



# 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**

**djirnap**  
Cockatoo  
Pronounced: jirnap



**kawirr**  
Emu  
Pronounced: kawerr




**THIS WEEK FROM THE PRINCIPAL**

**Grade Five Charity Expo** - On Thursday our Grade Five students held their annual Charity Expo, which was well attended by students, staff and parents. Students in the year level set up a range of activities that require a small donation to participate in. All the money raised is then donated to selected charities. It is a fantastic initiative with great outcomes for both student learning and the charity beneficiaries. Thanks to the staff and students for their organisation, and all the people who participated.

**Transition** - We had another successful Transition Day on Wednesday. This included Prep Students who will be starting in 2025, as well as existing classes visiting their new level for next year. We understand that moving to a different area and establishing new relationships can be challenging for some students, so we hold a number of transition days and then also spend the first two weeks of Term One engaged in the 'Starting Right Program.' This program gives every student an opportunity to have input into their class environment, agreed expectations, common understandings, and ultimately increases their voice and agency.

**Building Update** - Our latest news from the company who is managing the re-instatement works, is that we should have our Foundation Students back in their normal classrooms by the 9th of December. Currently the plasterers and carpenters have been hard at work, and will be followed by the painters and carpet layers. Once all the trades people have finished, we can begin the task of moving furniture and resources so that teachers can set up their learning space to welcome the students back into their rooms.

**School Council** - The next School Council Meeting will be on Monday 9 December. Items of discussion will include traffic management, long-term planning, the 2025 staffing profile, a Mayfair Review, Canteen operations, potential new playgrounds, and a reflection of some of the SC's achievements this year.

**Oval** - Part of the oval will be closed from next week to prepare for the installation of new turf. To ensure we have adequate play spaces for our students, we'll keep the southern part of the oval open, have the nature play space behind the Edible Garden supervised, open the gymnasium during breaks, as well as maintain access to the basketball court and playgrounds. Over the summer break we will also be installing some more synthetic turf to cover some concreted areas, which will assist in creating cooler and safer recreational spaces for our students.

**Aquatic Survivor Program** - In order to promote 'real-life' skills in our students, the senior grades participate in a beach-based water safety program instead of using the swimming pools in Geelong. Activities include water safety, beach ecology, responsible use of surf equipment, identification of dangers/rips, First Aid, beach games and Nipper type competitions, such as 'flags.'

Have a great weekend, and we look forward to as many parents as possible attending the drama productions that our senior students will be presenting on Thursday 12 December at 2.30 (Grade 5), and Friday 13 December at 2.30 (Grade Six). The students are really looking forward to the productions and based on last year, they will be highly entertaining!

Adrian Waters

**IMPORTANT  
DATES & INFO**

**ASSEMBLY DATES**

5th December

**Fri 29th November - Wed 4th December**

Grade 5 - 6 Aquatic Survivor

**Thurs 12th December**

Grade 5 production at 2:30pm

**Fri 13th Dec**

Grade 6 Production at 2:30pm

**Wed 16th December**

Grade 6 Graduation

**20th December**

End of Term  
1:30pm End of Day

**2025 DATES**

**Curriculum Days -**

**Tues 28th and Wed 29th**

(Staff will be on site and the office will be open for any queries)

**First day of term 1 for students -**

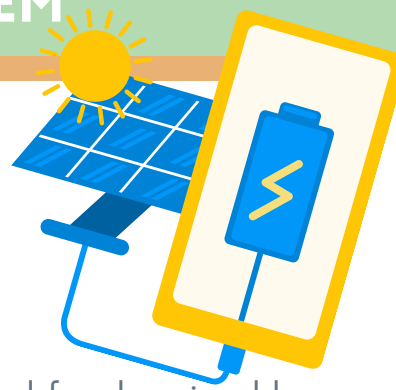
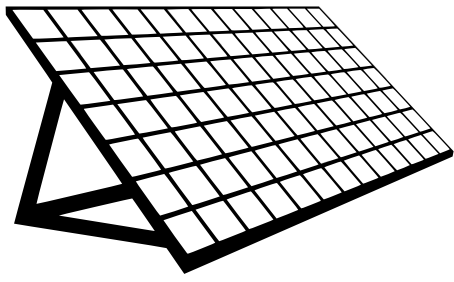
Thursday 30th January

Foundation Students - No school on Wednesdays for the month of February.



