetation and making some changes to handrails. We have managed to engage in this work with minimum disruption to student learning, and the completion of the project is imminent.

**Have a great weekend and good luck to all our students who are representing our school at Athletics on Friday. It's fantastic to see so many Bellbrae kids playing sport and involved in physical activity. I have a firm belief in the 'healthy body, healthy mind' philosophy.**

Adrian

## IMPORTANT DATES & INFO

Fri 28th July

Foundation and Grade 1 -  
Dental Visit

Tues 1st August

Grade 6 - Preparation for  
Puberty

Wed 2nd August

Grade 6 - Scienceworks  
Excursion

4th - 15th Sept

Foundation - Grade 4  
Swimming Program

Tues 15th - Wed 16th August

Book Week Cultural Incursion

Thurs 17th August

CBCA Shortlisted Book Live  
Theatre Performance Incursion

Fri 18th August

Book Week Dress Up Day -  
Character Parade 9:15am  
(Families Welcome)

Tues 22nd - Fri 25th August

Book Week Author Incursion

**2023**

### CAMP DATES



GRADE 5 CAMP  
SOVEREIGN HILL  
14TH - 16TH AUG

GRADE 3 CAMP  
WYUNA  
23RD - 25TH AUG

GRADE 4 URBAN  
CAMP  
18TH - 20TH OCT



5261 2660



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

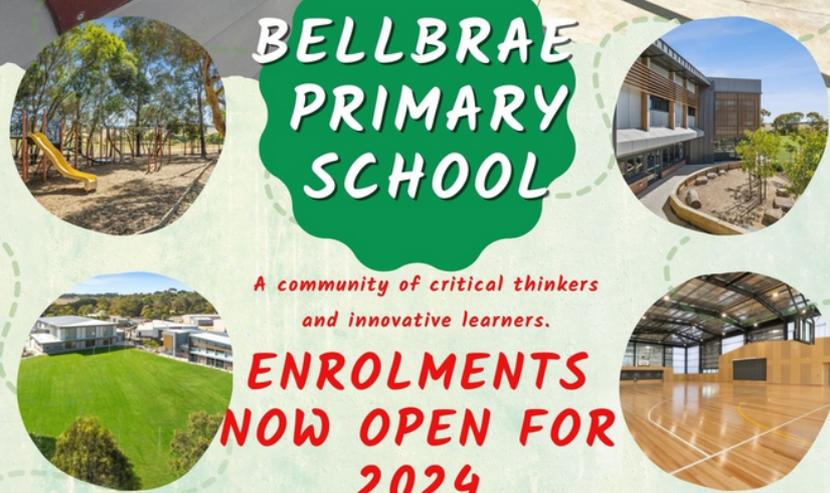
**BELLBRAE  
PRIMARY  
SCHOOL**

*A community of critical thinkers  
and innovative learners.*

**ENROLMENTS  
NOW OPEN FOR  
2024**

*All enrolments welcome!  
Foundation enrolments to be submitted  
by Friday 28th of July*

**CONTACT US TO  
BOOK YOUR  
SCHOOL TOUR:**  
**(03) 5261 2660**    [bellbrae.ps@education.vic.gov.au](mailto:bellbrae.ps@education.vic.gov.au)    [www.bellbraeps.vic.edu.au](http://www.bellbraeps.vic.edu.au)



## BIRTHDAYS

27TH JULY  
PAGE IMOGEN  
AIDAN TAKLE  
MALI HAIDLINGER

28TH JULY  
REMI PORTER - ARMSTRONG

29TH JULY  
IVY TURNOCK  
NINA IRWIN  
ELODIE GOY

30TH JULY  
OSCAR VON EINEM

31ST JULY  
IVY GARRARD

2ND AUGUST  
LILY BYRNE  
BOHDI GLENNIE  
TAJ BRODECKY  
FINN MADELEY

3RD AUGUST  
WINTER LONG  
HENRY COLE

4TH AUGUST  
COBY BROWN  
HARRY HISSEY

5TH AUGUST  
NEVE BIRD  
JAMES BARRACLOUGH  
JAX TREWIN

6TH AUGUST  
FREYA HYNES

7TH AUGUST  
MARLOW COONEY

9TH AUGUST  
MIA MOLLOY  
RUBY WILLIAMS

## ICAS ASSESSMENTS



ICAS will return to Bellbrae Primary School this year for interested Grade 3-6 students. We encourage you to consider entering your child in ICAS. This worthwhile assessment program allows students to challenge themselves and be recognised for their academic efforts. The assessment is now fully online and sitting dates will commence in Term 3. Learn more by visiting [icasassessments.com](http://icasassessments.com).

