



# 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.

This week we have two new words to learn. The first word is Kuarka-dorla this is the Wadawurrung word for Angelsea. 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

Welcome back to the final (and longest) term of the year. Also, a big welcome to the new families who have joined us, as well as the ES Staff who have come on board. You might have noticed a few extra smiling faces outside the front each morning, so please make them feel welcome. Once gain it will be a busy term with many different activities and learning opportunities on offer for all our students. Our staff also have a lot to contend with, including First Aid and CPR Training this week, Professional Learning next Friday, a number of camps and excursions to attend, reports, moderation and assessments to conduct, as well as their normal meeting and professional learning schedules every week. I really am proud of the committed and enthusiastic staff we have at our school, who besides their substantial workloads, are passionate and energetic in all the programs we deliver.

**Health and wellbeing** – Although Covid seems a distant memory, schools can still be an active hub for the spread of viruses. As such, please practise safe behaviours to assist in keeping our school a safe and healthy place to be. This includes keeping students at home if they are unwell, accessing free masks or RAT Tests if you ever need them, ensuring your children get sufficient sleep and have healthy lunch boxes, and checking that they have their hat with them prior to coming to school each day. We also have a range of support staff to assist students with any mental health issues, so please speak to your teacher about the referral process if required.

**Assembly** – As next Friday is a Student-Free Day while staff are engaged in Professional Learning, Assembly will be held on Thursday afternoon at 2.45pm. At this Assembly we will be presenting 'Well done' awards and ICAS certificates. Please try and attend if your child is receiving one of these.

**Traffic Management** – Recently we have been in talks with the Shire to help improve traffic flow and parking options at the school. One of the initiatives suggested has been to include additional pick up and drop off zones on the other side of School Road. We will keep you updated with developments, but please keep aware of any new signage or restrictions that might come into being.

**Facilities** – Once again we had a lot of work happen over the last holidays to improve our buildings and grounds. This has included the installation of nets behind the footy goals, strips of synthetic grass to improve transition between the oval and pathways, the installation of new doors on a number of buildings, the delivery of a storage container, significant plumbing upgrades, and a host of other maintenance related activity. We are also still working with the VSBA on the delivery of a new inclusive playground and learning space at the front of the school. The School Council is currently providing feedback on the design, and as soon as that is collated, it will be presented to the architects prior to the works being sent out to tender.

**Have a great term ahead and enjoy being part of our wonderful school community.**  
Adrian

## IMPORTANT DATES & INFO

Friday 13th October  
Pupil Free – Common Professional Practice day

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.

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

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

## 2023 CAMP DATES

GRADE 4 URBAN CAMP  
18TH - 20TH OCT



5261 2660



**TheirCare**  
where kids love to be!

TheirCare our before and after school care service will be available for bookings on Friday 13th October.

For Bookings Please Phone - 1300072410 or head to their website - [theircare.com.au](http://theircare.com.au)

**Where kids love to be!**

## BIRTHDAYS

5TH OCTOBER  
EVIE TAYLER

7TH OCTOBER  
VIVIENNE TULLOCH  
FREDDIE OLDFIELD

8TH OCTOBER  
LAYLA THOMPSON

11TH OCTOBER  
EDDIE REES

12TH OCTOBER  
TAJ PETTIFER  
RAF KELLETT  
ROSIE ANDERSON

13TH OCTOBER  
WOODY GRIGG  
GATSBY GRIGG

14TH OCTOBER  
NOAH DUNCAN

15TH OCTOBER  
ISLA SYTEMA  
DUSTIN HOBSON

17TH OCTOBER  
NINA ELEVATO  
JOE BAULCH

18TH OCTOBER  
BOBBY O'BRIEN  
ANDREII (ANDREW) NEDUZHYI



# At Long Tan on 18 August 2023

By Luke O'Meara



**At the beginning of 2023, my wife accepted a position at the RMIT University, South Saigon Campus, Ho Chi Minh City, Vietnam. So, in May this year, my wife Kate, my two kids Paddy and Grace and I made the move.**

Working at Bellbrae Primary, it was my job to team up with a few veterans from the Torquay RSL, coordinating services for ANZAC Day, Vietnam Veterans' Day and Remembrance Day.