5261 2660

# OUR NEW SOLAR SYSTEM



## BIRTHDAYS

HAPPY BIRTHDAY



23rd November  
Lucia Johnson  
Lucy Torney

27th November  
Jack Packham

29th November  
Christie Rose  
Banjo Steele

30th November  
Alby Tripp  
Evie De Prada  
Senn March

1st December  
Addis Ogden

4th December  
Orwell Sawyer

5th December  
Jayton Erasmus

6th December  
Xavier Drury  
Jude Ryan  
Francisco Birnie

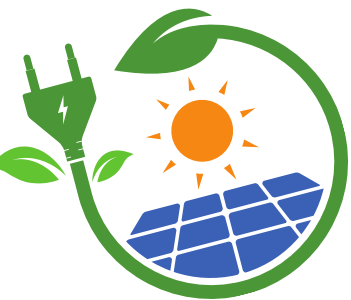
7th December  
Goldie Carracher  
Harriet Madeley  
Stella Capon  
Leroy Warner  
Jake Takle  
Chloe Tayler

10th December  
Sonny Carracher  
Thomas Baker

11th December  
James Holland  
Joshua Manderfeld



Over the September school holidays we utilised funds raised by our school community to install a 52.8W solar system on the Warri Stadium roof. We have been blown away with the efficiency of the system. It is regularly producing at maximum capacity and more than meeting our electricity demand. Yesterday, whilst it was 22C and partially overcast the system was generating 50kW, we were using 40kW and 10kW were being sent back to the grid (as the data is rapidly changing there is some variation in the image below). There are other days where we may not see such generation, but overall the system meeting our expectations and will 'pay for itself' in three to five years!



## Current Power



# SCHOOL ROAD SAFETY SURVEY



## School Road, Bellbrae, road safety improvements survey

November 2024

In response to community and resident concerns about safety at school pick up and drop off, we made some temporary changes to parking along School Road, Bellbrae for term three and four. We believe these changes have improved pedestrian safety, traffic flow and residents access to properties.

Some new issues have emerged including parking on nature strips, parking on the yellow line, cars staying longer than two minutes in the limited time parking area and cars driving on footpaths. Please note that driving on the footpath is dangerous and illegal and Police have been notified.

We are also aware the yellow line has faded and will repaint the yellow line with the roadworks planned in January 2025.

As we come to the end of the school year and the end of this trial, we want to hear from you and your thoughts about these changes and any further improvements that can be made.

This short survey seeks to find out your view, which will be combined with data we have collected and feedback from road safety experts to make sure these are the best changes that can be made for improving road and pedestrian safety on School Road.

Access the survey through this QR code, or [yoursay.surfcoast.vic.gov.au/BPSroadsafety](https://yoursay.surfcoast.vic.gov.au/BPSroadsafety)



This survey will close on Friday 6 December 2024

# F - 2 ATHLETICS DAY

Well done to all our amazing P-2 students who participated in our Athletics Day last week. It was great to see everyone participating with a smile and having a great time with their friends.

The focus of our Athletics day was on participation and fun and we definitely achieved that.

We would also like to say a big thank you to all the teachers who helped with the day we appreciated your help and support.

Thank you to our incredible House Captains who made the day so special for our younger students!

Congratulations to Follett who won the overall House point total and all our P-2 students for such an amazing day.



# VOLUNTEERS NEEDED

Dear Families,

We are looking for some families to help take care of our 5 chickens over the summer holidays. It would involve committing to a week and coming up to school every few days to let them out, water the vegie garden and check their food and water and then lock them away again.

If you can commit to one of following weeks please contact Mr O'Donnell.