You can now pay for ICAS online! To confirm your child's participation, visit <https://shop.icasassessments.com/pages/pps> and enter our unique school code LKU366 to make a direct payment to ICAS Assessments.

Online payment closes on **Monday, 31<sup>st</sup> July**.

**(Please see note on Compass for more details)**

# VALUES AWARDS

## RESPONSIBILITY

We take ownership of our actions, choices and words.

Our whole school focus for Term 3: Week 3 will be showing our school value of Responsibility- We take care of our environment. All classes will engage in teaching and learning activities that explore:

- We look after all living things.
- We reduce, reuse and recycle.
- We pick up rubbish that we see, even if it isn't ours.
- We sort our rubbish at home and in the community.
- We use water wisely.

## ASPIRE

We strive to achieve our goals.

Our whole school focus for Term 3 Week 4 will be showing our school value of Aspire- We challenge our mind and body. All classes will engage in teaching and learning activities that explore:

- We challenge ourselves to improve in sports and outdoor activities.
- We keep our mind and body active.
- We are open to trying new things that challenge us.

FRANCISCO BIRNIE	FA	ASPIRE	For a great start back to Term 3, and following our school value of being friendly to others.
NED CROOKES	FB	ASPIRE	For being polite, courteous and kind, both in the classroom and the playground. You are a valid member of FB! Well done, Ned!
SADIE WARNER	FB	ASPIRE	For your creative weekend recounts. Your sentences are very thoughtful and you always try your best to include 'wow' words and punctuation. Well done, Sadie!
TAJ PETTIFER	FC	RESPECT	For always showing kindness and friendliness to others. You're amazing Taj!
BONNIE SCHOKMAN	FC	RESILIENCE	For having the confidence to ask for help when she needs it. Well done Bon!
JASPER JONES	FD	ASPIRE	For aspiring to do your best, particularly during Writing! Go Jasper!
LUCIA LARSEN	FD	ASPIRE	For your creativity and effort that you put into every task. Keep it up Lucia!
FINN HART	1A	RESPONSIBILITY	For being a reliable 1A role model who focusses on his learning and treats others with respect and kindness.
JAMES MUMMERY	1A	ASPIRE	For showing enthusiasm in your learning and for being a kind friend who helps your classmates.
WYATT HOPE	2A	RESILIENCE	For persevering and showing resilience when working on writing tasks during literacy! Well done Wyatt.
THEO IRVINE	2A	ASPIRE	For always contributing to class discussions with valuable insight and working hard on his neatness! Well done Theo.

# VALUES AWARDS

SAILOR WEIDNER	2B	ASPIRE	Well done Sailor, for always demonstrating your best listening and effort during numeracy. Keep up the awesome effort!
FELIX MARTIN	2B	RESPECT	Well done Felix, for making a fantastic start on your Australian animal report. Keep up the great work!
THOMAS BAKER	2C	ASPIRE	For always confidently sharing your ideas in class discussions. Well done, Tom!
NINA IRWIN	2C	ASPIRE	For striving to achieve you best and to learn new and interesting things. Well done, Nina.
JAMES BARRACLOUGH	3A	ASPIRE	Well done for always aspiring to do your very best at school. You work incredibly hard and I am so proud of your efforts. Keep up the wonderful work, Jimbo!
IZZY GREENE	3A	RESPONSIBILITY	Well done for always displaying such wonderful responsibility in our classroom and out in the school yard. You are so reliable and are always happy to help others around you. Excellent work, Izzy!
OLLIE KARFUT	3B	ASPIRE	For his positive engagement during learning activities and aspiring to achieve his best. You should be so proud of your achievements, Ollie! :)
ZOE COY	3B	ASPIRE	For always striving to achieve your best efforts during all learning activities, your attention to detail is outstanding! Congratulations, Zoe! :)
AUDREY BRISSENDEN	3C	ASPIRE	Well done Audrey on your positive attitude and calm approach to all learning activities. Keep up the great work in 3C!
VASCO BONES	3C	RESPECT	Well done Vasco for being such a kind, respectful and responsible member of 3C! We love having you in our class!
OSCAR VON EINEM	4A	ASPIRE	Oscar has had a really positive start to the Term.
HENRY LISTER	4A	RESPONSIBILITY	Henry has had a really positive start to the Term.
JOSHUA NEWBOULD	5A	ASPIRE	For always taking on feedback positively and striving to achieve his best.
ZAC LAWSON	5A	RESPECT	For consistently treating others with kindness and respect.
ZION LINDSAY	5B	ASPIRE	For demonstrating a growth mindset and taking on feedback to improve your writing.
PHEOBE CRAWFORD	5B	ASPIRE	Always leading by example and giving your personal best. You always have a growth mindset and approach all new challenges with enthusiasm.
EUAN SYTEMA	6C	RESPONSIBILITY	Taking responsibility for improving your learning by being organised and striving for your best.
EVE VON EINEM	6C	ASPIRE	Well done Eve for your organisation skills and desire to achieve success in the debating. You were incredible in debating.

