



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.



WADAWURRUNG
LANGUAGE

kurrak

sand

Pronounced- kurrak

laarr

Stone

Pronounced- laarr



THIS WEEK FROM THE PRINCIPAL

Thank you - Once again we have had a very busy and successful term, which has provided a diverse range of learning and extra mural activities for all our students. Thank you to all our staff, the School Council, parents and community members who have contributed to the success of our school over the first semester. After years of disruptions due to building projects and the pandemic, it was great to be able to focus on our core business of teaching and learning, as well as run community events such as our Mayfair once again. Swimming Programs, Bike Education, excursions and camps will continue in the second half of the year, and the Junior School Council has also organised a few fun fundraising activities for us all to look forward to.

Infrastructure - This semester has also seen a lot of activity focussed on improving our facilities and grounds. We have managed to complete the play area and entrance at the front of the school, as well as construct additional seating, decking and hard play surfaces across the school. Our Grade Six students have been very active with a revegetation program, and our Grade Four students have established a garden to complement the Art Program they originally began as Grade Twos. Over the holidays we will install synthetic turf in the 'Gaga Pit,' as well as complete the netball practice area on the western side of the basketball court, whereas the oval will only receive a 'makeover' at the end of the year when the weather is more conducive to grass growing. Early next term we will focus on the area close to the irrigation tanks, where a retainer wall, fence and vegetation will make the space more attractive and usable for students and parents. Thanks to Tony for all his hard work, and to Travis who has helped on many projects.

School Council - Special thanks to Emily, our School Council President, who has had a highly energetic start to the year and has been successful in a number of grant applications which have benefited our entire school community. The School Council has also been active in developing a safe traffic management plan in consultation with the Shire, which will see changes to parking and traffic flow around the school from early next term. Please pay attention to any new restrictions and always use the designated parking and safe crossing areas. Another major project the School Council has been focussed on, is the installation of solar panels on the roof of the gymnasium, which we have scheduled for the September holidays. Thanks to Leigh who did a lot of preliminary work in this area, before handing it over to the current Environment sub-committee.

Have a great holiday, keep safe, and we look forward to all of you returning next term.

Adrian

IMPORTANT DATES & INFO

Monday 15th July

Term 3 Begins

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

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

Happy Birthday to all the students that will be celebrating over the holidays.

- Mischa Ray
- Loki Sincock
- Hugo Henderson
- Sailer Weidner
- Alfie Glenn
- Charlie Hayton
- Lucy Denness
- Mia Wilson
- Eden Hawken
- Archie Hawken
- Nick Semple
- Carwyn Morzineck
- Orla Turner
- Bridget Fiess
- Ash Hede
- Lucinda Marceau
- Addis Heane
- Poppy Long
- Poppy Decelis
- Matilda Decelis
- Tom Brackin
- Poppy Hamilton
- Bodhi Billing
- James Hughes
- Boni Grigg
- Finn Hart
- Po Sawyer



**BELLBRAE
PRIMARY
SCHOOL**



*A community of critical thinkers
and innovative learners.*

**ENROLMENTS
NOW OPEN FOR
2025**



All enrolments welcome!

