



# BELLBRAE BULLETIN

## Acknowledgement of Country Bellbrae PS



Our school sits in beautiful forest and coastal country, and is the traditional home of the Wadawurrung people. Today we acknowledge the care they have given to this land for thousands of years, and the care they continue to give. We always remember that our community learns and grows on Wadawurrung land and we acknowledge and pay our respects to Wadawurrung Elders past, present and emerging.



Hello everyone. This year in Year 2, we will be sharing with you Wadawurrung words as we learn them. We will share these words at assembly and with you in our newsletter. We hope to hear them being used in classrooms, in our playground around the school and even in our homes.

The first word is Kuarka-dorla this is the Wadawurrung word for Anglesea. The second word is Walert, this is the Wadawurrung word for Winchelsea. This term at Bellbrae we will be learning new Wadawurrung words relating to our beautiful surroundings.



Last term we learnt the Wadawurrung words Djilang and Jan jook. Djilang is the Wadawurrung word for Geelong and Jan jook is the Wadawurrung word for Jan Juc. This term we will be learning new Wadawurrung words relating to place names.

## THIS WEEK FROM THE PRINCIPAL

**2024 Planning** - Currently we are in the process of recruiting staff and organising learning spaces for next year. At this stage we will have a slight increase in enrolments and will run five Foundation classes in 2024, and three classes at every other year level. We always aim for an even spread of age, gender, intellect and social needs across each class, and as such cannot place students simply based on friendship requests. If you have a legitimate concern regarding the academic or welfare needs of your child, please place your request in writing to me by no later than the end of next week. (We do not accept requests for any specific teachers.)

**Behaviour in the school grounds** - We encourage students and families to make use of the fantastic facilities we have on offer, but also are concerned about safety. Please do not allow your children to climb over fences or climb up the basketball/netball/football posts. Not only is this dangerous, but also damages the protective padding. Recently we have had some disrespectful behaviour after school hours, and we don't want to have to stop visitors from using our facilities.

**School Council** - Next Monday night we will have our penultimate School Council Meeting for the year. Agenda items include reports from various sub-committees, fundraising for next year, waste management and recycling, updates on facilities and infrastructure, sharing of school data, as well as sourcing solar panels for the gymnasium roof.

**School Funding** - State schools are funded based on a number of criteria, including the socio-economic status of parents. As most of our students come from well-resourced and educated homes, we receive minimal equity funding. As such, we are one of the lowest funded schools in the entire state. This impacts on our staffing, the programs we run, and the general operations of the school. This is also another reason why we rely on some voluntary levies within the parent payment model. If you are in a position to contribute to any of these levies for 2024, it would be greatly appreciated.

**Gymnasium official opening** - Next Friday, during our Assembly, we will be holding a ceremony to officially recognise and name our new gymnasium. This will include a 'smoking ceremony,' acknowledgement of country and the land on which the building sits, the naming of the building, and a visit by Indigenous elders. Parents are welcome to attend.

**Safe travel to school** - Thank you to the parents who have been campaigning for a crossing near Butterfield House, that will enable students who cycle to school to safely access the service road leading to Bellbrae. We promote cycling and walking to school where practically possible, and we obviously want to provide a safe environment for students to take up this option.

**Thank you** - A big thanks to staff and parents who attended the camps and excursions that our students attended this week. We had our Grade Fours attend the Urban Camp in Melbourne, and our Grade Ones visit the Werribee Zoo. These activities require significant planning and time away from families, and we really appreciate our staff's commitment in providing such opportunities.

**Let's hope this lovely weather lasts for the weekend, and that you are all able to spend some time outdoors with your family over the next few days. Enjoy the wonderful environment in which we live.**

Adrian

## IMPORTANT DATES & INFO

Friday 27th October  
Warri Stadium, Bellbrae Primary  
School Opening Ceremony  
(2:30-3:30pm)

Monday 6th November  
Pupil Free - Curriculum Day

Tuesday 7th November  
Melbourne Cup Public Holiday -  
Pupil Free Day

20th - 24th November  
Grade 6 Bike Ed Program

27th - 30th November  
Grade 5 Bike Ed Program

Wednesday 29th November  
Incursion Foundation, Grade 1 and  
Grade 2 - Bravehearts Ditto's Keep  
Safe Adventure Show

Thursday 7th - Wednesday 13th  
December  
Grade 5 & 6 Aquatic Survivor  
Program

Monday 18th December  
Grade 6 Graduation

Tuesday 19th December  
Grade 6 Excursion - Adventure Park

Wednesday 20th December  
End Of Term 4 - 1:30pm Dismissal

Mon 29th & Tues 30th January  
2024  
Pupil Free Days - Staff will be  
onsite

Wednesday 31st January 2024  
Term 1 begins for our students from  
Grade 1 through to 6 with  
Foundation joining us for their first  
day on Thursday.

