



# 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

**Front Playground** - The final few items in the play space at the front of the school are finally coming together. Yesterday the third flagpole was installed and now we have the Australian, Aboriginal and Torres Strait Islander flags all flying proudly at the front of the school. The Grade Six students are currently vegetating the area, and we will also be installing some additional edging on the garden beds to keep the paths clear.

**Traffic update** - On Thursday evening we met with representatives from the local community, the Shire and the School Council, to discuss a range of issues pertaining to traffic and parking around the school. The Shire will provide us with specific information that will be distributed to parents, but in summary, new parking restrictions will be coming into effect from the start of next term. These will include yellow lines in certain areas, an increased number of time-limited drop off zones, improved signage, and banners that clearly display information. In the longer term, 'speed pacifiers' will also be placed on sections of School Road, which will be designed to slow down traffic at all times, not just during the 'drop off' and 'pick up' periods. We all agreed that increasing the number of students using the busses, or cycling to school, would impact positively on the traffic congestion we are currently faced with. The Shire representatives also reminded us that they will be enforcing the new restrictions, so please try and do the right thing, keep our students safe, and avoid a fine.

**Canteen** - The School Council recently sent out a survey pertaining to our Canteen. Essentially they are trying to find ways to improve the service by potentially opening it on all days of the week. Other changes might include expanding the menu options, having it open at recess and using different suppliers to make its operations more cost effective.

**Reconciliation Week** - National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Our students have been participating in activities related to the theme 'Now More Than Ever' in their class and specialist lessons. Yesterday we were overwhelmed with the support from our school community for 'Wear it Yellow Day' as we have donated \$2 379.20 to Children's Ground who support First Nations children and families to have a bright future. This has reiterated the importance of educating our students and the community of our First Nations culture and history and incorporating these perspectives across the curriculum. Our Year 4, 5 and 6 students also attended the exhibition 'Journey on Wadawurrung Country' at Grant Pavilion, Torquay, yesterday to learn about our local elders, their stories and history. The exhibition is open daily from 10AM to 3PM until Sunday 16 June.

**Winter Lightning Premiership** - Last week our Grade Five and Six students took part in a range of sports against other schools. Once again our students were good ambassadors for our school, showed great sportsmanship and had some great results. Thanks to Dave Semianiw, as well as other staff and parents who supported the event and helped with the coordination of everything.

**Athletics Carnival** - As the weather has quickly changed from autumn to winter, we are hoping we aren't face with icy conditions at Landy Field next week for our annual Athletics Carnival. If there are any changes to the schedule, we'll let parents know as soon as a decision is made. Please encourage your kids to dress warmly and also to show off their house colours.

**Special Morning Tea** - As part of our School Wide Positive Behaviour initiative, students are rewarded with gems for displaying positive behaviours. When they have accumulated a certain number of gems, they can choose from different rewards. This week, Lucy and Bonnie from Grade Two, both chose to come and have morning tea with me. It was fantastic to chat with them and enjoy some time learning more about their Grade Two experiences with them.



Bonnie and Lucy who joined me for morning tea on Friday.

Hope you all have a great start to winter. The cool, windy conditions are a good reminder for students to look after their jumpers, which unfortunately still seem to accumulate in lost property every week. Please remember to place the name of your child on all items of uniform, and remind them to check they bring home all the clothing they arrived at school with. Enjoy the weekend.

Adrian

## IMPORTANT DATES & INFO

Wednesday 5th June  
Bellbrae Athletics Carnival  
Grade 3 - 6

Monday 10th June  
Kings Birthday Public Holiday

Tuesday 11th June  
Foundation - Bee Incursion

Thursday 13th June  
Grade 4 Narana Excursion

Friday 14th June  
Book Club Orders Due Back

Monday 17th June  
Grade 5 BioLAB Excursion

Friday 28th June  
Last Day Of Term  
2:30pm finish

Monday 15th July  
Term 3 Begins

**Assembly Dates**  
7th June  
21st June

**Future Curriculum Days**  
Monday 5 August 2024  
Monday 4 November 2024



5261 2660



**ENROLMENTS  
OPEN NOW FOR  
2025**

**BIRTHDAYS**



- 31st May  
Indi Giddins
- 1st June  
Charley Samuel  
Sam Crow
- 2nd June  
Junie McPhan
- 3rd June  
Kai Wakefield  
Naree Gow
- 5th June  
Levi Sanders
- 6th June  
Adam Hunter
- 7th June  
Milo Baker
- 8th June  
Finn Hope  
Harper Molloy  
Adela Wilson
- 9th June  
Lucia Larsen  
Rosie Bridges
- 11th June  
Sahara Lowdon  
Winter Lowdon  
Digby Wills
- 12th June  
Forrest Duncan