Over the course of thirteen years, I formed friendships with the likes of Kevin Egan, Peter Thomas and Bob Tyler to name a few. It was a privilege to watch the courteous, considerate and nurturing manner these guys embodied, engaging the school community in learning on these occasions. They spoke of the historical context of Australian involvement in the war and the values of service, courage, respect, integrity and excellence with dignity and humility.

Before leaving, I messaged my friend Peter Thomas and told him of the family move. He mentioned the Long Tan Memorial and I said that I would go down this August.

He added that the Australian Memorial at Long Tan is the only memorial dedicated to a foreign force in Vietnam. When telling Bob that I would be visiting Long Tan on Veterans' Day, he asked if I could put a few words together for the Torquay RSL Sub-Branch newsletter.

Since arriving and not wanting to let you guys down, I have immersed myself in the history of the place and Australia's war efforts here. A fascinating resource I found is the *Australians At War* archive, created by the University of New South Wales between 2000 and 2005. It is

**At Long Tan (Continued)** The main road along the back beach is lined with high-rise accommodation for holiday makers from all over the world. There is a significant Australian presence among the beachgoers. The hill at the point has its pathway to the top from the look out back across the city. I'm guessing it has changed so much since our Vietnam veterans took leave there.



**Above: IALSG Vung Tau in the 1960s; Below: The Back Beach Vung Tau now.**



in fact, you spot them all the way up to Long Tan. It was a welcome sight that got the blood racing. A piece of home.

Halfway between Vung Tau and Ba Ria, giant rain clouds were gathering. At 32°, the sky was threatening to bucket down on us, so we stopped by one of these trees so the driver could don his raincoat. Realising I was going to show up to the cross with only a poppy, I stepped across and grabbed a small branch of eucalyptus to lay at the cross.

We jumped back on the bike and continued on. The rain held off and the clouds cleared.

Making my way up on this day of all days was extremely meaningful. As we rode, I took in the landscape. The towering Nui Dinh hills to the left and the Long Hai Hills more distant to the right are dominant features- the biggest hills I've seen since arriving in Vietnam.

They must have kept the attention of our soldiers.

compelling listening. The website contains a vast library of filmed interviews of service men and service women of all theatres of war to that time.

I have paid close attention to Vietnam veterans giving an insight into their lives and experiences, before, during and after their service. These stories have been prominent in my mind as I have made my way around the city, imparting a sense of connection to the history and the place and my friends from the RSL.

I woke early the morning of Friday 18th of August and got myself to the Saigon Ferry Terminal for the two-hour ride from Saigon to Vung Tau. We are three hours behind, and as I was stepping onto the ferry at 0800h, the service at the Memorial Gardens at the Torquay Bows would have been commencing.

With you guys in my mind, I set off.

Vung Tau today, is fairly large city, with a booming seafood and tourism industry. I had a go at comparing photos taken in the 60's and the present day without much success.



**Above: Vung Tau in the 1960s; Below: How it looks today.**



The site of the 1st Australian Field Hospital has been completely transformed, now streets and alleys, with buildings, houses, shops, cats, dogs and scooters.

experienced in only a few specific places that I have visited outside of Australia.

I guess it is most comparable to a feeling of being home, or on a patch of Australian soil when I am far away from home. I remember getting that feeling as I jumped off the plane years ago in Dublin, Ireland. I got that feeling travelling through northwestern France and up into Belgium, and I got that feeling at Gallipoli.

Then it dawned on me. I wasn't there on my own at all. I was there with the hearts and minds of all those who served. I was there with the guys at Torquay RSL. In fact, I was there with all Australians commemorating and recognising Australia's war effort in this place.

A place that is a symbol of Australian service, courage, respect, integrity and excellence, dignity and humility. It was privilege and an honour to attend the memorial.