December 21st -28th

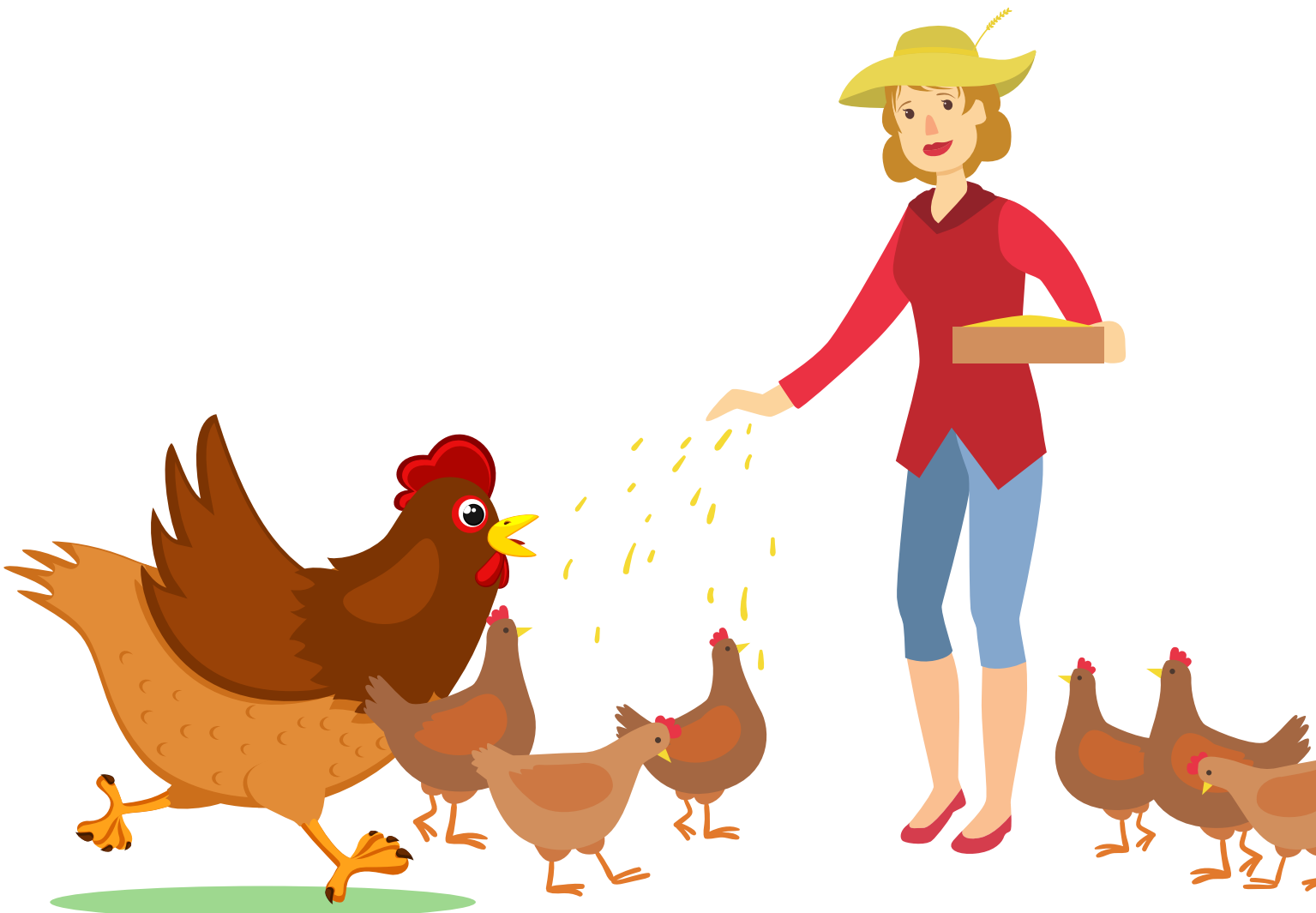
Dec 28th - Jan 4th

Jan4th - Jan 1th





Jan 11th - 18th

Jan 18th - 25th

Thanks so much for helping support outdoor learning at Bellbrae Primary.



# VALUES AWARDS

 <b>ASPIRE</b>	 <b>RESPECT</b>	<b>RESILIENCE</b> 	 <b>RESPONSIBILITY</b>
SARI CROWE FD	HUNTER CROWTHER FC	CHARLOTTE SEIFFERT 4B	LYLA HAMMOND FB
BEN SCHNABEL FD	BELLE KELLY FE	AMANDUS BAKER 4C	BANKS BOWEN FB
TED BETTS 1B	ELKA OGDEN FE		SADIE WARNER 1B
REUBEN VETRONE 1D	QUINN CANNAVAN 2C		ANDREW NEDUZHYI 1B
RUBY MCVERRY 2A	LOLA MUGAVIN 4C		OLIVER MAULE 4B
ORLA TURNER 2A	JUSTICE JEFFERY 5B		JAMES BARRACLOUGH 4B
COCO LEGGETT 3C	HAZEL BOYD 6B		EVIE DE PRADA 5A
ARLO AQUILINA 3C			
ARCHER DRURY 3C			
KAYDEN GLENNIE 4B			
GEORGIA SMEDLEY 5A			
MILEY HOGAN 6B			



## School Wide Positive Behaviour Weekly Update

Our whole school focus for Weeks 9 and 10 will be showing our school value of Responsibility- We keep our learning spaces tidy (classroom). All classes will engage in teaching and learning activities that explore:

- Keeping our tables clean and tidy.
- Returning things to the right place once we have used them.
- Using the different bins in our classroom correctly.
- Pushing chairs in when we are not using them.
- Understanding that it is a shared responsibility to keep our learning spaces tidy.



