



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

We are already halfway through the first term of the year. Our Foundation students only have one more Wednesday assessment day before they commence full weeks after the Labor Day public holiday - I'm sure parents will be having mixed emotions! If you aren't already aware, Adrian Waters (principal), is currently on leave and I would like to thank our Management Team for their support in leading the school. We have a number of events and activities coming up including the Year 6 excursion to Point Addis, Year 6 Camp, Division Swimming, School Photos, Bellbrae Cross Country, Cybersafety incursion and OneWave Mental Health Promotion Program incursion. Our Junior School Council have also just announced a dress as "What you would like to be when you grow up" themed fundraising day on the final day of term. The donations will go to St Johns First Aid who provided sessions for all of our students at the start of the year.

School Council

We are excited to announce our 2024 School Council which includes parent and Department of Education members. The parent members are Devon Martin, Emily Torney, Kath Essing, Chris Law and Andrew Holland. The Department of Education members are Adrian Waters, Brad Venn, Luke Heard, Mark O'Donnell and Scott Kenyon (parent and external teacher). Our Annual General Meeting to appoint 2024 office bearers will be held on Monday 18 March at 5PM.

We would also like to thank our departing members; Leigh Giddins who has been a member for four years and also School Council President. Leigh has tirelessly advocated for the school and dedicated significant time during the capital works which we are all incredibly proud of - thank you Leigh. Krystin Trewin, School Council Secretary, along with Holly McVerry, they will be missed as they promoted ongoing school improvement and community involvement.

We thank you all again for your hard work and dedication to our school community.

Fire Danger Ratings

On Wednesday, I sent out a message via Compass outlining our response to Extreme and Catastrophic Fire Danger Ratings (FDR). However, as this is incredibly important. I will reiterate again:

At Bellbrae PS we have a 'Shelter in Place' building which is fire resistant. This allows us to remain open on days which have up to and including an FDR of Extreme.

If the FDR is classified as Catastrophic, Bellbrae Primary School is required to close. In the event of such a classification, families and staff will be notified by Compass and SeeSaw after we have been authorised to do so by the Department of Education.

Page 1 of 2

IMPORTANT DATES & INFO

1st March

Grade 6, Point Addis
Environment Day Excursion

4th March

Curriculum Day - Student
Free day

5th - 8th March

Grade 6 Camp - Grampians

11th March

Labour Day - Public Holiday

12th March

Division Swimming

13th March

Naplan Begins

18th March

Cross Country for Grades
3 - 6

27th March

Lightning premiership
Grade 5 - 6

28th March

Last Day Of Term

Future Curriculum Days

Monday 5 August 2024
Monday 4 November 2024



5261 2660



Student-free Days

We would like to remind families that we have a Curriculum Day on Monday 4 March, Labor Day public holiday on Monday 11 March and Good Friday on Friday 29 March. These days are all student-free days. Their Care is offering a day program on Monday 4 March, which must be pre-booked via the website. Term 1, will conclude at 2:30PM on Thursday 28 March.

Landscaping

I'm sure you will agree that the front of the school is coming along nicely and will be a massive improvement aesthetically and expand our school's play areas. The design includes a yarning circle, dry riverbed, stepping stones, spider-gon, new fence and central entrance which draws visitors to the administration building. We will be adding further native vegetation to the area next term and are excitedly await on an opening date for the area. The VSBA has to sign off on the completed project beforehand.

NAPLAN

The National Assessment Program - Literacy and Numeracy (NAPLAN) tests for Year 3, 5, 7 and 9 students will commence on Wednesday 13 March with Writing. Our Year 3 and 5 students will then work through the Reading (Thursday 14 March), Conventions of Language (Friday 15 March) and Numeracy (Monday 18 March) assessments. Information was forwarded to families of Year 3 and 5 students yesterday. If you are seeking additional information, please speak to the class teacher first. <https://www.nap.edu.au/docs/default-source/default-document-library/naplan-information-brochure-for-parents-and-carers.pdf>

We hope you all have an enjoyable (long) weekend and we're looking forward to our professional learning on Monday.

Brad Venn
Acting Principal

BIRTHDAYS

1ST MARCH

ARABELLA BETTS
FINN TWYCROSS

3RD MARCH

ISLA ANDERSON

4TH MARCH

NED KEYTE

5TH MARCH

ANAI MOLLOY

6TH MARCH

REED MILNE

7TH MARCH

JASPER JONES

8TH MARCH

MILLIE BACKHOUSE
SPENCER MARTIN
ALICE PALMIERI

9TH MARCH

JACK TABAK

10TH MARCH

ANASTASIA HENNESSY

11TH MARCH

LILY WILSON

12TH MARCH

RIVER VIVIAN - TAYLOR

13TH MARCH

BILLY DULLARD
INDI HOLDING



MAYFAIR

AT BELLBRAE PRIMARY SCHOOL
50 SCHOOL RD, BELLBRAE

Sunday 5th
May 2024

10.00am
to 3.00pm

Bring along your family for a fun day out!