Perched on a small hill overlooking the rubber plantations, where the Battle of Long Tan took place, the memorial is well looked after. It stands as a tribute to the soldiers who fought and died on the battlefield below. The names of the fallen soldiers are engraved on the base of the monument, including the 18 Australian soldiers who died in combat and the three New Zealand soldiers who lost their lives.

To me, the Australian Memorial Cross at Long Tan represents sacrifice. Sacrifice of all those soldiers and servicemen and women who sacrificed themselves throughout that whole campaign and then on into their lives.

Feelings of pride and gratitude were also mixed with regret and sadness. Feeling pride and gratitude for the sacrifice these young Australians exhibited while, feeling regret and sadness for the hardship that Vietnam veterans experienced over the years, after their return to Australia.



**The replica cross in the Long Tan battlefield**



**The path through rubber to the Long Tan Cross**

The sun was shining in the blue sky as we passed through Long Phuoc which seemed very quiet. We passed the rubber trees, banana plantations, the small clusters of farms, houses and shops that sit atop the small tunnel system still intact there.

The town of Long Tan came up quickly and we took a left hand turn up their narrow track. Turning off the main road, I quickly noticed the vibrant colour of orange, red dirt track. We had had a heavy downpour of rain the night before and puddles still lay on the track.

The lush, dense, green banana plants soon gave way to the dark green and shadowy rubber plantations. The long rows of trees, creating clear narrow avenues as we rode along about 20k's an hour.

We made a right hand turn and drove about one hundred metres where a tour van was just taking off. Australian visitors I guessed.

We stopped, and to our left was the pathway down through the trees to the Long Tan Cross. 'The Australian Memorial Cross at Long Tan. The only foreign memorial in Vietnam', and except for some local workers having some lunch next to the path, I was the only one there.

Walking down the path, I became aware of a feeling that I've

The Cross is a symbol.

A symbol of our Vietnam Veterans sacrifice, their tenacity, their bravery.

It is a symbol of Australian character and spirit, the same character and spirit I have had the privilege of watching and hearing, as Torquay RSL Vietnam veterans came into our school all those years later.

The cross is a symbol of the way Kevin, Peter and Bob to talk to the kids, being the models of courtesy, respect, courage, mateship and persistence.

It was time for me to leave and I jumped back on the scooter taxi.

We turned and began to make our way on to Nui Dat, when a tour bus pulled up, full of Australians. And so it would be, I presume, throughout the day, an endless procession on people coming to pay their respect. A procession that is continued, year-round.

On behalf of all of the students and members of the school community who have been helped by Torquay RSL members, thank you for your service and sacrifice. Thank you for your example.

You have certainly helped me.



**Troops of 6RAR, remember their comrades when the Cross was erected.**

## GRADE 3 & 4 RED CROSS PILLOWCASE INCURSION



We have had our first incursion for the term and our Grade 3 & 4 students were fortunate to participate in this fantastic program ran by the Australian Red Cross - Pillowcase was originally inspired by events during Hurricane Katrina in the US. While evacuating campus, students of a local University used pillowcases to carry their cherished and basic possessions. After hearing this, American Red Cross staff developed the concept of using a pillowcase as an emergency kit. The program quickly grew into a global preparedness education program that has since become known as Pillowcase.

Delivered by Red Cross volunteers and staff, the workshop encourages children to be active participants in their own emergency preparedness. The content is useful for all kinds of emergencies and includes activities to highlight the importance of being prepared. Pillowcase helps to reduce real and imagined fears and has successfully built children's stress management skills.



*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



Our whole school focus for Term 4 Week 1 will be showing our school value of Respect - We follow teacher instructions, including we wear our hats outdoors. All classes will engage in teaching and learning activities that explore:

- We listen to teacher instructions and ask questions if we are unsure.
- We follow instructions quickly and with respect for other people, places and objects.
- We follow school and classroom rules so we can learn in a safe space.
- We make sure we always wear our hats outside and respect teacher instructions if we are asked to put on our hat.