# INDONESIA AND CULTURE DAY AT BELLBRAE PS

Indonesia & Culture Day - December 11 2024

It's less than 2 weeks until Indonesia & Culture Day, when the amazing team from BagusKan! come to our school to present a series of authentic Indonesian cultural dance, craft, movement and music workshops and performances including gamelan, pencak silat, angklung and tari topeng throughout the day. Students are invited to dress up in Indonesia's national colours (red and white) for the day, or to wear their uniform with a touch of red or white. Just a reminder to make your payment of \$10 per student through Compass before the 6th of December.

We are excited to announce that to celebrate Indonesia Day, the canteen will be offering a special Indonesian lunch order throughout the week. The special will be Nasi Goreng & an icy pole for \$10. Please submit your order on Compass by next Wednesday 4th December.

In anticipation of a large number of orders, each year level will be allocated a day in which they will be able to order their special:

Monday - Foundation

Tuesday - Sushi orders as normal

Wednesday - Grade 1 & 2

Thursday - Grade 3 & 4

Friday - Grade 5 & 6

If you are interested in helping out in the Canteen for this special lunch order, please contact the Office.

We are excited to bring our Indonesian learning to life on our special incursion day!

Terima kasih!

Bu Kelly, Bu W dan Pak Brett



## ***e Smart update 14 (2024)***



### **Technology (application) update: Minecraft**

Minecraft is a virtual building game that allows players to build with a variety of blocks in a 3D environment to create their own world. It is an open world or sandbox game, meaning that players have the ability to create, modify or destroy their environments and they are free to choose how they play the game. Other activities include exploration, resource gathering, crafting objects or items and combat with other players. Players can interact with other players in the Minecraft world and use online chat. In-app purchasing is also available.



available to anyone



People of all ages can play Minecraft. However, children under the age of 13 are unable to create a Mojang account without their parents' permission.



Your username, age and country location can be seen by other players in the game. If you do not want to share any information with other players, you may choose to create and/or play on a private server. This is called **whitelisting**.



Minecraft are unable to moderate player behaviour or server content. All servers are privately run, and players are responsible for their actions server to server.



block content...see above.



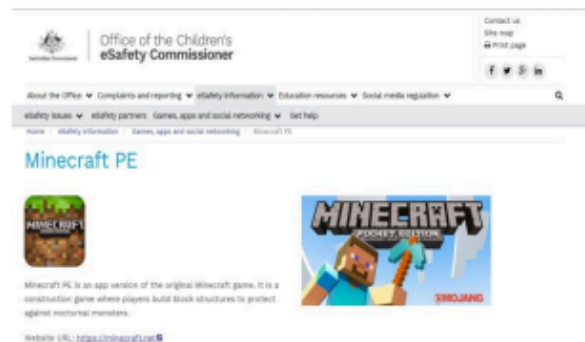
change default settings...see above.



Minecraft PE can be purchased from the iTunes app store. You can also make in app purchases.

For more information, please log onto;

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



Mr O'Donnell

Year 4 & e Smart Coordinator



# 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.

## PARENT EDUCATION EVENTS

GEELONG and BARWON  
SOUTHWEST REGION



### TERM 1, 2025

All Regional Parenting Service programs along with MELI (formerly Barwon Child Youth & Family (BCYF) and Bethany), Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.

#### BRINGING UP GREAT KIDS

##### The First 1000 Day

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

#### BRINGING UP GREAT KIDS

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 years.

The program aims to:

- develop parents' skills to enhance communication with their child/ren;
- promote positive interactions between parents and their child/ren;
- encourage the development of a child's positive self-identity.

#### CIRCLE OF SECURITY

Circle of Security is an 8-week supportive program for parents of children aged birth to 5 years.

The program aims to:

- help parents understand how to build feelings of security for children in their early years;
- assist parents with skills to build on the positive relationship with their child;
- develop confidence in parents to respond to their child in a way which builds a secure foundation for children.