Thursday 1st February 2024  
Term 1 begins for our Foundation  
students of 2024



5261 2660



## Community Hour Friday 7th October (Year 4)

Last week Year 4 decided to make their own little space for planting vegetables and fruits in the garden. Recently, Year 4 got some worm farms so that we could water new plants with the worm wee that we got from them. The first thing that we did was remove the weeds that were in our area. Next, we put mulch all around the beds. Lastly, we all flattened the dirt with some rakes and headed off to class before the bell. - Fletcher 4A

Last Friday we had community hour. All the grade 4's went down to the nature play space. We got told to rake, weed and just work in the garden. Me and my friends did some weeding. We all had lots of fun! I heard people chatting, laughing and having fun. I could see the dirt, weeds, mulch, shovels and other garden stuff. I felt the dirt as I dug my way through it with the shovel. GARDENING IS FUN! - Frankie 4A

SCRAPE! The end of my razor-sharp shovel scrapes across the wooden edges of the veggie patch. On Friday, for Community Hour, the Year 4's went down to the edible garden to help grow more vegetables. We spread mulch around near the veggie patches to create some space to walk on. The other half of the group were spreading dirt and weeding so that it made it easier for the plants to grow. It was really fun to get out in the nature and help our school grow lovely vegies for us to eat and enjoy. It was also really fun to get out and do a fun activity with my friends, and I can't wait to go out and do it again next time! - Oscar 4A



## BIRTHDAYS

19TH OCTOBER  
RORY SLOMAN

20TH OCTOBER  
MATILDA DENT  
KNOX NOYE

22ND OCTOBER  
CHARLIE BITMEAD  
SEB COONEY

23RD OCTOBER  
AUDREY BYRNES  
KELI' I LE NEVES  
IMOGEN WYLLIE  
LOTTIE WILSON

24TH OCTOBER  
YUMMI MULLEN - WALSH

25TH OCTOBER  
SOPHIA MOORE  
TYLER FARRELLY  
ARCHIE BROWN

26TH OCTOBER  
SAILOR JOY KNAPTON

26TH OCTOBER  
LOTTIE HEBBARB  
LENNI SCHNABEL  
KALANI DALE  
MISSY NEWBEGIN

27TH OCTOBER  
BEAU BITMEAD

28TH OCTOBER  
LEILA UGRIN

29TH OCTOBER  
MAELYSE GOY  
ZARA MADELEY  
HENRY STANLEY  
FLYNN WILL

30TH OCTOBER  
LILY TAYLER  
LOLA BULLEN

31ST OCTOBER  
INDI BARR  
JALA FALLSHAW

1ST NOVEMBER  
OLLIE BIRD



*Warri Stadium, Bellbrae Primary School Opening  
Ceremony*

*When ~ Friday 27 October*

*Where ~ Bellbrae Primary School - Warri Stadium*

*Time ~ 2:30-3:30 PM*

*Families and Friends of Bellbrae are all welcome*

*Welcome to Country,  
Smoking Ceremony by Wadaawurrung,  
and Indigenous Song and Student Presentations*

# VALUES AWARDS



## School Wide Positive Behaviour Weekly Update

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

- We demonstrate our school values at school and in the outside community.
- We respect the leaders in our school and ask for their support where needed.
- We lead by example to teach others the right thing.



## School Wide Positive Behaviour Weekly Update

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

- We choose to try new activities even if they may be challenging.
- We invite others to try new activities with us but without any pressure to say yes.
- We think, then take safe risks when playing.