Our whole school focus for Term 4: Week 2 will be showing our school value of Responsibility- We take care of our belongings. All classes will engage in teaching and learning activities that explore:

- We make sure all our belongings are clearly named and labelled.
- We keep our belongings in our school bag.
- We make sure we pick up our belongings when playing outside.
- We respect and take care of our belongings so that they last a long time.

Isla Anderson	FB	RESPECT	For your wonderful attitude to all aspects of learning. Thank you for the way that you always consider and help others in FB. Well done Isla!
Remy Beck	FB	RESPECT	For always being thoughtful and considerate towards others in and outside the classroom. You're a star, well done Remy!
Tom Brackin	FC	ASPIRE	For his amazing holiday recount Writing. You're amazing!
Zachary Varnavas - Engeler	FC	RESILIENCE	For developing an amazing morning routine and settling into the day so beautifully. Well done Zachary!
Anastasia Hennessy	FD	ASPIRE	Well done Anastasia for writing a fantastic holiday recount. Wonderful work Anastasia!
Maeve Hicks	FD	ASPIRE	Well done Maeve for your excellent holiday recount writing and reading. Amazing work Maeve!
Maggie Williams	1A	RESPONSIBILITY	For being friendly, organised, and taking on responsibilities in the classroom.
Lucy Torney	1A	ASPIRE	For being a kind and reliable classroom leader who helps others.
Winter Long	1B	RESPECT	For a fabulous start to term. You have been making great choices in the classroom and playground, Winter. Keep up the great work!
Harry Hissey	1C	ASPIRE	For always striving to do his best when presented with learning challenges.
Hugo Horat	1C	RESPONSIBILITY	For taking responsibility for his belongings each morning with confidence and independence.
Elijah Eman - Delandre	2A	ASPIRE	For aspiring to produce his best recount and participating in our Blueearth games with great sportsmanship. Well done, Elijah!
Zara Madeley	2A	RESPECT	For always showing respect to peers and teachers and giving every task your best effort. Well done, Zara!
Christopher Cullen	2B	RESPONSIBILITY	Well done Chris, for making positive choices in the classroom to reach your full potential.
Marceline Seriacco	2B	ASPIRE	Well done Marci for always giving your best effort and attitude in all areas of your learning.
Milla Lynch	2C	ASPIRE	Well done, Milla for always trying your personal best with your learning!
Napoleon Sawyer	2C	ASPIRE	For aspiring to achieve his best during learning activities and for his positive engagement during whole class discussions.

# VALUES AWARDS

Sofia Phillips	3A	RESPECT	Thank you for always displaying such incredible respect towards your teachers and peers. You always go above and beyond to help others, often without even being asked. Well done, Sofia!
Isla O'Connor	3B	ASPIRE	For your consistent dedication to your learning and all aspects of school life. You should be so proud of all your achievements! Well done, Isla! :)
Quinn O'Laughlin	3B	ASPIRE	For your fantastic start to Term 4, your positive attitude towards all learning opportunities is something you should be extremely proud of! Well done, Quinn! :)
Coco Clyne	3C	ASPIRE	Well done Coco for always aspiring to achieve her best and having a positive attitude towards learning.
Maddie Hollands	4A	ASPIRE	It goes without saying that Maddie is always striving to achieve her academic goals in class. She gives her personal best 100% of the time (as such the quality of her work is amazing) reflects on her learning and is always an active leader in group situations. Well done, Maddie.
Harlem Pec	4A	ASPIRE	Congratulations on the amazing Term you had at the Mt Buller school and for the excellent haul of individual and team trophies you brought back to Bellbrae! To say that you always give your personal best would be an understatement. Well done and welcome back.
Jack Steven	4C	RESPECT	Consistently showing respect to his peers and teachers. Great job Jack!
Lucy Denness	4C	ASPIRE	Settling back into school life and displaying her great leadership qualities straight away!
Joel O'keefe	5A	RESPONSIBILITY	For displaying humble leadership skills throughout her week as class captain. Well done, Joel!
Grace Taylor	5B	RESPONSIBILITY	For helping to keep our learning space tidy by showing initiative and remembering to empty the compost bin every day. Thank you Grace, it is appreciated!
River Vivian - Taylor	5B	RESPONSIBILITY	For demonstrating active listening by giving the speaker your full attention, making eye contact to show you're listening and letting others talk without interrupting. Well done River!
Indi Phillips	5C	ASPIRE	For always striving to achieve her best across all areas of learning.
Hayden Prosser	5C	RESPECT	For always showing kindness and respect to his teachers and peers.
Reef Knite	6A	RESPONSIBILITY	For taking ownership of your work and listening to feedback. You have been putting greater effort into your responses and working out to ensure improved accuracy.
Rose Poulton	6B	ASPIRE	For displaying great commitment to your work from day one of our new term. Well done!
Indi Bakaitis	6B	ASPIRE	For starting your last term of primary school on a positive note. I look forward to celebrating with you at the end!