# BOOK WEEK NEWS

LAMONT BOOK FAIR 14TH-18TH AUGUST



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





## THE THRIVING KIDS & PARENTS SCHOOLS PROJECT Online Parenting Seminar Series

Are you interested in learning practical strategies to help your child:

- ✓ Manage everyday worries
- ✓ Build healthy peer relationships
- ✓ Thrive now and into adolescence

You are invited to attend **3 FREE** evidence-based seminars

**Interactive and online seminar package**  
**90 - 120 minute seminars:**

Register via the project website

[CLICK HERE](#) or scan the QR Code



**Power of Positive Parenting (Triple P Seminar)**

Practical strategies to support children's social and emotional development.

**Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar)**

Skills and strategies to support children manage their emotions and overcome challenges.

**Keeping Your Child Safe from Bullying (Resilience Triple P Seminar)**

How to maintain good communication with the children in your care develop positive relationships, and address conflict and bullying.

Contact details:  
QLD: thrivingkidsandparents@uq.edu.au  
VIC: thrivingkidsandparents@monash.edu  
SA: thrivingkidsandparents@adelaide.edu.au



## MELI

## Bringing Up Great Kids

### Come and join us at the Bringing Up Great Kids program

The Bringing Up Great Kids Program is a 6 week supportive program for parents of children aged 12 months - 12 years.

The program aims to:

- Support parents with the skills to enhance their communication with their children
- Promote positive interactions between parent and child
- Encourage the development of children's positive self-identity

#### PROGRAM DETAILS

LOCATION	Kurrabee Myaring Community Centre 12 Merrijig Drive Torquay
DATES	July 27 - August 31 2023
DAY/TIME	Thursdays 12:30pm - 2:30pm
CONTACT	To book your place please contact reception on 5226 8900 or email <a href="mailto:groups@meli.org.au">groups@meli.org.au</a>

Scan QR code to register your interest →



### [e Smart Update 6 \(2023\)](#)

## “A gram of prevention is worth a kilogram of cure”

Parents are accustomed to teaching their children about “stranger danger” and “stop, drop and roll” for safety and fire prevention. The issue of proper use of technology must now be added to that list. Sending children and young adults into cyber space without rules or guidelines is like sending them to a friend’s house or school with no set of expectations of behaviour. The biggest difference is that cyberspace is a “superhighway” of information, a passage to places youth could not go before. Unlike stepping out your front door, technology gives cyber travel infinite possibilities.

This “super highway” helps us to take in all kinds of valuable information and creates many conveniences to our busy lives. Used incorrectly or without “balance”, however, the side effects can range from social skill deficits and texting addictions to enhanced isolation and cyber bullying. Parents are their children’s first teachers and therefore must be prepared to proactively address technology use.

The screenshot shows the eSafetyparents website. At the top, there is a navigation bar with categories: Educators, Parents (highlighted), Young people, Kids, Women, Seniors, First Nations, Diverse groups, and Industry. To the right of the navigation bar are buttons for 'I want help with', 'SEARCH', and 'REPORT ABUSE →'. Below the navigation bar is the 'eSafetyparents' logo. The main content area features a large image of a man holding two children, with the text 'Advice for parents and carers to help kids stay safe online'. To the right of the image is a section titled 'In this section' with six icons and corresponding text: 'Issues and advice', 'Parental controls', 'Children under 5', 'Downloadable resources', 'Sexting and sending nudes', and 'Cyberbullying'.

### **FAMILY GUIDELINES – Be proactive, not reactive**

Decide ahead of time what your family plan is concerning technology. Discuss as a family and come up with a set of guidelines that everyone has had input into.