**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](mailto:bellbrae.ps@education.vic.gov.au)**

**[www.bellbraeps.vic.edu.au/](http://www.bellbraeps.vic.edu.au/)**



As part of National Reconciliation Week the Wadawurrung Traditional Owners Aboriginal Corporation have an exhibition, Journey on Wadawurrung Country, at the Grant Pavilion, Torquay from 28 May to 16 June, 2024. We are planning on taking our Year 4, 5 and 6 students to the exhibition to enhance their understanding of local cultural perspectives. For further information visit the Surf Coast Shire website [here](#).

## Journey on Wadawurrung Country

Next date: Tuesday, 28 May 2024 | 10:00 AM to Sunday, 16 June 2024 | 03:00 PM

*Yaneekan-werreeyt Wadawurrung Dja*

Wadawurrung Traditional Owners | Ferne Millen | Vicki Hallett



IMMERSIVE EXHIBITION

**May 28  
- June 16**

GRANT PAVILION TORQUAY

Journey on Wadawurrung Country is a sensory immersive cultural learning experience that shares images, life stories and sounds of Wadawurrung People and Country.

# DEBATING TEAM

A huge congratulations to the Bellbrae Debating Team on their first debate last night. Seb, Freya and Acqua did an amazing job representing Bellbrae, taking the win against a strong Bellaire team.

It was a massive team effort in their preparation, with other team members Vinnie and Ochre, supporting in the research phase. Well Done to Seb who took the 'Best Speaker' award and Freya who earned the runner up 'Best Speaker' award. Also, a HUGE thank you to Phoebe and Elsie who stepped in last minute and helped us with the important Chairperson and Timekeeper roles.

We love that our grade 6's are willing to step in and support each other. It was a wonderful learning opportunity and we are looking forward to the next debate.



## SCHOOL WIDE POSITIVE BEHAVIOUR

### Wide Positive Behaviour Weekly Update

Our whole school focus in Weeks 7 and 8 of Term 2 will be showing our school value of Resilience - we use our words to solve problems. All classes will engage in teaching and learning activities that explore:

- \*Learning to solve problems by talking about it and listening to others
- \*Using body language and facial expressions to help us understand how others might be feeling
- \*Asking trusted adults for help when we have problems or want to talk about our feelings
- \*Using Stop, Walk, Talk strategies when we don't like the way someone is treating us



# VALUES AWARDS



ARCHIE EMSLEY	FB	ASPIRE	For his excellent efforts during Writing. We're so proud of you Archie!
CLEO ELDERFIELD	FB	ASPIRE	For always putting her personal best into every learning opportunity
LEAH PEARSON	FC	RESPECT	For the kindness and care you show to everyone around you. What a wonderful attribute to have and use, Leah!
LOUIE NUTBEAN	FC	ASPIRE	For always taking on new challenges in your learning with a positive and determined attitude and a smile. Keep up the superstar work, Louie!
FINN MARTIN	FD	ASPIRE	Well done for aspiring to do your best learning and listening! Keep it up, you superstar!
TOM ROSS	FD	ASPIRE	Well done for tackling every challenge with perseverance and always trying your very best. Keep being awesome, Tom!
BELLE KELLY	FE	ASPIRE	For always trying your best and having a great attitude towards school.
SPENCER MARTIN	FE	ASPIRE	For always trying your hardest in all of your learning. Great job Spencer, keep it up!
MAEVE HICKS	1A	RESPECT	For making valuable contributions to class discussions, and encouraging and helping others. Great leadership, Maeve!
LUCIA LARSEN	1A	ASPIRE	For your enthusiasm in tackling new challenges. Your positive attitude to learning is awesome!
FRANCISCO BIRNIE	1C	ASPIRE	For taking on challenges set in Maths with such enthusiasm. Keep up the great work, Francisco!
DAISY HART	1D	ASPIRE	For demonstrating pure aspiration when completing her story writing. Excellent use of vocabulary and understanding of the components.
ALFIE THOMSON	1D	ASPIRE	For demonstrating aspiration with his story writing. Excellent use of vocabulary and the components of a story.
NOA BARRY	2A	RESPONSIBILITY	For taking responsibility of her learning by always being organised and finishing set tasks neatly and on time. Well done, Noa!
SONNY CARRACHER	2A	RESPONSIBILITY	For taking responsibility of his learning and actively contributing during class discussions in our MSL sessions. Well done, Sonny!
COCO TOURNIER	2B	RESPECT	For demonstrating the value of RESPECT by taking care of classroom resources and being a kind and considerate classmate.
AIDAN TAKLE	2B	RESILIENCE	For giving everything a go in the classroom. Well Done Aidan!
NED KEYTE	2C	ASPIRE	For always demonstrating a positive attitude towards your learning and aspiring to achieve your best. Well done, Ned.
DANIELLA JOHNSON	2C	ASPIRE	For enthusiastically sharing your thoughts during our Number Talks in Maths. Well done, Dani