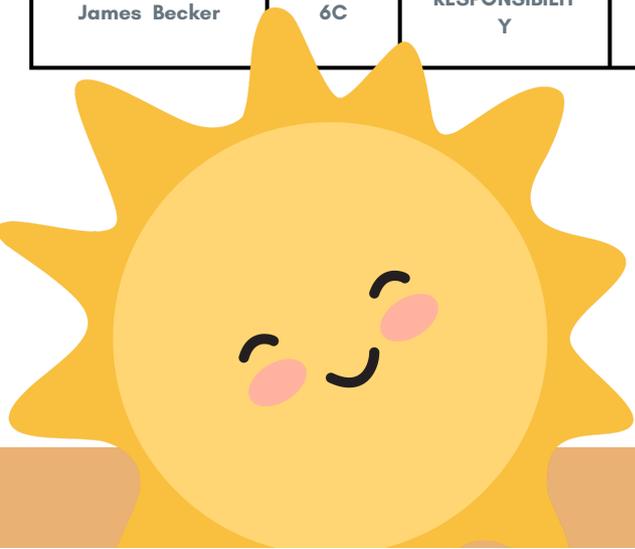
Oscar Hobson	FB	ASPIRE	For aspiring to achieve his best during learning activities and for his positive engagement during whole class discussions.
Indie Stone	FC	RESPONSIBILITY	For always being organised and ready for learning. You're a star, Indie!
Logan Fisher	FC	RESILIENCE	For using his creativity to build on ideas and make masterpieces in STEM. You're amazing Logan!
Will Curnow	FD	RESPECT	For being a great team player and collaborator during STEM group work. Well done Will!
Alby Tripp	FD	ASPIRE	For making positive learning choices in the classroom! Keep it up Alby!
Finn Hart	1A	ASPIRE	For showing pride in your achievements, encouraging others, and always demonstrating your personal best.
Jude Martin	1A	RESPECT	For being a reliable role model who listens to and follows instructions, and takes pride in his achievements.
Pippa Clyne	1B	ASPIRE	For being attentive and enthusiastic during the activities at the Werribee Zoo. Great job Pippa!
Dusty Biddington	1C	RESPONSIBILITY	For always being responsible of her belongings and classroom expectations.
Lucy Myers	1C	RESPECT	For always showing her teacher and peers respect in class by being kind and thoughtful.
Loxy Pec	2A	ASPIRE	For aspiring to produce her best work on every task and always being a polite and pleasant class member. Well done, Loxy!
Willow Nutt	2A	ASPIRE	For aspiring to present her work as neatly as possible and always being a polite and pleasant class member. Well done, Willow!
Kai Wakefield	2B	ASPIRE	Well done Kai, for taking a positive approach to learning activities and always with your best effort!
Jay Hogan	2C	ASPIRE	For aspiring to do his best with his learning and encouraging others to do their best! Well done, Jay!



# VALUES AWARDS

# Well done!

Marlow Cooney	3A	RESPECT	Marlow, you have been an absolute superstar! You've started Term 4 with such a positive attitude and have been making positive learning choices. Well done!
Isaac Bartlett	3A	RESPONSIBILITY	Isaac, well done for displaying such positive learning habits and taking responsibility for extending yourself in class. Keep working hard. I'm very proud of you!
Eddie Rees	3B	ASPIRE	For your brilliant start to Term 4! You should be especially proud of your attentive listening and positive engagement across all learning areas. Well done, Eddie!
Elodie Goy	3B	ASPIRE	For your amazing progress across all areas of your learning. Congratulations Elodie, you should be so proud of your efforts.
Lottie Wilson	5B	RESILIENCE	For having a 'can do attitude' and always giving everything a go. You have a positive attitude and a growth mindset towards your learning.
Hazel Boyd	5B	ASPIRE	For demonstrating a positive attitude towards your Maths learning and always giving your best when completing learning tasks. Well done Hazel - Keep it up!
Woody Grigg	5C	ASPIRE	For always striving to achieve his absolute best
Beau Schroder	5C	RESPECT	For showing kindness to his teachers and peers in class.
Pheonix Ramsey	6A	RESPONSIBILITY	For the positive effort and attitude you are putting into your learning. You have stepped up to the challenge and your true potential is shining through
Rosie Anderson	6A	RESPONSIBILITY	For always using you initiative in all areas of your learning. You seek out the next step to challenge yourself and extend yourself as a learner.
Xavier Heard	6B	ASPIRE	For aspiring to always get the most out of our activities by asking appropriate questions. Well done!
Isla Anderson	6C	ASPIRE	For constantly striving to achieve the best for yourself and showing a great growth mindset.
James Becker	6C	RESPONSIBILITY	For always coming to school with a smile on your face and being willing to give everything a go.