*Foundation enrolments to be submitted
by the start*

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

(03) 5261 2660

bellbrae.ps@education.vic.gov.au

www.bellbraeps.vic.edu.au/

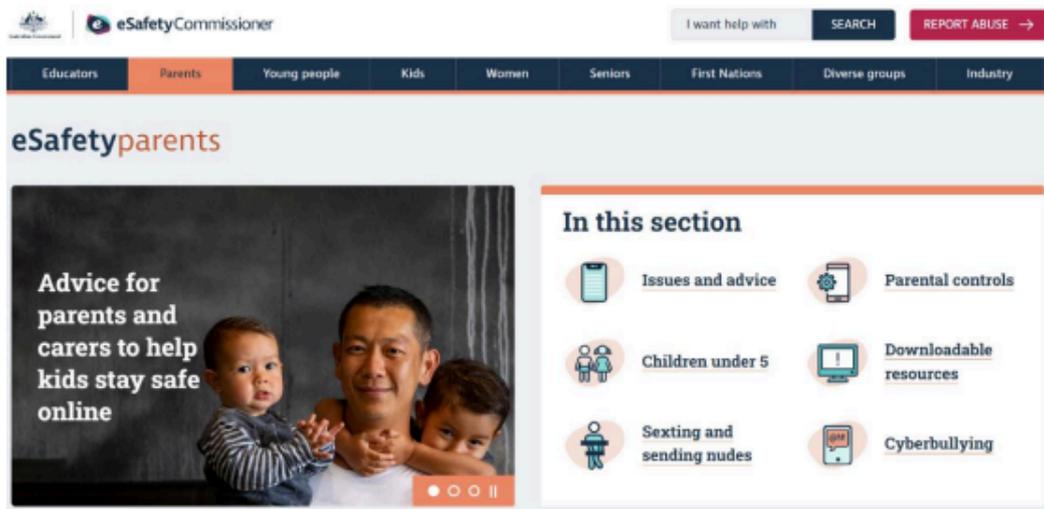


[e Smart Update 6 - 2024](#)

“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.



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 & e Smart Bellbrae PS Coordinator



Bellbrae Business Directory

Showcasing local businesses who support Bellbrae Primary

www.bellbraebusinessdirectory.com.au

Do you need a window cleaner, trades, financial advice, or a real estate agent? Visit the Bellbrae Business Directory to view a list of local Surf Coast businesses that can help you.

Please join us in supporting the businesses who support us.

Business Categories

- Health
- Trades & Services
- Retail & Hospitality
- Sport, Recreation & Fitness
- Finance & Legal
- Business Services
- Tourism
- Education & Training
- Pets & Animals
- Property & Construction
- Event Services
- Beauty & Massage
- Marketing & Advertising
- Activities & Hobbies

www.bellbraebusinessdirectory.com.au

**List your
business
NOW**

via the website



Lunch orders



Canteen

Wednesday, Thursday

ONLINE ORDERS



By 9.30AM DAILY



*** Reminder to complete your order. You must get to the payment section to complete. If you do not receive a payment confirmation and canteen order number via email, your order will not have been processed. (See below) ***

Compass
Canteen order - 20225224000641

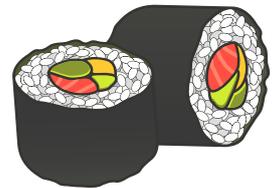
CompassPay
Payment Confirmation

Canteen - Specials

Please see canteen menu on the Compass App

Sushi Tuesdays

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



COMMUNITY NEWS

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 Kurrabee 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

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.

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



COERVER[®] SOCCER

holiday camp



TORQUAY - 1,2 & 3rd July

GEELONG - 8,9 & 10th July



COERVER.COM.AU

0423 975 569



Are you a local mum of primary school aged children or younger? Have you ever wanted to learn to ride a bike confidently? The great news is Bicycle Network is rolling out a Mums on Bikes Program for mothers in Geelong and surrounding areas.

All sessions are FREE and run for 2 hours in a small group, with a focus on:

- Beginner skill-building activities
- A ride to put your new skills into practice
- Off-road setting to suit your riding style
- Navigating your area by bike
- Basic bike maintenance

We can provide you with all the equipment (bike and helmet) as well as an on-site free babysitting facility should you have young children that need looking after while attending the course.



The details of the Mums on Bikes Program:

Level:
Beginner

Start Date:
Tuesday 4th June to
Tuesday 25th June
(every Tuesday)

Location:
Belmont Criterium Track
1 Barwon Heads Rd,
Belmont VIC 3216

Time:
11am - 1pm

Places are limited, so please register here to avoid missing out:



POTTERY STUDIO-EVENTS & GALLERY

School Holiday's Pottery & Craft Sessions

Mon 1st July 2pm- 4pm Kids Pottery Class

Tues 9th July 10.30am-12.30pm Kids Pottery Class

Thur 11th July 10.30am-12.30pm Kids Pottery Class

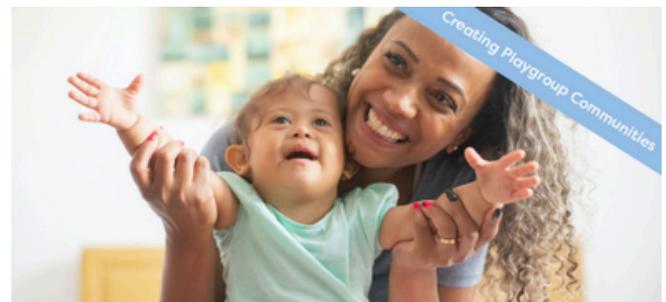
Additional classes will be listed on these dates and other dates if these book out. Adults may book a spot for themselves to join in and make something as well. You can either stay or drop off.

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

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

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

16 MAYALL WAY, DRYSDALE, BELLARINE sally@hazytales.com 0439 709 492
www.hazytales.com



PlayConnect+

Supporting Families With Children With a Disability or Developmental Concern

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

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

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



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



WHR ALLIED HEALTH

Proud Gold Sponsors of the
2024 Bellbrae Mayfair

Our Torquay clinic has
IMMEDIATE CAPACITY
to provide occupational therapy
services to clients aged 3+

We are currently receiving
referrals for:
Private, Medicare, NDIS, My Aged
Care funded clients



OUR SERVICES

OCCUPATIONAL THERAPY

- Experienced & skilled in supporting people with ASD, ADHD, Intellectual Disability
- Paediatric OT
- Feeding Specialist
- Mental Health OT
- Home Modification
- SDA & SIL Assessment & Reports
- Therapeutic Listening Interventions
- Assistive Technology Assessment & Recommendations

THERAPY ASSISTANTS

- Implementation of WHR OT Skill Development Plans

GROUP PROGRAMS

- Sex Education
- School Readiness Programs
- Mental Health Support & Education

SCHOOL PROGRAMS

Contact us directly to provide services for:

- School OT
- Kinder Screening
- School Readiness
- WholeMind
- Teacher Webinar Series
- Sensory Regulation Strategies
- Classroom Environmental Audits



We have immediate capacity! Visit our website or contact our admin team to refer!

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

03 5261 9037
0431 556 720

admin@whralliedhealth.com

KIDS YOGA

Tuesday 4pm | 45mins

Our kids yoga classes are playful, creative and fun. The focus is on allowing little yogis an opportunity to move their body in ways that feel good and to start to identify and connect more deeply with their emotional self. We use stories, music, games, nature based activities and craft to keep the classes engaging and to help explore mindfulness and personal development themes in interesting and age-appropriate ways.

Open to primary school aged children (approx 5-12yrs), all abilities welcome - please be in touch if you have any questions or concerns about your child's participation.



Our Kids and Teens yoga classes are taught by Alicia Crawford Bell - a yoga teacher, Ayurvedic practitioner, massage therapist, program facilitator and mama to two little wild ones. Ali has over 20 years experience designing and facilitating leadership + personal development programs for young people. www.liminallife.com.au to find out more.



TEEN YOGA + WELLBEING

Tuesday 5pm | 60mins

We create a safe, supportive and nurturing space for young people to gather, move, deepen awareness of their body and mind and to grow and share with peers. These classes help teens explore aspects of physical health and mental wellbeing whilst offering an opportunity to relax and unwind, build strength and flexibility just be.

We cover a range of health and wellbeing topics in these sessions and are open to ideas and input from young people themselves to help make them relevant, interesting and effective. Open to high school aged youth (approx 13-17yrs), all abilities welcome - please be in touch if you have any questions or concerns about your participation.

liminal|life



TEEN REFORMER PILATES

Monday 5pm | 45mins

This fun and challenging 45 min class is designed to support healthy growth and development in teenage bodies. Using the reformer to adjust resistance accordingly, we focus on strengthening the main muscle groups as well as stretching tight muscles and addressing posture. These classes are excellent for teenagers participating in team sport, as well as those who don't - and need regular exercise to support growth and wellbeing. With lots of positive physical and mental health benefits, get moving with us in a safe and supportive environment. Reformer taught by our experience Pilates instructor Sue.