- Carnival Rides • Live entertainment • Wood chopping
- Silent auction & raffle • Food & beverage stalls
- Lucky dips • Pre-loved stalls • Children's activities & much more.



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MEDICAL



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Fire Detection Specialists



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surfcoast quality meats



Surf Coast Times



KIESER
BE STRONG, STAY STRONG



MAYFAIR

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**SURFCOAST
WHOLEFOODS**

The Chase Family



SILENT AUCTION DONORS

If you have any items you would like to donate to the silent auction - vouchers, experiences, services, goods. Please complete this [form](https://form.jotform.com/240507596666063).

<https://form.jotform.com/240507596666063>

DESIGN THE WARRI STADIUM SIGN

The Reconciliation Action Plan team need your help to design a sign for our new stadium!

The Wadawurrung word Warri means sea. Keep this in mind when you are creating your design.

If you would like to participate in the competition, please ask your classroom teacher to send your design to Mr Brown by Friday the 22nd of March.

What you need to do -

- Use only the words Warri Stadium with a creative font or design. Note: most digital fonts are copyrighted.
- Create your design on a white piece of card (see Mr Brown if you need some).
- Give your design to Mr Brown by Friday the 22nd of March (make sure you put your name on it).



Wadawurrung
Traditional Owners

SCHOOL PHOTOS

School Photos 2024 – Bellbrae Primary School

Annual school photos including sibling photos will be taken by Arthur Reed Photos on Monday 18th March 2024.

There is no need to return any forms or money to school.

Unique image codes will be issued to all students on/after photo day so families can register online to view images when they become available in the webshop.

Registration is simple, just follow the 3 simple steps on your child's personalised flyer once you receive it and remember to add the codes for all your children attending this school.

Even if you registered last year, it's important that you do again this year using your child's 2024 image code to link their images for the current year with your contact details.

When images are ready to view and in the webshop, all parents who have registered will be notified by SMS and email.

Once registered, please wait for notification that 2024 images are online to view before making your purchase.

SCHOOL PHOTOS 2024 - Important Registration Information



School Photographs will be taken at

Bellbrae Primary School
Monday 18th March 2024

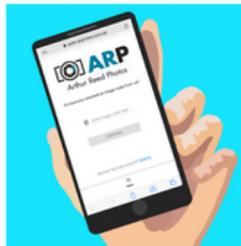
There is no need to return any forms or payment to school before photo day

Flyers with Unique Image Codes will be issued to all students on or after photo day

When you receive your child's 2024 image code

Follow these 3 simple steps -

1 Go to order.arphotos.com.au and enter your child's 2024 image code



2 Tap on 'Add another child' to enter the image codes of any siblings



3 Fill in your contact details & review before confirming your registration*



*This information will only be used for distribution of personal image codes and ordering details.

That's it!

It's important to register each year to link your child's NEW images to your contact details
When 2024 images are ready to view in our secure webshop you'll be notified by email and SMS

• Create photo packages with any layout & YOUR choice of images + Multiple Image Downloads
• Order on any mobile device • Share the images with family & friends for FREE

** Please wait to receive notifications that new images are online **BEFORE** ordering for 2024**



Arthur Reed Photos Pty. Ltd.
A.B.N. 48 528 494 590
(03) 5243 4390
customerservice@arphotos.com.au

SCHOOL WIDE POSITIVE BEHAVIOUR



Our whole school focus for Week 6 and 7 will be showing our school value of Resilience – we can work with anyone. All classes will engage in teaching and learning activities that explore:

- working well in teams with anyone
- doing our share of the tasks
- listening and encouraging others

VALUES AWARDS



FLYNN PROWSE	FA	ASPIRE	For enthusiastically giving everything a go and being a happy and friendly member of FA.
IMOGEN MENOUE	FA	ASPIRE	For your positive start to school, including others and giving everything a go.
BANKS BOWEN	FB	ASPIRE	Well done on an amazing start to school Banks. You have a positive attitude to all aspects of learning and share great ideas during class discussion. You're a star!
LOLA GLEN	FB	RESPECT	For your wonderful positive attitude to all aspects of learning. Thank you for the way that you always consider and help others in FB. Well done Lola
RORY DUNCAN	FD	ASPIRE	For an amazing start to Foundation, Rory. You are a caring classmate and you aspire to always do your best! Well done!
ZALI SUNDHEIM HUBER	FD	RESPONSIBILITY	For taking initiative around the classroom and always being willing to help others. Well done Zali!
REMY TURNER	FE	ASPIRE	For always trying your hardest in all of your learning. Great job Remy, keep it up!
HANNA MANDERFELD	FE	ASPIRE	Well done Hanna for being a hard working and kind student in FE. Great job!
ZOE WILSON	1A	ASPIRE	Well done Zoe Wilson for making a great start at your new school and being a kind and friendly class member.
SIA DAVIDSON	1A	RESPECT	For supporting your classmates and giving kind and helpful feedback.
LINKIN JONES	1B	RESPONSIBILITY	For being such a caring and compassionate student towards your peers. Your hard work and responsible attitude has been outstanding!
WILL CURNOW	1C	ASPIRE	For his great enthusiasm and contributions during our Literacy sessions. Well done Will!
CLOVER BUCKLEY	1D	ASPIRE	Congratulations Clover! You are so responsible in our classroom and set a fantastic example to everyone.
ERNESTO THEVENON	2A	ASPIRE	Working hard every day during MSL to improve your English skills. Well done, Ernesto!
JUDE MARTIN	2A	ASPIRE	Well Done Jude for always giving his best effort to every task and sharing his thoughts with the class. Well done, Jude!
DUSTY KNITE	2B	RESILIENCE	Well done Dusty! You have achieved a well done award for Resilience: for solving problems and having a positive mindset.
MAGGIE MCLAREN	2B	RESILIENCE	Maggie is awarded a Well Done award for Resilience - for trying new things and joining in with lunch time clubs.
BEA BEA MACDONALD	2C	ASPIRE	For aspiring to achieve her best during learning activities and for her positive engagement during whole class discussions.
BONI GRIGG	2C	RESPECT	For always showing kindness and respect to her teachers and peers. Well done, Boni.