## Phrases Your Child Can Use to Stand Up for Themselves

**1 "I need you to stop bothering me and leave me alone."**

**Your child will show:** They have the confidence to stop the unacceptable behavior.

**2 "I don't like being called that. I want you to call me by my name."**

**Your child will show:** They expect others to be respectful, and they do not tolerate verbal abuse.

**3 "I didn't have control over that. It's not okay to blame me."**

**Your child will show:** They will not be the scapegoat, and they expect others to be accountable.

**4 "I see that you're unhappy. But I can't let you treat me like this."**

**Your child will show:** They know how to advocate for themselves and set boundaries.

**5 "That's not safe. I'm getting someone to help."**

**Your child will show:** They aren't afraid to ask for help.

### And most importantly:

Encourage them to stand up for themselves at home.

Teach them that NO is acceptable by allowing them to use it with you.

Respect their boundaries. If they don't want hugs or tickles, say, "Your body, your rules."



## How to Manage Overwhelm Using the Tolerance Cup

### Our body has a tolerance cup.

Depleting or frustrating experiences add water to the cup throughout the day.



- ✿ You had a terrible night's sleep
- ✿ Your sibling broke your favorite toy
- ✿ You have a test at school, and you are anxious

By the middle of the day, your tolerance cup is filling up. You might be feeling **irritable with many emotions inside**.



- ✿ A boy pushed you on the bus
- ✿ You are tired from sports practice
- ✿ You did not do well on your test

You come home from school tired and irritable. Your tolerance cup is **very close to overflowing**.



- ✿ You are asked to do chores
- ✿ Someone asks how your test went
- ✿ You are asked about your homework

Sometimes, even the tiniest drip can make it spill if our cup is really full. When your cup overflows, **strong emotions** come out of your body, which can get messy!

When our big emotions come out, our cup gets emptied again.

This is a good thing.

### Some ways to pour water out of your tolerance cup:

- Go to bed early!
- Dance it out!
- Hug someone (or a pet)!
- Take a shower or bath.
- Take slow, deep breaths.
- Stretch or do some yoga!

## [e Smart Update 9 \(2023\)](#)

[Google – help link available](#)

[www.google.com.au/goodtoknow](http://www.google.com.au/goodtoknow)

The Internet offers so many opportunities to explore, create and collaborate. But it's important to keep yourself safe and secure, so you can make the most of it.

There are many different kinds of cyber-crime. A criminal might try to gain access to your information – like your email password, banking details or social security number. They might do this by installing malware (Software that is intended to damage or disable computers and computer systems) on your computer, trying to hack into your account, or tricking you into giving them the information. Then they could steal from you, impersonate you or even sell your details to the highest bidder.

A criminal might also try to use the Internet to scam you, sell you fake goods or make you do things that cost you money. Or, like a thief who steals a getaway car without caring who the owner is, they could want your computer or a website you own as a tool to commit cyber-crime.

### 5 tips for staying safe on the web:

- Using different passwords for your important online accounts will help keep them secure.
- Always lock your screen when you leave your computer, tablet or smartphone.
- Safe Search allows you to filter adult content from your internet searches.
- Check links in emails carefully and be aware of fake URLs (example: [www.goog.le.com](http://www.goog.le.com))
- 2-step verification gives your Google Account an extra layer of security.

Mr O'Donnell  
Year 4 & e Smart Coordinator



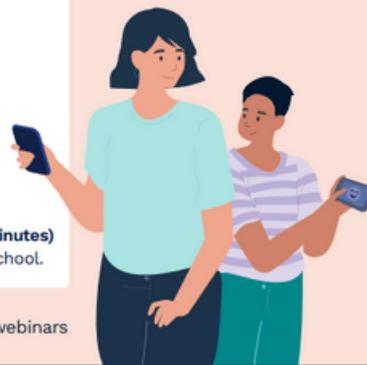
Term 4, 2023

## Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parents and carers.

### Term 4 topics:

- **Wellbeing and digital technologies (30 minutes)**  
For parents and carers of young people in secondary school.
- **Getting the most out of gaming (45 minutes)**  
For parents and carers of children aged 7 to 14.
- **Navigating online friendships (30 minutes)**  
For parents and carers of young people in secondary school.
- **Getting started with social media: TikTok, YouTube, Instagram (30 minutes)**  
For parents and carers of young people in primary and secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](http://eSafety.gov.au/parents/webinars)

Last weekend we had a number of Bellbrae PS students participate in a local Woolworths Surfer Groms Competition at various age groups and divisions. The event was held at Torquay.