# VALUES AWARDS

OWEN MOLLOY	3A	ASPIRE	Owen, you have done a great job following instructions and getting organised for your learning. Keep it up!
GIGI BULLEN	3A	ASPIRE	Gigi, you've been listening to what your body is telling you and have discovered some helpful strategies to get you back ready to learn. Well done!
JARVIS ESSING	3B	RESPONSIBILITY	For being very responsible with our classroom routines as well as supporting others to demonstrate responsibility. Keep up the wonderful efforts, Jarvis! :)
LOXY PEC	3B	ASPIRE	For always aspiring to achieve your best in the classroom and take on challenges. You are a role model and should be really proud of your efforts! Well done, Loxy. :)
CHARLIE HAYTON	3C	RESPONSIBILITY	For working hard to complete tasks and taking responsibility for your words and actions. Great work!
WYATT HOPE	3C	RESPECT	for being positive and respectful to your classmates and always being happy to collaborate with others! Well done!
ELODIE GOY	4A	RESPONSIBILITY	Elodie always takes ownership of her actions, choices and words. She takes care of shared spaces, plays safely and fairly and always makes safe and wise choices in class.
ISLA O'CONNOR	4A	RESPONSIBILITY	Isla always makes the correct choice when it comes to her work in class, listening and acting accordingly.
BANJO STEELE	4B	ASPIRE	For facing learning challenges with a positive attitude
LOUIE WILSON	4B	RESILIENCE	For being able to overcome challenges with a positive attitude.
JACK PACKHAM	4C	ASPIRE	Taking great pride in your bookwork and presentation of all work completed. Great job Jack!
ADELA WILSON	4C	RESPONSIBILITY	Being a kind and honest friend to everyone in 4C. Keep it up Adela!
JAMES BAKER	5A	RESPONSIBILITY	For taking the necessary steps to take control of his learning and keep himself on track. Great work, James!
HARLEM PEC	5B	RESPONSIBILITY	For always being on task with your learning and ensuring that you give your best effort to everything that you do in class. Well done and keep it up Harlem!
KINNAREE GOW	5B	RESPECT	For being inclusive and accepting of everyone. You are such a kind and friendly member of Grade 5 and bring such positive energy to our Department. Well done!
TAHLIA YOUNG	5C	RESPONSIBILITY	For setting a high standard when working independently and with others. Great work on always completing your work to the highest of standards.
OSCAR VON EINEM	5C	ASPIRE	For being actively involved in all class discussions and learning activities. Well done on setting a high standard for learning within the classroom.
JACK HOBSON	6A	ASPIRE	For your positive attitude towards your learning. You are taking control of your learning opportunities to help yourself succeed. Keep it up Jack!
PHOEBE CRAWFORD	6A	RESPONSIBILITY	For your continued willingness to support your peers. You always think of others and lead by example in all aspects of your learning. Awesome job Phoebe!
JOSHUA NEWBOULD	6B	ASPIRE	For consistently aspiring to challenge himself and become a better learner. Well done Josh!
FREYA HYNES	6B	ASPIRE	For the accomplishment of taking the runner-up best speaker in debating. Amazing job Freya!

## Year 4 sustainability project.

As you may be aware, the Year 4's started three worm farms and re-established two beds in the vegetable garden at the start of Term 3, last year.

Each grade has monitors (that are called "wormologists") who chop up the food scraps (that we collect in a separate recycling container in our rooms) twice per week. Most items can be recycled, however the worms do not like citrus, bread, meat or dairy products (plus these can go mouldy!). We have parents (and Phil) who kindly send coffee, tea bags and egg shells to school to bulk our worms up with food they love. They use the egg shells as their teeth as they don't have their own! Mr OD also brings green leafy scraps from his vegetable patch as the worms also love these and shredded newspaper to add a carbon layer. This also acts as a protective blanket so the worms feel safe.