VALUES AWARDS



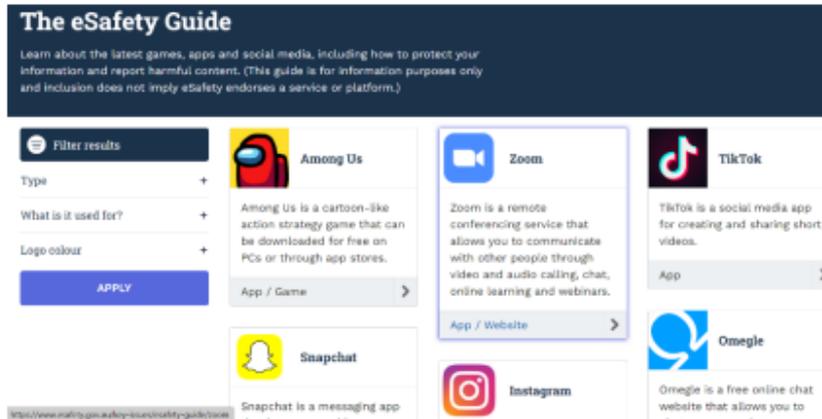
MARCELINE SERAIOCCO	3A	RESPECT	For being a respectful class member and showing kindness towards others.
COOPER HERREEN	3A	ASPIRE	For taking some positive steps towards your learning this week and having a go. Keep it up.
MILA PERRETT	3B	ASPIRE	For your positive attitude to learning and always aspiring to demonstrate your best during all activities. You are a role model and should be very proud of your efforts! Well done, Mila! :)
JACK TABAK	3B	RESPECT	For the respectful and kindness you have demonstrated to others, and for the positive attitude that you demonstrate each day. Congratulations, Jack! Keep up the great efforts! :)
POPPY LONG	3C	RESPECT	For the respectful way she consistently follows teacher instruction and encourages others.
ISAAC CANNAVAN	3C	RESPECT	For the respectful way he interacts with peers and for aspiring to achieve his best in all areas of learning.
HARVEY ALLAN	4A	RESILIENCE	Harvey has had a great start to the year. He gives everything a go, is happy to compromise with others and is learning from the feedback he gets in class. I have been very impressed with his respect of our class rules as well.
JAMES BARRACLOUGH	4B	RESPECT	For being a kind and thoughtful class member.
MARLOW COONEY	4B	ASPIRE	For showing enthusiasm in his learning.
DAISY BEHMANN	4C	RESPONSIBILITY	Always acting in a fair, safe and kind way to everyone at school. Great work Daisy!
ISAAC BARTLETT	4C	ASPIRE	Putting in 100% effort into every task we complete. Great work Isaac!
TATUM VERLAAT	5A	RESPONSIBILITY	For always being prepared with all of her learning materials. Great work, Tatum!
MURPHY WINKLER	5B	RESPONSIBILITY	For consistently doing your class job without prompting, helping our classroom to run smoothly and be organised. Well Done!
EDEN COY	5B	ASPIRE	Asking questions in class to help complete learning tasks to the best of your ability. Well Done - Keep it up!
INDI BARRACLOUGH	5C	ASPIRE	For taking on new challenges in maths with a positive attitude and growth mindset.
HUGO HENDERSON	6A	ASPIRE	For your positive attitude and application to start the year. You are seeing some great results and setting a high standard for your peers.
HAYDEN PROSSER	6A	ASPIRE	For your hard work and positive approach to your learning. You are making the most of your learning opportunities and it shows. Keep it up!

E SMART ONLINE SAFETY NEWSLETTER

[e Smart Update 1 – 2024](#)

“Quick Guide” to popular social media sites and apps.

The **Office of the Children's e-Safety Commissioner** is the face of cyber-safety in Australia, taking over from what was the old Cybersmart.gov.au site.



The **Quick guide to popular social media sites and apps** provides information about the features of different sites, including social networking sites, search engines and online games. By clicking on the logos for each site, you can learn how to adjust your privacy settings, report inappropriate content and find out more about other safety features, including recommended ages. There are more than 50 sites or apps listed in alphabetical order.