#### TUNING IN TO KIDS

Tuning in to kids is a 6-week supportive program for parents of children aged 4 to 10 years.

The program aims to:

- help parents teach and support their child/ren to understand and manage their emotions;
- support parents in encouraging children to express emotions appropriately;
- maximise children's social, behavioural and learning outcomes.

#### BRINGING UP GREAT KIDS

##### Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years. This 6-week program will look at having a better understanding and being able to support your adolescent.

- Finding meaningful ways to stay connected with your adolescent;
- Understand that all behaviour and interaction have a meaning attached to it;
- Develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and attitudes;
- Develop skills to identify and manage their stress associated with parenting.

#### STRENGTHENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-week program for parents and their children aged 8 to 12 years. The program aims to build a positive family culture and strengthen family connections.

### Parent Education Events

Term 1, 2025

#### OUR KIDS – Parenting After Separation

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for 6 weeks during school terms. Morning and evening sessions are available.

#### FLOURISHING FAMILIES

A 5-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- how you can promote resilience;
- increase awareness of your family's strengths;
- create and nurture positive family relationships;
- give feedback to support individual growth.

#### THE ANXIETY COACH

##### Reducing Anxiety and Building Resilience in Children

A 5-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

#### TUNING IN TO TEENS

Tuning in to teens is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- support parents to connect and communicate with their teens;
- assist parents with understanding adolescent development;
- help parents to assist their teen to develop emotional intelligence;
- remain empathetic and stay connected.

#### THE DAD WORKSHOP

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- your relationship with yourself;
- your relationship with your partner;
- your relationship with your kids.

#### POSITIVE PARENTING PROGRAM

Available online via the Triple P website

[www.triplep-parenting.net.au/vic-ukn/triple-p/](http://www.triplep-parenting.net.au/vic-ukn/triple-p/)

#### LIVING WITH TEENS

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program aims to cover:

- what parents need to be able to meet teen's needs;
- what teens need from parents;
- adolescent development.

#### BUMPS TO BUBS

Bumps to Bubs brings young mothers and mothers-to-be (up to 23 years) with babies 0 to 1 year, together to support the journey of parenting.

#### BUBS TO TOTS

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 2 year age group together for support and education.

#### DADS TUNING INTO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 12 years.

The program aims to:

- help dads to effectively tune in to their child's emotions;
- encourage dads to strengthen their emotional connection with their child;
- support dads to build skills in emotion coaching to assist their child's individual needs.

#### STEPPING STONES

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

#### GRANDPARENTING PROGRAM

Being a grandparent is one of the most exciting times in our life. A lot of information and safety recommendations have changed since we had our own young children.

In this session, come together with other grandparents to discuss some of the fun times we share with our grandchildren but to also look at the many guidelines that have changed since we had our own young children.

# WELLBEING NEWSLETTER

## Parent Education Events

Term 1, 2025

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Wurriki Nyal 137-139 Mercer Street, Geelong	Tuesdays 11 Feb – 18 Mar	7.00pm - 9.00pm	 <p><b>Regional Parenting Service</b></p> <p><a href="http://www.geelongaustralia.com.au/parenting">www.geelongaustralia.com.au/parenting</a></p> <p>Ph: 5272 4741</p> 
The Anxiety Coach	Online via Zoom	Mondays 03 Feb – 03 Mar	7.00pm - 9.00pm	
Circle of Security	Virginia Todd 9-15 Clarence Street, Geelong West	Tuesdays 11 Feb – 01 Apr	7.00pm - 9.00pm	
Grandparenting Program	Virginia Todd 9-15 Clarence Street, Geelong West	Tuesdays 04 Mar – 25 Mar	1.30pm - 3.00pm	
Parenting your Teen	Online via Zoom	Wednesdays 19 Feb – 26 Mar	7.00pm - 9.00pm	
Bringing up Great Kids	Wurriki Nyal 137-139 Mercer Street, Geelong	Thursdays 13 Feb – 20 Mar	7.00pm - 9.00pm	
Flourishing Families	Online via Zoom	Thursdays 13 Feb – 13 Mar	7.30pm - 9.00pm	
Our Kids – Parenting after Separation	Family Relationship Centre 1/100 Brougham Street, Geelong	Thursdays 13 Feb – 20 Mar	12.00pm - 2.00pm	 <p><b>Family Relationship Centre</b></p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></p> <p>Ph: 5246 5600</p>
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates and times		 <p><b>Drummond Street Services</b></p> <p><a href="http://ds.org.au/events/">ds.org.au/events/</a></p>