- Where will the electronic devices be stored / played in your home?
- Keep devices out of the bedroom!
- How much time should be spent using the devices?
- Have sample plans of what should be done if:
  - A pop-up comes on the screen
  - You are asked for personal information such as name or address
  - Pictures or words appear that you know are not allowed to see or hear
  - Someone sends mean or insulting messages
  - You think you have been cyber-bullied, or have a friend who has been
  - Someone (including a website) asks for your personal details
  -

For more information please visit; <https://esafety.gov.au>

Mr O'Donnell  
Year 4 & eSmart Coordinator



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:



**Surf Coast Wellness Rooms**

*Wellness & Massage Centre*

View [Business](#)

View [Discount](#)



**Bell Street Fish & Chips**

(03) 5261-2774

View [Business](#)



**Seaside Dance Co**

*Dance classes for 3 year olds to adults*

View [Business](#)

View [Discount](#)

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.

# A NOTE FROM THE OFFICE

**Term 3 Volunteers** – Please contact the office if you are unable to attend 😊

**Term 3 - Canteen – Please sign in at office 12.30pm**

Thursday 13 <sup>th</sup> July	Tammy Greene
Friday 14 <sup>th</sup> July	Chris Tulloch
Thursday 20 <sup>th</sup> July	Joanna Hilbert
Friday 21 <sup>st</sup> July	Sheree Seiffert
Thursday 27 <sup>th</sup> July	Jemma Ugrin
Friday 28 <sup>th</sup> July	Bianca Aquilina
Thursday 3 <sup>rd</sup> August	Aushra Hennessy
Friday 4 <sup>th</sup> August	Cath Hobson
Thursday 10 <sup>th</sup> August	Melanie Giddins
Friday 11 <sup>th</sup> August	Emma Sydenham
Thursday 17 <sup>th</sup> August	Julia Backhouse
Friday 18 <sup>th</sup> August	Jess Heane
Thursday 24 <sup>th</sup> August	Cheryne Bird
Friday 25 <sup>th</sup> August	Anne Cullen
Thursday 31 <sup>st</sup> August	Annie Mullen-Walsh
Friday 1 <sup>st</sup> September	Carl Larsen
Thursday 7 <sup>th</sup> September	Karen Palmieri
Friday 8 <sup>th</sup> September	Marine Young
Thursday 14 <sup>th</sup> September	Anthea Warlond
Friday 15 <sup>th</sup> September	Laura Spencer

**Term 3- Sick Bay Washing – Friday afternoons**

Friday 14 <sup>th</sup> July	Shelley Cardwell
Friday 21 <sup>st</sup> July	Sally Riley
Friday 28 <sup>th</sup> July	Lucy Maddock
Friday 4 <sup>th</sup> August	Emma Thompson
Friday 11 <sup>th</sup> August	Jennifer Hope
Friday 18 <sup>th</sup> August	Kristy Foran
Friday 25 <sup>th</sup> August	Tania Bartlett
Friday 1 <sup>st</sup> August	Marney Curtin
Friday 8 <sup>th</sup> September	Sarah Sytema
Friday 15 <sup>th</sup> September	Sam Coy

**Term 3 - Second Hand Uniforms – Any day that suits for ½ hour or so**

<b>W/Starting Mon 10<sup>th</sup> July</b>	Alex McDonald
<b>W/Starting Mon 17<sup>th</sup> July</b>	Maudy Tarik
<b>W/Starting Mon 24<sup>th</sup> July</b>	Melanie Sanders
<b>W/Starting Mon 7<sup>th</sup> August</b>	Angela Stanley
<b>W/Starting Mon 14<sup>th</sup> August</b>	Romy Renzow
<b>W/Starting Mon 21<sup>st</sup> August</b>	Bronwen Hart
<b>W/Starting Mon 28<sup>th</sup> August</b>	Leah Graham
<b>W/Starting Mon 4<sup>th</sup> September</b>	Bronwyn Watt
<b>W/Starting Mon 11<sup>th</sup> September</b>	Ellise Perrett



# 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

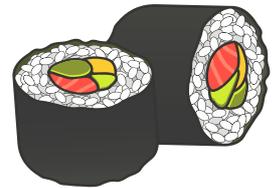
CompassPay  
Payment Confirmation

## 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!

## 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.

**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



Want to prepare  
your kids for a  
healthier future?