2024 has seen the program continue to thrive. Given the increase in production of worm tea and castings, we have been able to add watering of Tony's newly planted native plants outside around the playground. We were also looking for another big project.

We have completed our first main one for the year. Over three weeks, we have added drainage stone, soil, compost, pea straw and worm tea to the 22 half drums that Mr O'Meara and his RAP team painted 2 years ago with

aboriginal inspired artwork. It just so happens that this Year 4 group were the cohort who painted them so it was meant to be!

Yesterday was the final stage where we planted a combination of herbs, bush tucker plants, broad beans and cabbage. We cannot wait to see how they grow!

Thank you to Tony for all his help with this project.

Without the various grants to purchase the equipment, seedlings, soil etc we would not have been able to do this project so we are very grateful for the money.

Acting **LOCALLY** but thinking **GLOBALLY**

Year 4



## E Smart update 5 – 2024

### 8 tips to keep on top of your child's screen time

## How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their increasing technology learning needs (as they progress through the years of schooling where ICT becomes more and more of a focus) and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Consider your child's screen use in the context of their overall health and wellbeing. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



## Set boundaries for digital device use in your home

Device-free zones and times can help you manage screen time. For example, your family plan could include rules like this:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- devices charged overnight in a place your child cannot access (or at school).

## Reducing your own screen time also sets a positive example.

- You could also consider formalising your plan into a signed written agreement — a family online safety contract. Our advice in [online safety basics](#) has some tips on this.
- There should be clear consequences for not sticking to the agreement and it is important to follow through with these.

[Screen time | How much is too much? | eSafety Commissioner](#)

Mr O'Donnell  
Year 4 & e Smart Bellbrae PS coordinator

# SPORTS NEWS

## Lightning Premiership

Well done to all our Grade 5/6 students who competed in our Lightning Premiership last week. All our teams were very competitive and participated to a very high standard. We are always proud to see our students display our school values in the community with excellent respect and sportsmanship.

Well done!



## NATIONAL SIMULTANEOUS WEEK



**National Simultaneous Storytime 2024: Wednesday 22nd May**

Every year a picture book, written and illustrated by an Australian author, is read simultaneously in libraries, schools, pre-schools, child cares and many other places.

Now in its 24th successful year, it is a colourful, vibrant fun event that aims to promote the value of reading and literacy using an Australian children's book that explores age appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to year 6.

Bellbrae Primary joined the celebrations with both classrooms and library sessions involved in readings and activities relating to the featured book, *Bowerbird Blues* by Aura Parker.



TOP RIGHT - NINA ELEVATO 1B  
BOTTOM LEFT - BANJO DENT 3C

BOTTOM RIGHT- BILLY DULLARD 4A, ANOUSH HAZLE 2A, ALFIE TOMPSON 1D, GRIFFIN STANLEY 1A

# when parenting gets really hard

A MASTERCLASS WITH MAGGIE DENT AND DR BILLY GARVEY

From school refusal to sibling rivalry and everything in between

2 weeks until we go live

For anyone raising children, birth-18



## New Website Supporting Families and Children's Mental Health

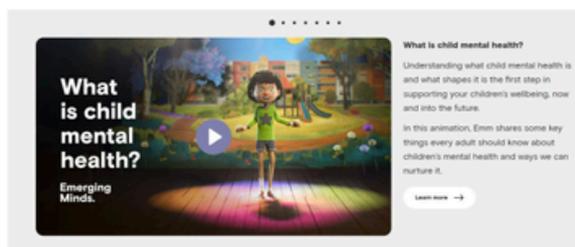
<https://emergingminds.com.au/families/>

### Welcome to Emerging Minds

Here at Emerging Minds, we work together with families and professionals and draw on the latest research to produce free resources that help families nurture and protect children's mental health as they navigate the ups and downs of daily life.



Families can access a range of videos, tip sheets, podcasts and other resources to help support the mental health of their children.



[CLICK HERE](#)



## The Surf Coast Shire are inviting Families of Children pre school through to year 2 to a FREE Digital Tattoo workshop

Our Young People's introduction to their online worlds is happening earlier and earlier.

This workshop is designed to complement the e-safety resources and pulls on years of working across primary schools with Parents and Carers who wish they'd had the information earlier.



This session is for online & FREE!