## 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

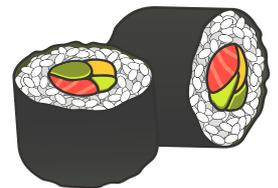
CompassPay  
Payment Confirmation

## 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



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

WANT TO GO IN THE DRAW TO WIN \$1000 CASH PRIZE?

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

RECRUITING NOW

Programs offered 2023

## GEELONG YOUTH CHOIR

Wednesday Afternoons and Evenings  
Commencing October, 4th 2023

More info : [geelongyouthchoir.com](http://geelongyouthchoir.com)

LEARN THE LANGUAGE OF MUSIC

- Read
- Understand
- Compose
- Perform

*Cantore*  
Ages 10-18  
Conductor: Phillipa McQuinn  
Rehearsals: Wednesday 4:30-6:30PM  
Fee: \$250

*Voices of Geelong*  
Adult Vocal Group  
Conductor: Kym Dillon  
Rehearsals: Wednesday 7:00-8:30PM  
Fee: \$200

REGISTER NOW!  
Scan QR code now to sign up today!

— Your Health Link —  
**National Photographic Competition**  
**HEALTHY LIFE HEALTHY YOU**

**FREE TO ENTER**

NSW Mid North Coast Local Health District

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

Primary and high school students are encouraged to grab their trusty camera or mobile phones/tablets to capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with prizes that support healthy canteen programs.

**Competition closes 8 October 2023**

Competition Partners

**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.**

## MELI

### TUNING IN TO TEENS

**Tuning in to Teens is a six 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.
- Help parents to assist their teen to develop emotional intelligence.

PROGRAM DETAILS	
LOCATION	Kurrabee Myaring Community Centre, 12 Merrijig Drive, Torquay
DATES	19 Oct - 23 Nov 2023
DAY/TIME	Thursdays 12.30pm - 2.30pm
COST	FREE

Scan QR code to register your interest →

[meli.org.au](http://meli.org.au) | [meli.community](https://www.facebook.com/meli.community) | [meli.community](https://www.instagram.com/meli.community) | [groups@meli.org.au](mailto:groups@meli.org.au)