Finn Madeley  
Eden Hawken  
Ned Murray  
Max Murray (1st in final)  
Harlem Pec (1st in final)  
Estella Carbonelli (2nd in final)



## BELLBRAE BUSINESS DIRECTORY

Proudly supporting Bellbrae Primary School

# NOW LIVE



Showcasing great local businesses



Check out the site to find out how these local businesses can support you.

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

## THIS WEEK WE SHOWCASE:



**Endurance Martial Arts**  
Sports, Recreation, Activity  
0422 353 723  
View [Business](#)  
View [Discount](#)



**Brett Essing Landscapes**  
0418 334 141  
View [Business](#)

**CLOSING DOWN SALE**



**CLOSING DOWN SALE**

**Torquay Stockfeeds is Closing Down. Closes end of September.**  
View [Business](#)

If you are a business that would like to sign-up to the directory, visit our [website](#) and complete the registration form on the [Contact Us](#) page.



# LUNCH ORDERS



## Canteen

Wednesday, Thursday

ONLINE ORDERS



By 9.30AM DAILY



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

Compass  
Canteen order - 20225224000641

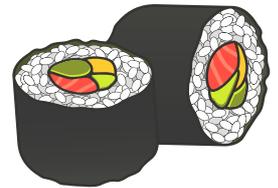
CompassPay  
Payment Confirmation

## Canteen - Specials

Please see canteen menu on the Compass App

## Sushi Tuesdays

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



## COMMUNITY NEWS



# FREE COMMUNITY LUNCHES

Join Torquay Community House for a delicious and nutritious two course lunch each month, connecting members of our community to share a meal together.

In partnership with Surf Coast Secondary College, students will help prepare and serve a hearty soup and dessert.

Supported by Feed Me Surf Coast.

- |                      |                    |
|----------------------|--------------------|
| <b>May 2</b>         | <b>September 6</b> |
| <b>June 6</b>        | <b>October 3</b>   |
| <b>July no lunch</b> | <b>November 8</b>  |
| <b>August 1</b>      | <b>December 5</b>  |



**When:** 1st Tuesday of each month, 12:00 - 1:30pm

**Where:** Torquay Community House, 14 Price St, Torquay

**Cost:** FREE

**Bookings:** [administration@torquaycommunityhouse.org.au](mailto:administration@torquaycommunityhouse.org.au)

or call us on **03 5261 2583**.

**Please advise any dietary requirements.**



A huge thank you to Ryans IGA for their donation of \$600.00 to our school from their Community Awards program.

This money will be used to provide resources for our students to use.

Your support of our local independently owned IGA in turn means support for our school!

# COMMUNITY NEWS

JAN JUC PRESCHOOL PRESENTS...

## Surf Coast Kite Festival

SUNDAY 22ND OCTOBER 2023  
FISHERMANS BEACH FORESHORE, TORQUAY  
10AM - 2PM

GIANT KITE DISPLAYS  
LIVE ENTERTAINMENT  
FOOD & FUN!

SPONSORED BY  
TAS VICTORIA  
SURF COAST EVENTS Surf Coast Times  
GREAT OCEAN ROAD

WANT TO GO IN THE BEAM TO WIN SOME COOL PRIZES?  
JAN JUC PRESCHOOL

## OCEAN Lending

Home, Business, Car & Personal Loans

OCEAN Lending helps clients to transfer to the next stage of their lives and accomplish their goals through finance. Our services include home loans, business and commercial finance, franchise finance, car finance and personal loans.

Please contact **Scott** 0407 349 246 or [scott@oceanlending.com.au](mailto:scott@oceanlending.com.au) for further information.

## Welcome to our village!

Holistic, evidence-based care to support perinatal wellbeing.

The perinatal period. Unique and complex. Having a child is the biggest life transition we will ever face. It requires adjustment in every single domain of our life, including how we view and care for ourselves.

The Perinatal Hub Surf Coast offers specialist perinatal care that is individually-tailored and enables continuity of support from conception through to parenthood, and beyond. Our multidisciplinary team works with infants, children, adolescents, men, women, couples and families.

Wherever you are in your perinatal journey, join our village!