## Parent Education Events

Term 1, 2025

Program	Location / Venue	Days / Dates	Time	Bookings
Circle of Security	Armstrong Creek Community Hub 46 Central Boulevard, Armstrong Creek	Thursdays 13 Feb – 03 April	10.00am - 12.00pm	 <p><b>MELI</b></p> <p>Meli, the new name for BCYF and Bethany</p> <p><a href="http://www.meli.org.au">www.meli.org.au</a></p> <p>Ph: 5226 8900</p> 
Tuning into Kids	Meli 16 Ballarat Road, Hamlyn Heights	Thursdays 13 Feb – 20 Mar	10.00am - 12.00pm	
Strengthening Family Connections	Meli 16 Ballarat Road, Hamlyn Heights	Wednesdays 12 Feb – 02 Apr	4.30pm - 7.30pm	
Tuning in to Teens	Meli 222 Malop Street, Geelong	Tuesdays 11 Feb – 18 Mar	10.00am - 12.00pm	
<b>To express your interest for the following programs please contact MELI</b>				
<b>Bumps to Bubs</b>		<b>Bubs to Tots</b>		
Circle of Security	Online via Zoom	Tuesdays 11 Feb – 01 Apr	TBA	 <p><b>CatholicCare Victoria – Warrnambool</b></p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></p> <p>Ph: 4344 4588</p> <p>E: <a href="mailto:helen.diamond@catholiccarevic.org.au">helen.diamond@catholiccarevic.org.au</a></p>
Circle of Security (Abbreviated version)	Childrens Services Building	Tuesdays 18 Feb – 18 Mar	6.30pm - 8.30pm	
Living with Teens	Online via Zoom	Thursdays 06 Mar – 20 Mar	6.30pm - 8.30pm	





# REWILDING THE RIDGELINE

## RESTORING NATURAL HABITAT AND BIODIVERSITY WITH YOUR FAMILY AND COMMUNITY



### Make a positive environmental impact:

Help restore local ecosystems and learn about native flora, fauna and fungi.

### Held in Friday "Community hour":

- Community hour is Friday's when assembly isn't on (dates to be confirmed).
- Sign out your kids\* at the office at 2:30pm.
- Head down to the bike path beside the Great Ocean Road.
- Parents and kids both participate - it will be fun.
- Rewilding finishes at 4pm.



### Get involved:

Sign up to **Rewilding the Ridgeline WhatsApp group** by contacting James (Patto) Patterson on **0403 943 757**. More details to come.



\*Please note that your child might miss out on other Curriculum-based learning during Community Hour



JAMES PATTERSON 0403 943 757

[www.springcreekvalley.org](http://www.springcreekvalley.org)

**SPRING  
CREEK**





# Bellbrae Business Directory

Showcasing local businesses who support Bellbrae Primary

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

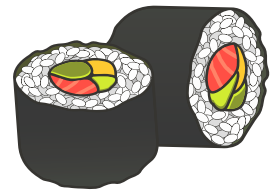
CompassPay  
Payment Confirmation

## Canteen - Specials

Please see canteen menu on the Compass App

## Sushi Tuesdays

Online Only by 8pm Monday Nights [healthysushi.square.site](http://healthysushi.square.site)



## COMMUNITY NEWS

**GIVE KINDNESS**  
**THIS**  
*Christmas*



Donate to the Geelong Giving Tree Appeal

15 NOV - 10 DEC

[geelonggivingtree.com.au](http://geelonggivingtree.com.au)





# Adopt a Surfcoaster this Christmas



**+Bringing Joy to Families in the Surf Coast Shire  
Spread Christmas Cheer – Help a Family in Need**

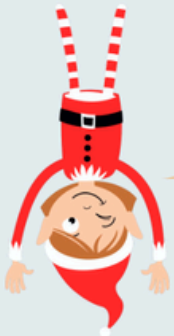
## How You Can Help

We're calling on our amazing Surf Coast community to make this Christmas unforgettable. Donations of gifts or essential items can bring smiles to the faces of local children.