Can I please ask that parents look very closely at which apps your kids are accessing and make an informed decision as to the readiness of your child to use these apps accordingly! The age is generally set at 13+ for a reason. **Don't be afraid to be the parent who says NO...I am...or at least try to be!!**

We have reminded the students that the use of social media and messaging apps is **off limits** at school. Any apps used at home should also have the **NOTIFICATIONS turned off** during school hours (as per the BYOD agreement). Parents are asked **NOT** to communicate with their children via this medium. Please use the office as your port of call.

Social media readiness

Is my child old enough to use social media?

Both the physical age of your child and their level of maturity and resilience can impact their ability to handle social media, but as a rule, each social networking site and app has its own criteria for minimum age requirements. Some services cater for more adult audiences (i.e. dating sites).

Why is 13 the minimum recommended age?

Most sites require users to be at least 13 years of age before they can register, although some sites, such as Club Penguin, are created especially for children under 13. Generally, the 13-year age requirement is not necessarily because the site is unsafe for children to use but to comply with a US law – the Children's Online Privacy Protection Act of 1998 (COPPA), which prevents collection and storage of personal information from children under 13 years of age.

For more information, please access:

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

Mr. Mark O'Donnell

[Year 4 & e Smart Bellbrae PS Coordinator](#)





Dear families,

SAVE THE DATE!!

Year 3 – 6 Cyber-safety STUDENT presentation “Think You Know”

Thursday 21st March

HIGHLY RECOMMENDED, especially in light of our BYOD program.

Parents are invited to attend these sessions along with the 3 – 6 students.

- Session 1 (Year 3 / 4) 10:00am – 11:00am (BER BUILDING)
- Session 2 (Year 5 / 6) 11:40am – 12:40pm (STEM BUILDING *downstairs)

Leading Senior Constable Robbie Noggler is a Youth Resource Police Officer in the Barwon region, focusing on Cyber-Safety. He is widely acclaimed in the area as an expert in his field and is highly sought after by schools and other community groups.

The aim of any good Cyber Safety program in schools is to try and keep one step ahead of the game. Much like a good fitness program, we try to constantly monitor what the kids are doing online and rather than be reactive, we would prefer to be proactive.

Robbie has kindly accepted an invitation to speak with our **Year 3 - 6 student cohort**.

One of his main messages will be to keep an open channel of communication with parents / children about their social media use. That way, they will be more likely to come to you if they have a problem or issue.

“Talk to your kids! Don’t wait until there is a problem with the use of social media”

Similarly, encourage your children to come to you if there is a problem and then help to support them to find a solution. Be wary of removing their access to social media as it may limit their willingness to come to you again if something happens to them online in the future.

... “Talk to your children openly to ensure they can talk to you when something goes wrong.”

Robbie will also give some valuable tips and hints for parents to protect their own safety online as well as the safety of their family. He will also point out to the students that what they interpret as “harmless fun” might in fact be breaking the law! Students are sometimes unaware that at age 10 they can be arrested and charged under Australian cyber-safety laws[©]

During his presentation, Robbie will refer at times to the following websites:

Think you know campaign - <https://www.thinkuknow.org.au/>

The Allannah and Madeline Foundation – <https://www.alannahandmadeline.org.au/>

Office of the Children’s eSafety Commissioner – <https://www.esafety.gov.au/>

Bully Stoppers – <https://www.vic.gov.au/bully-stoppers>

Mr Mark O’Donnell

Year 4 / e Smart Bellbrae PS Coordinator

Clubs
Lunchtime clubs including dance, drawing, STEM, gardening, library and sport

Yard Buddies
Yr 5 students supporting younger students in the yard during lunchtimes

Buddy Program
Yr 6 students supporting prep students

EdConnect
Volunteers supporting students in either a Learning Support or Mentoring capacity

Cyber Safety
Police in Schools visit to discuss Cyber Safety and responsible online behaviour

Gate Support
Staff at the gate to support morning transitions

OneWave
A fun and engaging mental health promotion presentation teaching students tips for looking after their mental health and looking after one another

Berry Street
Trauma-informed, whole school approach to wellbeing and engagement

SWPB/RR
School Wide Positive Behaviour Support and Respectful Relationships education across the whole school

Wellbeing Programs Term 1

Mental Health Services and Support

<p>Beyond Blue</p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p>headspace</p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 (9am to 1am daily) headspace.org.au/ehespace</p>	<p>Kids Helpline</p> <p>24/7 crisis support and suicide prevention services for children and young people aged 5 to 25</p> <p>1800 55 1800 kidshelpline.com.au</p>	<p>1800 RESPECT</p> <p>24/7 support for people impacted by sexual assault, domestic violence and abuse</p> <p>1800 737 732 1800respect.org.au</p>	<p>QLife</p> <p>LGBTI peer support and referral</p> <p>1800 184 527 qlife.org.au</p>
<p>Lifeline</p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p>Suicide Call Back</p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>			<p>Mensline</p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>
			<p>13YARN</p> <p>24/7 crisis support for Aboriginal and Torres Strait Islander people</p> <p>13 92 76 13yarn.org.au</p>	

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



Bellbrae Primary School Wellbeing Referral Process

Wellbeing Team

Assistant Principal- Brad Venn

Student Wellbeing Officer- Bree Schmidt

Mental Health and Wellbeing Leader (MHWL)- Kerry Lomas

Observe and Record

- Classroom teacher identifies mental health/wellbeing concern based on observations and/or discussions with colleagues, school leadership/parents/carers.
- Students with an urgent or significant need will have prioritised support in a timely manner.