MAKE AN APPOINTMENT TODAY:  
Jan Juc Village  
16 Princes Terrace  
Jan Juc  
0491 184 788  
[www.theperinatalhub.com.au](http://www.theperinatalhub.com.au)

OUR SERVICES:

- Perinatal Psychology
- Couples Therapy
- Child/Adolescent Therapy
- Acupuncture
- Infant Massage Therapy
- Pregnancy/Relaxation/Remedial Massage
- Pregnancy/Birth/Postpartum Education
- Postpartum Support
- Midwifery/Doula Support
- Play-Based Parent-Child Relationship Therapy

The Perinatal Hub

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## Bellbrae Bush Dance

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Saturday 28 October

6.30 - 10.30 pm

Bellbrae Hall  
School Road  
Bellbrae



Tickets \$35 pp

via Eventbrite  
<https://www.eventbrite.com.au/e/bellbrae-bush-dance-tickets-730264158757?aff=oddticketcreator>

Supper included by  
Feed Me Surf Coast  
BYO drinks



**Bellbrae**  
RESIDENTS ASSOC.



**Bendigo Bank**

Featuring **Dave Rackham** as our band leader and caller  
Celebrating our vibrant community and the 10 year anniversary of the **Bellbrae Fire Brigade**

Organised by the Bellbrae Residents Association  
We greatly appreciate the support of the Bendigo Bank Community Enterprise  
Enquiries - Jill Hyslop 0400 058 628



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# COMMUNITY NEWS

**“SURVIVE & THRIVE BEING HEALTHY, WEALTHY, WISE!”**

DIIGG Wellbeing proudly presents a Community Event for both Men & Women. Enjoy listening to our interactive guest speakers whilst connecting with other community members.



**Featuring Guest Speakers:**

**Lael Stone** Speaker, Educator, Author, Creator and Director of Woodline Primary School.

Creating wellness in families through education, connection and communication.

**Gus Worland** Gotcha4Life Founder / Director, Media Personality, Documentary Maker, Mental Health Advocate.

The importance of having a Gotcha4Life Mate that you can open up to warts and all and rely on no matter what.

**When:** Sunday November 5th, 2023

**Time:** 5:30pm to 9:00pm

**Where:** The Sands Torquay "Bunkers Room"

2 Sands Boulevard Torquay VIC – 3228

**Tickets:** \$50.00 per person

**Beverages:** Purchased at bar prices

**Food:** Hot & Cold Canapes served throughout the night

Silent auctions and lucky door prizes will be conducted on the night with auction items sourced from valued local and non-local artisans and businesses. Funds raised from the event will enable DIIGG Wellbeing to successfully transform into a Not-For-profit organisation.

For further information email: [info@diiggwellbeing.com.au](mailto:info@diiggwellbeing.com.au)  
<https://artoftheminds.org.au/event/diigg-wellbeing-holistic-wellbeing-event/>

Follow DIIGG on Instagram: [https://www.instagram.com/diigg\\_wellbeing/](https://www.instagram.com/diigg_wellbeing/)



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.



Physiotherapy for Children

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



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

## PARENTING EDUCATION CALENDAR

Term 4, 2023

Meli is a leading not for profit community service organisation supporting children, young people and families, to be safe, connected and empowered to live well.



 meli.community  
 meli.community  
[www.meli.org.au](http://www.meli.org.au)

# MELI

 03 5226 8900  [groups@meli.org.au](mailto:groups@meli.org.au)

### Meli Parenting Education Programs



#### BABY COLLEGE

Pre-birth – 6mths

**Baby College** brings women who are pregnant in their third trimester or have a child less than 6 months old, together to support the journey of parenting. Baby College is open to women over 25 years and first-time pregnancy is not a requirement. The program aims to:

- Enhance parent and child attachment.
- Increase understanding of child development.



#### BUMPS TO BUBS

Pre-birth – 12mths

**Bumps to Bubs** brings young mothers and mothers-to-be up to age \*23 or 25 (please see individual schedule for age range) with babies 0-1 year, together to support the journey of parenting. The program aims to:

- Bring young mothers and babies together for fun, learning and friendship in a relaxed setting.
- Enhance parent and child attachment.
- Increase understanding of child development.



#### BUBS TO TOTS

12mths – 2yrs

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

- Provide education to enhance children's early development.
- Promote parent and child attachment/relationships through the promotion of play.
- Assist parents with managing and enjoying the toddler years.