### Gift Suggestions

We welcome gifts for children aged newborn to 18 years. Consider donating:

- Toys & Games: Board games, Lego, beach toys, balls, puzzles
- Gift Vouchers (Mecca, Rebel, JB Hi-Fi, Bounce, Live Wire Park)
- Books (all ages)
- Art Supplies: Craft kits, drawing sets
- Beach Gear: Towels, hats, sunglasses
- Personal Care: Perfume, cologne, skincare packs, deodorant sets
- Chocolates/Stockings
- Fashion: Backpacks, water bottles, socks, jewellery, make-up packs
- Please include wrapping supplies so families can wrap gifts themselves.



# Together, Let's Spread Christmas Magic!

**B Bendigo Bank**

Community Bank  
Surf Coast 

Drop off points

Community Bank Winchelsea  
11 Main Street Winchelsea

Community Bank Anglesea  
65 Great Ocean Road Anglesea

Community Bank Lorne  
1/32 Mountjoy Parade Lorne

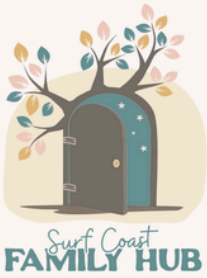
If you or someone you know could  
use support this Christmas

Ph: Liza 0431204 875

Email: [adoptasurfcoaster2024@gmail.com](mailto:adoptasurfcoaster2024@gmail.com)

 **Adopt A Surfcoaster - Christmas 2024**

This service discreet, confidential, and anonymous.



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

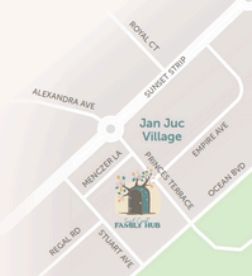
[www.surfcoastfamilyhub.com.au](http://www.surfcoastfamilyhub.com.au)



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



Surf Coast

## GUITAR LESSONS

Beginner - Advanced

LEARN GUITAR WITH LOCAL MUSICIAN TOMMY CASTLES.

PAST STUDENTS HAVE BEEN ACCEPTED INTO VCA, VCASS & MONASH UNIVERSITY FOR FURTHER MUSICAL STUDY.

TOMMY CATERS HIS LESSONS FOR STUDENTS INDIVIDUALLY AS WE ALL HAVE DIFFERENT MINDS, AND THINK / LEARN DIFFERENTLY!

LESSON COSTS:  
30 MINUTES - \$50  
60 MINUTES - \$70

TOMMY - 0405 128 108  
[TOMMYCASTLESMUSIC@PROTONMAIL.COM](mailto:TOMMYCASTLESMUSIC@PROTONMAIL.COM)



Does your *child* need someone to talk to?

Child Therapist  
**Meaghan Cook**

MPP, GradDip Psy (Adv),  
Grad Dip Psy, Grad Dip Ed, BA



**Book online**

[barwonheadsfamilypractice.com.au](http://barwonheadsfamilypractice.com.au)

P: 03 42441030



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.



## Ready, Set, Prep!



Get the tools you need to support your child's transition into prep in 2 online webinars!

Only \$60!!



**Ready, Set Prep!** prepares you to support your child in 2 convenient online webinars. Whether your little one is feeling excited or apprehensive about the move to school, there's no doubt that starting prep is a big transition. These webinars help caregivers understand what's likely to be happening for your child, as you learn about the brain, emotions, anxiety, the nervous system. You will also be offered practical strategies, handouts and resources to support your child and your family in preparing for the school transition.

Join in Live  
25th Nov &  
2nd Dec

or watch  
the  
recordings!

For more info  
scan the  
QR Code



## Bird Rock play Therapy



Is your child struggling with emotions, behavioral challenges, or social difficulties? Play therapy offers a compassionate and creative approach to help children express themselves, process their feelings, and develop coping skills through play.

Using toys, sand trays, games, art, and imaginative play, children are able to express their thoughts and feelings in ways that feel safe and natural. Nikki guides children in processing difficult emotions, resolving conflicts, and learning healthier ways of coping.



### Benefits of Play Therapy:

- Improves emotional regulation
- Enhances communication skills
- Helps manage anxiety, depression, and trauma
- Builds self-esteem and confidence
- Strengthens social skills and relationships



Nikki holds a Bachelor of Education, 10 years experience as a teacher, has completed a Masters of Play Therapy and is registered with APPTA.