Discuss and Implement Classroom Supports

- Seek input from teaching team, MHWL and other relevant staff (including previous teachers).
- Classroom teacher to document and implement evidence-based practices/reasonable adjustments to address student wellbeing concern. Implement for an agreed period of time and observe and record student progress.

Wellbeing Referral

- If no change after implementing classroom supports, classroom teacher to complete Wellbeing Referral on Compass (for Student Wellbeing Officer support).
- All referrals begin with the classroom teacher. Parents are able to discuss wellbeing concerns with the classroom teacher to decide on what support is required.

Plan and Implement

- MHWL to inform relevant people of referral (Student Wellbeing Officer and Leadership) and meet with classroom teacher.
- Wellbeing Team to assess, plan and implement school-based supports and communication with parents/carers. Weekly Wellbeing Team meetings to discuss referrals.
- A support plan may include referrals to external services.

Monitor

- Classroom teacher, Student Wellbeing Officer and MHWL to monitor student progress and adjust supports as required.



MEGA LEGO CLUB

GEE LONG
REGIONAL
LIBRARIES



DROP IN AFTER SCHOOL

Play and build with LEGO®.
Take up the weekly
challenges or freestyle your
own brick creations. Ages 5+

Every Thursday during school term
3:30pm to 4:30pm
Torquay Library

Bookings not required.

grlc.vic.gov.au

All events are **FREE** unless otherwise specified.
Online grlc.vic.gov.au
In person at any branch, or phone 03 4201 0500

MELI

Drop-In Service



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:

- would like to build their skills as parents
- may be experiencing family challenges and need support
- would like information about other services available for families
- may need support with referrals to other services

LOCATIONS

Armstrong Creek
Armstrong Creek East
Community Hub
46 Central Boulevard
Armstrong Creek

Bannockburn
Bannockburn Family Services
Centre
2A Pope Street
Bannockburn

Kids +
(available for Kids + clients)
Building LX
Deakin University
75 Piggons Road
Waurn Ponds

Norlane
Norlane Child & Family Centre
52-56 Gerbera Avenue
Norlane

Surf Coast
Kurrambee Myaring Community
Centre
12 Merrijig Drive
Torquay

DETAILS

WHO Parents/Carers/Families

For more information please
call Tina or Dom at Meli:

CONTACT ☎ 5226 8900
or email
✉ groups@meli.org.au

COST FREE (referral or appointment
not required)
Support people welcome

WHERE

[f meli.community](https://www.facebook.com/meli.community) [@meli.community](https://www.instagram.com/meli.community)

groups@meli.org.au



Free online workshop



First Steps to Support & Connection

Do you have a young child with developmental delay or disability?

Then you're probably trying to navigate the huge amount of information to find out what support your child needs.

Register now for one of our March sessions!

This workshop will provide information about where to start and what you need to support your child and family.

More information:

- Duration: 90-minutes
- Bookings are essential
- Content is intended for families of children with developmental delay or disability
- Professional workshop facilitators are all parents or carers of children with disability

Workshop dates:

- Tuesday 12 March – 10:00 am
- Wednesday 13 March – 10:00 am
- Monday 18 March – 7:30 pm
- Tuesday 19 March – 10:00 am
- Wednesday 20 March – 10:00 am

Topics include:

- Respite
- Financial supports
- Self-care
- Staying connected
- Supporting siblings

Read more and register now



bit.ly/ESTSCmarch24

Contact us

educate@acd.org.au
03 9880 7000 or
1800 654 013 (regional callers)





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

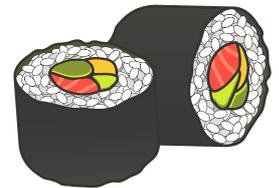
CompassPay
Payment Confirmation

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

CONTACT

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.

facebook.com/meli.community @meli.community

groups@meli.org.au



DEVELOPING SKILLS FOR LIFE

Join Australia's leading childhood development sports program



REGISTER NOW!

- 🌟 Age specific programs for children aged 2.5 -11 years
- 🌟 Term based program
- 🌟 Accredited and trained coaches
- 🌟 Classes held indoors
- 🌟 1 hour classes

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www.soccajoeys.com.au | 1300 781 735

facebook.com/soccajoeys @soccajoeys

Sometimes words are not enough...



Safe Space Creative Arts Therapy offers a nurturing and inclusive environment where women can openly explore their thoughts, feelings and emotions at their own pace through creative expression.