BOOKINGS:

www.villagewellnesstorquay.com.au

1/10 Cylinders Drive, Torquay 0476 147 672



TEEN MAT PILATES

Wednesday 5pm | 45mins

We create a safe, supportive and fun environment for young people to gather, gain awareness of their body through exercise & set up healthy habits early on in life! Mat Pilates is great for the growing body - teaching core activation, flexibility, all-over strength & even a bit of cardio! It's fun and teenagers love it! These classes are taught by Jess a certified clinical pilates instructor, meditation teacher and youth worker. Open to high school aged youth (approx 13-17yrs), all abilities welcome - please be in touch if you have any questions or concerns about your participation.



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



**LIFE
WITHOUT
BARRIERS**

Scan to find out more.

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
informemotion@gmail.com

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



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."



OUR JUNIOR TENNIS PRORAM

Are you looking for an enriching and enjoyable activity for your child that promotes fitness, skill development, and teamwork?



At JV Tennis Academy, we prioritize enjoyment alongside improvement, ensuring every child feels welcomed and motivated to succeed.



Our expert coaches bring a wealth of experience and infectious energy to every session, ensuring your child learns, grows, and thrives on and off the court.



Life's busy – we get it! That's why we offer classes Monday through Friday, right after school. With three convenient locations in Torquay, Jan Juc, and Bellbrae.



JV Tennis Academy is more than just a tennis school – it's a vibrant community where young athletes thrive and friendships flourish. Our mission? To inspire, educate, and empower the next generation of tennis champions!

Our Junior Hot Shot programs cater to kids aged 4 to 12, offering a dynamic blend of skill-building, strategy, and pure tennis fun! Whether your child dreams of mastering the perfect serve or simply want to rally with friends, our expert coaches are here to make it happen.

Join us for a free trial session!

Don't miss out on the opportunity and book in a free trial session today! For more information, visit our website at www.jvtennis.com.au or contact us directly at admin@jvtennis.com.au

Looking forward to seeing you on court!



WOMEN'S HEALTH
TORQUAY

1a Fischer Street
Torquay

PH: 03 9828 7550

womenshealthtorquay.com.au

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



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

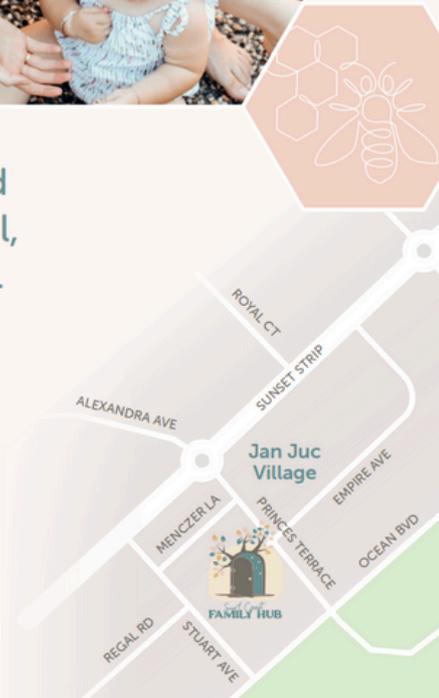
www.surfcoastfamilyhub.com.au



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



Rain, Hail or Shine – It's Footy Time ! Come and Play for the Aireys Inlet Eels U10 & U12s

.....an inclusive little club with a lot of heart

We would love some extra players for our U/12s in particularHome Games played at Bellbrae Reserve. Training in Aireys (but potential to have U/12s once a month at Bellbrae) Smaller team = lots of match time!and a lovely relaxed cub atmosphere !!

KEY DATES for 2024

Wed 20th March - First Training (4pm-5pm - U/10s Skate Park, U/12s Aireys PS)

Wed 17th April - Jumper Presentation (Aireys Pub 5.30pm after training)

Sat 20th April - First Match (Venue TBA.... Home Games at Bellbrae Reserve)



\$75 membership fee for the season (Jumper supplied)
Come along and be part of the Mighty Eels.... Or pop along to training to have a go!



If you have any questions at all please call
Leo Renkin 0407065500 or Narelle Day 0468563277 or Liz Currie 0437213229