#### CIRCLE OF SECURITY

Birth – 5yrs

**Circle of Security** is a 6 week supportive program for parents of children aged birth – 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.



#### BRINGING UP GREAT KIDS

12mths – 12yrs

**Bringing Up Great Kids** is a 6 week supportive program for parents of children aged 12 months – 12 years. The program aims to:

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



#### TUNING IN TO KIDS

3yrs – 12yrs

**Tuning in to Kids** is a 6 week supportive program for parents of children aged 3 years – 12 years.

The program aims to:

- Help parents teach their children to understand and manage their emotions.
- Support parents in encouraging children to express emotions appropriately.
- Maximise children's social, behavioural and learning outcomes.



#### STRENGTHENING FAMILY CONNECTIONS

8yrs – 12yrs

**Strengthening Family Connections** is an 8 week program for parents and their children aged 8 years – 12 years.

The program aims to:

- Build a positive culture and improve communication among family members.
- Help develop successful, confident children and parents.
- Build skills in all family members to improve family functioning.



#### BRINGING UP GREAT KIDS - PARENTING ADOLESCENTS

10yrs – 18yrs

**Bringing Up Great Kids - Parenting Adolescents** is a 6 week supportive program for parents of children aged 10 years to 18 years.

The program aims to:

- Support parents to build a positive relationship with their adolescent.
- Assist parents understanding of what is going on in the adolescent brain.
- Explore the changing role from "custodian" to "consultant".



#### TUNING IN TO TEENS

10yrs – 18yrs

**Tuning in to Teens** is a 6 week supportive program for parents of adolescents aged 10 years to 18 years.

The program aims to:

- Support parents to connect and communicate with their teen.
- Assist parents with understanding adolescent development.

| GROUP                                                                                                                                                                     | VENUE                                                                                         | DATES                                                                          | DAYS/TIMES                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------|
|  <p><b>BABY COLLEGE</b></p>                                                              | <p><b>Korayn Birralee Family Centre (Early Help)</b><br/>146 Purnell Road<br/>Corio</p>       | <p><b>Every school term</b><br/>Term 4 dates:<br/>14 October – 13 December</p> | <p>Wednesday<br/>1.30pm – 3.30pm</p>  |
|  <p><b>BUMPS TO BUMBS</b><br/><small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 35</small></p> | <p><b>Northern Bay Family Learning Centre (Early Help)</b><br/>Goldsworthy Road<br/>Corio</p> | <p><b>Every school term</b><br/>Term 4 dates:<br/>4 October – 13 September</p> | <p>Wednesday<br/>1.30pm – 3.00pm</p>  |
|  <p><b>BUMPS TO BUMBS</b><br/><small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 35</small></p> | <p><b>Armstrong Creek East Community Hub</b><br/>46 Central Boulevard<br/>Armstrong Creek</p> | <p><b>Every school term</b><br/>Term 4 dates:<br/>4 October – 13 December</p>  | <p>Wednesday<br/>1.00pm - 2.30pm</p>  |
|  <p><b>BUBS TO TOTS</b></p>                                                              | <p><b>Northern Bay Family Learning Centre (Early Help)</b><br/>Goldsworthy Road<br/>Corio</p> | <p><b>Every school term</b><br/>Term 4 dates:<br/>4 October – 13 December</p>  | <p>Thursday<br/>10.00am – 11.30am</p> |
|  <p><b>CIRCLE OF SECURITY</b></p>                                                      | <p><b>Norlane Child &amp; Family Centre</b><br/>52-56 Gerbera Ave,<br/>Norlane VIC 3214</p>   | <p>17 October – 21 November</p>                                                | <p>Tuesday<br/>9.30am – 11.30am</p>   |
|  <p><b>BRINGING UP GREAT KIDS</b><br/>PARENTING ADOLESCENTS</p>                        | <p><b>Bannockburn Cultural Centre – Barwon Room</b><br/>27 High St<br/>Bannockburn</p>        | <p>17 October - 21 November</p>                                                | <p>Tuesday<br/>5.30pm – 7.30pm</p>    |
|  <p><b>TUNING IN TO KIDS</b></p>                                                       | <p><b>Poa Banyul Community Hub</b><br/>110-122 Unity Drive,<br/>Mount Duneed VIC 3217</p>     | <p>19 October - 23 November</p>                                                | <p>Thursday<br/>10.30am – 12.30pm</p> |
|  <p><b>TUNING IN TO TEENS</b></p>                                                      | <p><b>Kurrabee Myaring Community Centre</b><br/>12 Merrijig Drive,<br/>Torquay VIC 3228</p>   | <p>19 October - 23 November</p>                                                | <p>Thursday<br/>12.30pm - 2.30pm</p>  |
|  <p><b>STRENGTHENING FAMILY CONNECTIONS</b></p>                                        | <p><b>Torquay College</b><br/>45-55 Grossman's Rd<br/>Torquay VIC 3228</p>                    | <p>11 October - 29 November</p>                                                | <p>Wednesday<br/>2.00pm to 5.00pm</p> |