My name is Anna Nielsen, a qualified Creative Arts Therapist working with adult women, based in the beautiful Wadawurrung Country on the Surf Coast.



What I Do

I work with adult women to help improve wellbeing, women who are experiencing all kinds of challenges. Some examples of this might be feeling overwhelmed, trauma, depression, anxiety, self-doubt, relationships, stress, worry, grief and loss, isolation, and loneliness.

How I Work

I combine talk therapy and creative art expression, focusing on non-verbal self-expression to connect with internal experiences. This approach includes using various art materials like paints, sand, clay, or even body movement, offering numerous ways for individuals to express feelings without relying solely on words.

Who It Benefits

If you are a female over 18 years old feeling stuck, indecisive, unsure, worried, stressed, anxious, or overwhelmed, lacking direction, motivation or self-confidence, then Safe Space is for you!

anna@safespaceartstherapy.com
safespaceartstherapy.com
150 McCanns Road, Mt Duneed, 3217



SIMPLIFY & SORT

"Where Clutter Ends, Calm Begins"

Are you a busy person, do you run a busy household?
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If you don't have time, we do!

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- 🌸 Eco-friendly practices

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

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Contact us today. Let's get started!

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WOODEN
BOAT
FESTIVAL
GEEELONG 2024



AHOY KIDS! WIN A TRIP ON A PIRATE SHIP

11AM, SUNDAY 10TH MARCH 2024



HOW?

Make a pirate hat at home or school, and bring it along to participate in the official pirate hat fashion parade at the Geelong Wooden Boat Festival.

Captain Red Beard along with a special guest will be judging. The winners will get to take a trip on a Pirate Ship!

WHEN & WHERE?

11am, Sunday the 10th March 2024

Other kids activities will also be running from 11am - 2pm

Royal Geelong Yacht Club
25 Eastern Beach, Geelong, Victoria 3220

(the parade will take place on the front lawn, enter via Stony Pier Lane)



WIN!

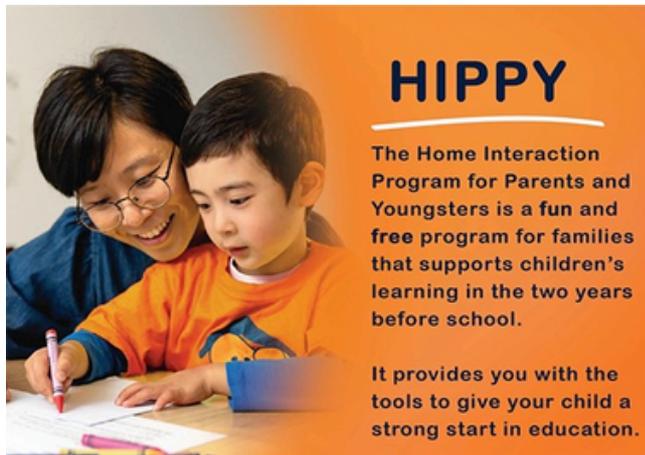
A trip on the Enterprize Tall Ship for you and your family at 2pm on Sunday 10th March, 2024. Each prize is valued at \$105!

HOW TO ENTER

Get a parent/guardian to help you fill out the entry form on the Geelong Wooden Boat Festival website so we know you are coming.

MORE INFO

www.woodenboatfestivalgeelong.com.au/pirate-hat-comp



HIPPY

The Home Interaction Program for Parents and Youngsters is a fun and free program for families that supports children's learning in the two years before school.

It provides you with the tools to give your child a strong start in education.

Our program

Join HIPPY with your 3 year old child and each fortnight, HIPPY Tutors will bring you storybooks and activity packs and practice them with you so that you feel confident doing them with your child.

Each activity helps your child learn through play and supports their development in five different learning areas.

HIPPY only takes 10-15 minutes a day of learning and playing with your child to make change that lasts a lifetime.



HIPPY Tutors

Tutors are HIPPY parents trained in each of the HIPPY activities and will practice them with you at each home visit.

As HIPPY parents, Tutors have the personal experience and community knowledge to support you as you learn with your child.



Supports you as your child's most important teacher

HIPPY Gatherings

Gatherings are fun, welcoming and family-friendly.

They're opportunity for you to meet other HIPPY families, learn about your child's development and to hear about local services and events in your community.



Builds community connections and confidence



For more information contact your HIPPY Leader Angela Duncan

📞 0428 445 267

✉️ angela.duncan@meli.org.au





ST JOSEPH'S COLLEGE GEELONG

COLLEGE TOURS

St Joseph's College Geelong invite you to join our College Tours this semester.

We are proud to continue offering an innovative education, and we welcome all senior primary school boys and their families to come and visit us.

Year 7 applications for 2025 are now open, apply via the college website.