## BETTER HEALTH PROGRAM

Is your child...

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

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

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



MONASH University

Sign up today!

[www.betterhealthprogram.org](http://www.betterhealthprogram.org)  
1300 822 953

@betterhealthprogram

## Split Point Lighthouse & Eco-Logic Short Story Competition

PRIMARY AND SECONDARY AGED STUDENTS

THEME: SPLIT POINT LIGHTHOUSE, LIGHTHOUSE KEEPER, ENVIRONMENT

WORD COUNT: 300 WORDS PRIMARY, 500 WORDS SECONDARY

SUBMISSION DEADLINE: SUNDAY AUGUST 20TH 2023

PRIZES: GIFT VOUCHER FROM GREAT ESCAPE BOOKS AIREYS INLET TO VALUE OF \$100

FREE LIGHTHOUSE TOUR FOR INDIVIDUAL AND THEIR FAMILY (MAX 6 PEOPLE)

PUBLICATION: WINNING ENTRY WILL BE POSTED ON THE @ECO - LOGIC & SPLIT POINT LIGHTHOUSE TOURS FACEBOOK PAGE.

HOW TO ENTER: EMAIL US A PDF OR WORD DOC: TOURS@ECOLOGIC.NET.AU

EMAIL TO BE RECEIVED BY US BY 5PM SUNDAY AUGUST 20TH 2023

ENTRIES MUST BE UNPUBLISHED, ORIGINAL, AND NOT UNDER CONSIDERATION ELSEWHERE.

VISIT OUR FB PAGE @ECO-LOGIC & SPLIT POINT LIGHTHOUSE TOURS



# COMMUNITY NEWS



## Physiotherapy for Children

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



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

**THE SANDS**  
*Torquay*

SWIM LESSONS AVAILABLE FOR 6 MONTH OLDS + LESSONS MON - SAT  
BABY CLASSES TUE, WED & SAT MORNINGS  
CALL 5264333 or email [swimschool@thesandstorquay.com](mailto:swimschool@thesandstorquay.com) for availability

## 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**



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**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**

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### 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



**Safe Seats  
Safe Kids**

**IS YOUR CHILD  
TRAVELLING SAFELY?**

**GET FREE CHILDCAR RESTRAINT  
FITTINGS & SAFETY CHECKS**



Torquay Community House invites local parents and carers to book in for a free child car restraint fitting or safety check!

**WHERE**

Torquay Community House, 14 Price Street, Torquay

**WHEN**

Tuesday 12 September 2023 between 10.00am - 2.00pm

**HOW**

Bookings are essential. Parents and carers (including grandparents!) can book in a free child car restraint fitting or check by registering through: [www.safeseatssafekids.com.au](http://www.safeseatssafekids.com.au)

Please note, if you need to have more than 1 child car restraint fitted/checked, you will need to book multiple appointments.

**WHY**

90% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, have a professional fitter check your restraints so you know your child is safe.

For more information about the program, please visit: [kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program](http://kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program)



**Safe Seats  
Safe Kids**

**IS YOUR CHILD  
TRAVELLING SAFELY?**

**GET FREE CHILD CAR  
RESTRAINT FITTINGS &  
SAFETY CHECKS**



**TORQUAY COMMUNITY HOUSE, 14 PRICE STREET, ON  
TUESDAY 12 SEPTEMBER 2023 BETWEEN 10AM - 2PM  
PLEASE BOOK AT: [WWW.SAFESEATSSAFEKIDS.COM.AU](http://WWW.SAFESEATSSAFEKIDS.COM.AU)**

FIND OUT MORE AT  
[SAFESEATSSAFEKIDS.COM.AU](http://SAFESEATSSAFEKIDS.COM.AU)



## A Celebration Day for Girls

### AUGUST 2023

**Freshwater Creek Steiner School**

@52 McIntyres Rd,  
Freshwater Creek VIC 3216

**Friday 11th August**  
**6.30pm - 8.30pm**  
&  
**Sunday the 13th of August**  
**10 - 4pm.**

Session times are:

**Friday 11<sup>th</sup> August**  
6.30pm - 8.30pm

Mothers/female carers only  
and  
Sunday the 13th of August 10 -  
4pm. (Girls in the morning, then  
mums and girls Day)

### **SUNDAY 13<sup>th</sup> August**

Sun 10am - 1pm  
Daughters only

Sun 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



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 spend 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).

*"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."*