Saturday 4th of November 9am-3pm. Presented by Parents and friends. Rides, Market stalls, Music, food, face painting, coffee, cakes and more...

BYO- Drink bottles, coffee cup and Reusable bags.

## The Aireys Inlet Primary School Fair

Saturday 4 November 9AM - 3PM

**Sponsored by:**

- Bendigo Bank
- Community Bank Anglessea
- GreatOceanRoad HOLIDAYS
- FOODWORKS LORNE
- GreatOceanRoad REAL ESTATE
- Aireys Physio
- mantra lorne
- GREAT OCEAN ROAD MINI GOLF
- sunnymead
- AIREYS INLET PHARMACY
- abacus visual
- Lc Comptoir
- AIREYS INLET GENERAL STORE
- HAMLAN
- STONKER
- greatoceanproperties
- A LA GRECQUE
- THE CAPTAIN

TORQUAY THEATRE TROUPE INC

# TARUFFE

Molière

translated by Richard Wilbur

Director Zina Carman

26 October to 4 November

Tickets \$27 / \$25 <https://www.trybooking.com/CJYXU>

Shoestring Playhouse @ The MAC

By kind permission of Dramatists Play Service Inc. 2023

# DOXA YOUTH FOUNDATION

## Holiday Camps 2024

**DATES**

Malmsbury Camp: Monday 8th - Friday 12th January  
City Camp - Monday 15th - Friday 19th January

| MALMSBURY                                                           | CITY                                                                    |
|---------------------------------------------------------------------|-------------------------------------------------------------------------|
| Located in an idyllic bush setting in Central Victoria              | Located in the heart of the Melbourne CBD                               |
| <input checked="" type="checkbox"/> High Ropes Activities           | <input checked="" type="checkbox"/> Big Bash & Aus Open                 |
| <input checked="" type="checkbox"/> Canoeing & Swimming             | <input checked="" type="checkbox"/> Pool & Beach                        |
| <input checked="" type="checkbox"/> Archery & Orienteering          | <input checked="" type="checkbox"/> Melbourne Zoo & Museum              |
| <input checked="" type="checkbox"/> Night Walk, Movie Night, Trivia | <input checked="" type="checkbox"/> Eureka Skydeck, Movie Night, Trivia |

**TRANSPORT**

Malmsbury: Doxa facilitated bus transport provided from Melbourne & Bendigo  
City: Doxa facilitated bus transport provided from Traralgon / Pakenham & Bendigo

**COST**

Our holiday camps are FREE.  
Holiday camps are funded by our amazing donors and philanthropic ventures.

**FURTHER INFORMATION**

Email: [info@doxa.org.au](mailto:info@doxa.org.au)  
Phone: (03) 9046 8200



### VAPING DECODED: Empowering parents in the Vaping Conversation

**FREE** live 60 minute webinars this October

3 date options: Wednesday 11th, Thursday 19th, or Tuesday 24th October at 7pm | via Zoom

**Webinar topics include**

- > Understand today's vaping culture & peer influences
- > Hear the most frequently asked parent questions on vaping
- > Learn about how vape products are marketed to young people
- > Recognise the health and environmental risks associated with vaping
- > Equip yourself with strategies on how to start a conversation with your child
- > Gain tips and strategies for preventing vaping among young people
- > Learn how you can support young people who have started vaping



Register here for one of 3 date options  
Wednesday 11th, Thursday 19th, or Tuesday 24th October at 7pm | via Zoom

[blurredminds.com.au/webinar-parents](https://blurredminds.com.au/webinar-parents)

Secure your virtual seat to this **FREE** webinar  
Limited Spots Available!  
Don't Miss Out.

Together. Let's Empower our Teens and Make a Difference!

Brought to you by:



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