Bookings essential, register via our College Website: sjc.vic.edu.au



Tours commence at 9:00am

Monday 18 March Wednesday 20 March
Tuesday 26 March Wednesday 27 March
Wednesday 17 April Friday 19 April



Year 7 Enrolment Information Evening
Tuesday 5 March, 2024 from 6:00pm to 7:30pm

Open Day Tours
Wednesday 6 March, 2024: 9:30am to 10:30am

**Selected Entry Advanced Learning
Program Information Evening**
Tuesday 26 March, 2024: 6:30pm to 7:30pm

For further information, contact our office on
(03) 4243 0500 or
matthew.flinders.girls.sc@education.vic.gov.au



International Women's Day

Join us as we celebrate this year's theme **'Inspire Inclusion'** with a panel of local Surf Coast women sharing their stories of inspiration.

Friday 8 March, 10am - 12pm

Register here: www.eventbrite.com.au/e/international-womens-day-2024-tickets-816112473377?aff=oddtcreator
or scan the QR code



#InspireInclusion



ONE PLANET FESTIVAL



Fun for all ages!

Free Entry

SATURDAY 16TH MARCH, 2024
11AM TO 5PM
ELEPHANT WALK - TORQUAY

WELCOME TO COUNTRY - LIVE MUSIC - LOCAL ENVIRONMENT GROUPS & GREEN BUSINESS MARKET STALLS - TALKS - MINI WORKSHOPS - SHORT DOCO'S/ FILMS - KIDS ZONE - FACE PAINTING - FOOD VANS - EV EXHIBITS & E-BIKE DEMONSTRATIONS - RECYCLE STATIONS - YOGA

Special thanks to our sponsors



This festival is supported by the Surf Coast Shire Council

www.oneplanetfest.com.au



SCAN HERE TO FIND OUT MORE



Noah's Ark Geelong Everyday Learning and Therapy



Are you looking for services to support your child?
If so, we have spaces available for...

Physiotherapy

We are accepting bookings **NOW** for a February/March start!

What can you expect from our Physiotherapists?

Our Physiotherapists will work with you to find fun ways to support your child's physical development and movement, such as rolling, sitting, crawling, walking, jumping, hopping and climbing.

Our Physiotherapists can also assist with physical skills such as strength, endurance, walking difficulties, balance or coordination. They will work with you to help your child to develop these skills at home, the local park, pre-school, swimming lessons, preschool and school.

If your child needs specialist equipment to help them get around, join in, or to be more independent, they will assess your child's needs and help you find the supports that suit your child and family life.



Noah's Ark Geelong Everyday Learning and Therapy



Are you looking for services to support your child?
If so, we have spaces available for...

Occupational Therapy

We are accepting bookings **NOW** for a February/March start!

What can you expect from our Occupational Therapists?

An Occupational Therapist can help your child build their independence in everyday activities such as eating, dressing, toileting, sleeping and joining their friends in play.

We'll help you find fun and motivating ways to develop your child's skills such as holding a spoon or pencil and using scissors at home, pre-school or school.

Our Occupational Therapists help you to understand your child's sensory needs and find ways that support them to improve their attention, enjoyment and success in their preferred everyday activities.

We can also support your child's independence through home modifications or assistive technology where suitable. Our Occupational Therapists can help you find the support that suits your child and family life needs.

2024
SURF COAST CALISTHENICS

Tinies - 3-7 yrs
Saturday 9.00am - 10.00am

Sub-Juniors - 10 yrs & under
Wednesday 4.30pm - 6.30pm

Juniors - 13 yrs & under
Wednesday 4.30pm - 6.30pm

Intermediates - 17 yrs & under
Wednesday 6.00pm - 8.30pm

Seniors - 16 yrs & over
Monday 6.00pm - 8.30pm

Call Kids - 18 months - 5 yrs
Thursday 9.30am - 10.15am

All Abilities
Wednesday 4.00pm - 5.00pm

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PARENTS FOR CLIMATE

ONE PLANET FESTIVAL

Empowering Communities, Protecting Earth

SATURDAY 16th MARCH, 2024

11AM TO 5PM

Elephant Walk, Torquay

To register interest in joining Noah's Ark Geelong, scan the QR code or visit the Therapy Services page of our website.





Quality music education since 1988

GEELONG YOUTH CHOIR
Incorporating Let's Make Music! & Voices of Geelong



2024 ENROLMENTS NOW OPEN



We are excited to have all our children's choirs running in 2024. Meeting each Wednesday afternoon at Deakin University Waurn Ponds campus, we welcome enrolments in:

- Vivace Choir (5-7 year olds)
- Prelude Choir (8-10 year olds)
- Cantore Choir (10 years +), featuring workshop extension program in Term 1

We offer fully qualified teachers, with professional accompaniment. Come along for beautiful music, fun and friendship.



For more information about the program please visit geelongyouthchoir.com



Families understanding addiction

breakthroughforfamilies.com

Family Drug and Gambling Helpline:
1300 660 068

FAMILIES: GET THE FACTS, DEVELOP STRATEGIES, FIND OUT WHERE TO ACCESS HELP AND SUPPORT



Breakthrough is a program for family, friends and partners of people with addictive behaviours and offers practical strategies about how to talk to loved ones about their substance use, better respond to and manage challenging behaviours, and make self care a priority.

FACTS

Breakthrough explains the effects substances have on the brain and the relationship between drug use and mental health. We also explore the process by which people decided to seek help for their addictive behaviours and how families can support these decisions.