# DIGITAL TATTOO

### This workshop is for:

- parents and carers of pre-school through to year 2 students
- aims to complement information delivered by Vic Police and e-safety

### Digital Tattoo focuses on:

- the importance of role modelling
  - what to look out for
- creating conversations and connection
- the impacts technology use can have on Young Children

This workshop will be run by Leigh Bartlett who has delivered 100's of workshops over the last 15 years. Leigh believes that you are your Children's first teachers and their best teachers. As they get ready for school the importance of families and schools being on the same page when it comes to tech use is critical.

Tuesday: 6.30-8.30pm  
25 JUNE 2024

Register via  
the QR code:



**batforce**  
BARWON ADOLESCENT TASK FORCE



**Surf COAST**  
SHIRE



# 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

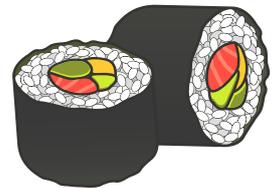
CompassPay  
Payment Confirmation

## 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

### 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](mailto:simplifyandsort@gmail.com)



## COERVER<sup>®</sup> 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](mailto:sally@hazytales.com) 0439 709 492  
[www.hazytales.com](http://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](mailto:hpunton@playgroup.org.au)  
Ph: 0472 722 587



[playgroup.org.au](http://playgroup.org.au) @playgroupvicofficial  
1800 171 882 /playgroupvic



Kids interested in playing fun and friendly **netball** in Torquay?

Surf Coast Netball Association winter season starts in term 2.

Beginners: 7-10 years

Juniors: 12 & under and 14 & under

New teams welcome. All games at Wurdi Baierr stadium.

More info at [www.scna.net.au](http://www.scna.net.au)

Register interest or enquiries please email: [info@scna.net.au](mailto:info@scna.net.au)



## 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](http://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.



## 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.



BOOKINGS:

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

1/10 Cylinders Drive, Torquay 0476 147 672





## OUR JUNIOR TENNIS PROGRAM

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

-  At JV Tennis Academy, we prioritize enjoyment alongside improvement, ensuring every child feels welcomed and motivated to succeed.
-  Our expert coaches bring a wealth of experience and infectious energy to every session, ensuring your child learns, grows, and thrives on and off the court.
-  Life's busy – we get it! That's why we offer classes Monday through Friday, right after school. With three convenient locations in Torquay, Jan Juc, and Bellbrae.

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](http://www.jvtennis.com.au) or contact us directly at [admin@jvtennis.com.au](mailto:admin@jvtennis.com.au)

Looking forward to seeing you on court!

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



TORQUAY THEATRE TROUPE PRESENTS

**THE EFFECT**

By Lucy Prebble  
Directed by Douglas Montgomery

**June 6 - June 15**

Shoestring Playhouse  
77 Beach Rd Torquay  
Tickets \$27/\$25



[trybooking.com/CQRCH](http://trybooking.com/CQRCH)

With permission from ORIGIN Theatrical PL for Dramatists Play Services Inc.



## 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.



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

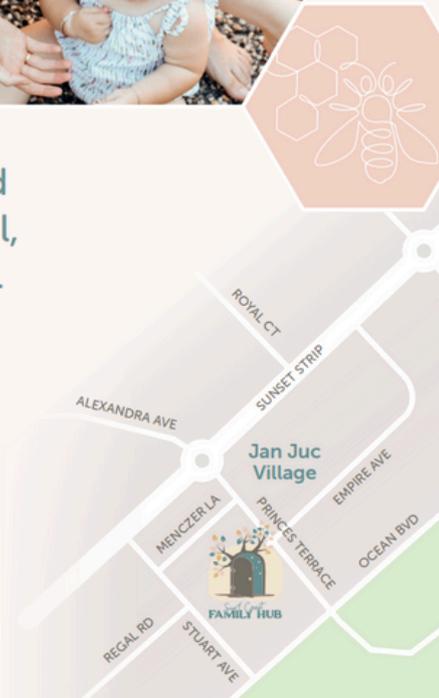
[www.surfcoastfamilyhub.com.au](http://www.surfcoastfamilyhub.com.au)



## 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



## 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 particular .....Home 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 20<sup>th</sup> March - First Training (4pm-5pm - U/10s Skate Park, U/12s Aireys PS)

Wed 17<sup>th</sup> April - Jumper Presentation (Aireys Pub 5.30pm after training)

Sat 20<sup>th</sup> 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