### GET IN TOUCH

- ☎ 0403522796
- 🌐 [www.birdrockplaytherapy.com.au](http://www.birdrockplaytherapy.com.au)
- 📍 I can go to your child's school/kinder, or have a Space Set up in Jan Juc



## The School Holiday Juggle is Real!

Can't get a spot in the holiday program?  
Our Nannies can help with in home care these holidays

Book a nanny now and enjoy peace of mind knowing your kids are in safe, caring hands. We have a wonderful team of experienced nannies ready to care for your children.



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



PROUDLY PRESENTS



Presented by Anglesea Motor Yacht Club and supported by the local community.

# FRIDAY 27 DEC. 2024

8KM ROO RUN  
4KM ROO RUN  
1.6KM GROMMET GALLOP (U 12)  
RUN + SWIM (8km Roo Run + Rock2Ramp)

4KM Surf Coast Community Cup  
Family of 4 (combined times)



REGISTER NOW AT  
[WWW.ROORUN.COM.AU](http://WWW.ROORUN.COM.AU)

Scan QR Code for race details and entry link

Surfcoast Tennis Club  
**2024 Annual Christmas Raffle**

Scan me with your camera to buy tickets

Prizes valued at over \$2500

## THINK PSYCHOLOGISTS READY, SET, HIGH SCHOOL!

Monday 13th January - Thursday 16th January  
9:00am - 12:30pm

**Program Overview:**  
*This 4-day intensive helps Year 6 students transition into high school by mimicking the structure of a secondary school timetable. Each day includes sessions focused on key readiness skills.*

**Session Topics Include:**

- Organizing belongings & uniform management
- Self-care, self-advocacy, & coping with nerves
- Making friends & conflict management
- Study skills & maintaining focus
- Navigating timetables & public transport

**Key Features:**

- Tailored Support: tailored breakout sessions based on goals from parents, therapists, and students.*
- Multidisciplinary Approach: specialised therapists provide individual and group support in their areas of expertise.*



## Group Therapy Programs

### January Holidays

Wonder Chefs	(6-16yrs)
Flying Colours	(primary-school age)
Holiday Makers	(primary-school age)
Ready, Set, School	(prep starter 2025)
Surf Program	(8yrs+)
Little Sports	(<8yrs)
Bike Riding Skills	(all ages)
Baking Buddies	(primary-school age)

### Term 1, 2025

Aquatic Occupational Therapy	(all ages)
Lego	(5-10yrs)
Teens and Tweens Connect	(9-15yrs)
Surf	(8yrs+)
Little Sports/ Circus	(6-12yrs)
Little Flyers (playgroup)	(2-5yrs)
Fun with Food	(5-8yrs)
Super Scientists	(8-12yrs)
Fun with Food Jnr	(2-5yrs)

All groups are planned and facilitated by our therapists and happen at our clinic in Torquay and in the community

[www.flyingstartchildrenstherapy.com.au/groups-and-programs](http://www.flyingstartchildrenstherapy.com.au/groups-and-programs)



## Geelong Youth Choir

# OPEN DAY

Register now!



**Wednesday, 11 December 2024**  
4.30pm at Deakin Uni, Waurin Ponds

We're excited to announce that we're recruiting for our 2025 choirs! Come get a sneak peek at our exciting program and prepare to sing your heart out next year. Join us and discover the joy of music, friendships, and unforgettable performances!



Choral Workshop



Meet and Greet



Choir Performance

For more information visit our website [www.geelongyouthchoir.com](http://www.geelongyouthchoir.com)

**DOGS BEHAVING (VERY) BADLY AUSTRALIA**

**APPLY NOW!**  
[10play.com.au/casting](http://10play.com.au/casting)



Save on Education Costs and Build Lifelong, Life Changing Savings Habits

Join us for an information session Every Wednesday 1pm – 1.15pm

To join please register via link below or scan QR Code

[Saver Plus Zoom Information Session Registration Link](#)

For further information email – [enquiriesp@bsl.org.au](mailto:enquiriesp@bsl.org.au)



To be eligible you need to meet these requirements:

- Be 18 years or older
- Have a current Health Care or Pensioner Concession Card
- Be studying yourself, have a child in school or starting school next year
- Get regular income (can be you or your partner)\*
- Agree to join free online financial education workshops

Saver Plus supports people to develop life-long savings habits. It's delivered by the Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services. Learn more at [www.saverplus.org.au](http://www.saverplus.org.au)

[saverplus.org.au](http://saverplus.org.au)

1300 610 355