STRATEGIES

We provide practical strategies to help family members discuss drug use, set boundaries, develop safety plans and work on self-care. Managing challenging behaviours and keeping family members safe and functioning during difficult times is also explored.

HELP

We provided families with the skills and knowledge to navigate the alcohol and drug treatment system and obtain the best possible outcomes for loved ones. We explore some of the barriers to seeking help and how to overcome these. All participants are given information about ongoing support activities.



HARMONY UNLEASHED UNLOCK YOUR POTENTIAL!

Geelong Youth Choir Workshop Series

Join us every Wednesday between
4:30pm-6:30pm

Ages 10-18 Years
Term Fee: \$250

Scan the QR code to register now!

For more information head to our website:
www.geelongyouthchoir.com.au

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Kids, teens and adults welcome.

Campers supported by professional staff.

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



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



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TORQUAY**

1a Fischer Street
Torquay

PH: 03 9828 7550

womenshealthtorquay.com.au

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



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 string 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 in St David's Church Hall
at the corner of Aphrasia St and Talbot St in Newtown
from 4.15-6.00pm each Friday during term
(with a snack break at 5:15)

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:

We are rebuilding and our groups are fluid.

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: \$170 each term, discount available for families.

Come & Try

Any questions, please contact Rachel Anderson 0400 642 328
or email bcs.news@outlook.com

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



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



ANGLESEA PRIMARY SCHOOL

Village

FAIR

SATURDAY 9 MARCH
3 - 7PM

ANGLESEA PRIMARY SCHOOL

MAKERS & GROWERS MARKET
LIVE MUSIC | GREAT FOOD | BOUTIQUE WINE & BEER
RIDES & ENTERTAINMENT FOR THE WHOLE FAMILY



MELI

Strengthening Family Connections



Would you like some support to manage challenges with your kids?

Strengthening Family Connections is a FREE 8 week program for parents and their children aged between 8 and 12 years. The program aims to build a positive family culture and strengthens connections in families, improving communication and leading to successful, confident kids and parents.

Benefits to parents

- Learn strategies to manage difficult behaviour
- Develop confidence to set limits and boundaries
- Long term reduction in depression and anxiety

Benefits to children

- Learn to understand and manage their emotions
- Learn communication and life skills
- Learn to problem solve

FOR MORE INFORMATION

LOCATION Poa Banyul Community Hub
110-122 Unity Drive
Mount Duneed

DATES 7 February - 27 March 2024

DAY/TIME Wednesdays
5.00pm - 7.30pm

CONTACT For more information contact the school or contact Tina W at Meli on 5226 8900

COST FREE



A family meal is provided at the end of every session of the SFC program

GROUP	VENUE	DATES	DAYS/TIMES
 <p>BABY COLLEGE</p>	<p>Korayn Birralelee Family Centre (Early Help) 146 Purnell Road Corio</p>	<p>Every school term Term 1 dates: 31 January – 27 March</p>	<p>Wednesday 1.30pm – 3.30pm</p>
 <p>BUMPS TO BUMBS <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small></p>	<p>Northern Bay Family Learning Centre (Early Help) Goldsworthy Road Corio</p>	<p>Every school term Term 1 dates: 31 January – 27 March</p>	<p>Wednesday 1.30pm – 3.00pm</p>
 <p>BUMPS TO BUMBS <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small></p>	<p>Armstrong Creek East Community Hub 46 Central Boulevard Armstrong Creek</p>	<p>Every school term Term 1 dates: 31 January – 27 March</p>	<p>Wednesday 1.00pm - 2.30pm</p>
 <p>BUBS TO TOTS</p>	<p>Northern Bay Family Learning Centre (Early Help) Goldsworthy Road Corio</p>	<p>Every school term Term 1 dates: 31 January – 27 March</p>	<p>Thursday 10.00am – 11.30am</p>
 <p>CIRCLE OF SECURITY</p>	<p>Poa Banyul Community Hub 110-122 Unity Drive Mount Duneed</p>	<p>13 February – 19 March</p>	<p>Tuesday 9.30am – 11.30am</p>
 <p>BRINGING UP GREAT KIDS</p>	<p>Leopold Child & Family Centre 31-39 Kensington Road Leopold</p>	<p>15 February - 21 March</p>	<p>Thursday 9.30am – 11.30am</p>
 <p>TUNING IN TO KIDS</p>	<p>Kurrambee Myaring Community Centre 12 Merrijig Drive Torquay</p>	<p>15 February - 21 March</p>	<p>Thursday 12.30pm – 2.30pm</p>
 <p>TUNING IN TO TEENS</p>	<p>Meli 16 Ballarat Road Hamlyn Heights</p>	<p>13 February - 19 March</p>	<p>Tuesday 12.30pm - 2.30pm</p>
 <p>STRENGTHENING FAMILY CONNECTIONS</p>	<p>Poa Banyul Community Hub 110-122 Unity Drive Mount Duneed</p>	<p>7 February - 27 March</p>	<p>Wednesday 5.00pm to 7.30pm</p>