## 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
 <b>BABY COLLEGE</b>	<b>Korayn Birralee Family Centre (Early Help)</b> 146 Purnell Road Corio	<b>Every school term</b> Term 4 dates: 14 October – 13 December	Wednesday 1.30pm – 3.30pm
 <b>BUMPS TO BUMBS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Northern Bay Family Learning Centre (Early Help)</b> Goldsworthy Road Corio	<b>Every school term</b> Term 4 dates: 4 October – 13 September	Wednesday 1.30pm – 3.00pm
 <b>BUMPS TO BUMBS</b> <small>*MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	<b>Armstrong Creek East Community Hub</b> 46 Central Boulevard Armstrong Creek	<b>Every school term</b> Term 4 dates: 4 October – 13 December	Wednesday 1.00pm - 2.30pm
 <b>BUBS TO TOTS</b>	<b>Northern Bay Family Learning Centre (Early Help)</b> Goldsworthy Road Corio	<b>Every school term</b> Term 4 dates: 4 October – 13 December	Thursday 10.00am – 11.30am
 <b>CIRCLE OF SECURITY</b>	<b>Norlane Child &amp; Family Centre</b> 52-56 Gerbera Ave, Norlane VIC 3214	17 October – 21 November	Tuesday 9.30am – 11.30am
 <b>BRINGING UP GREAT KIDS</b> <b>PARENTING ADOLESCENTS</b>	<b>Bannockburn Cultural Centre – Barwon Room</b> 27 High St Bannockburn	17 October - 21 November	Tuesday 5.30pm – 7.30pm
 <b>TUNING IN TO KIDS</b>	<b>Poa Banyul Community Hub</b> 110-122 Unity Drive, Mount Duneed VIC 3217	19 October - 23 November	Thursday 10.30am – 12.30pm
 <b>TUNING IN TO TEENS</b>	<b>Kurrabee Myaring Community Centre</b> 12 Merrijig Drive, Torquay VIC 3228	19 October - 23 November	Thursday 12.30pm - 2.30pm
 <b>STRENGTHENING FAMILY CONNECTIONS</b>	<b>Torquay College</b> 45-55 Grossman's Rd Torquay VIC 3228	11 October - 29 November	Wednesday 2.00pm to 5.00pm



## Term 4 Group Programs at Flying Start Children's Therapy



**Swimming Program**  
NOW IN TORQUAY

We support kids to be safer and more confident in the water.

**REGISTER NOW**

[www.flyingstartchildrenstherapy.com.au/swim-program](https://www.flyingstartchildrenstherapy.com.au/swim-program)

### Swim Program

**Days:** Tuesdays and Wednesdays  
**Time:** From 8:00am  
**Where:** Torquay  
**Age:** All ages welcome  
**Registration:**  
<https://www.flyingstartchildrenstherapy.com.au/swim-program>

Flying Start Children's Therapy provides an inclusive swimming and water safety skills program to support kids to be safer and more confident in the water. This program can support children who are unable to participate in mainstream swim programs.



**TERM 4 Tuesday 9:30AM - 11:00AM**

Ward Bower Stadium, Torquay

**LITTLE SPORTS**

BASKETBALL • TENNIS • FUN  
SOCCER • FOOTBALL • GAMES

Therapist facilitated of abilities ball sports!

**REGISTER TODAY**

### Little Sports

**Day:** Tuesdays  
**Time:** 9:30am to 11:00am  
**Location:** Torquay  
**Age:** Preschool and early primary aged children  
**Registration:**  
<https://www.flyingstartchildrenstherapy.com.au/little-sports>

Little Sports is a group program facilitated by an Occupational Therapist and Speech Pathologist, who will walk participants through the basic skills required for popular sports including football, soccer, tennis and basketball.



**LEGO LEGENDS**

GROUP THERAPY STARTING OCTOBER 3RD TUESDAYS 4:00PM - 5:30PM 9 WEEK PROGRAM IN TERM 4

Facilitated by Lego® Therapy trained Speech Pathologist and Occupational Therapist

[www.flyingstartchildrenstherapy.com.au/lego-legends](https://www.flyingstartchildrenstherapy.com.au/lego-legends)

### Lego Legends

**Day:** Tuesday  
**Time:** 4:00 - 5:30pm  
**Location:** Torquay  
**Age:** Children aged 5-10 years  
**Registration:**  
<https://www.flyingstartchildrenstherapy.com.au/lego-legends>

Lego® Legends is a strengths-based program that aims to work with the child and use observation and adaptability skills. It uses children's love of Lego play as well as their interests to develop communication and social skills and build friendships in a fun, safe and supportive environment.



# 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



## Term 4 Group Programs at Flying Start Children's Therapy



**GAMES CLUB!!**

TERM 4 PROGRAM WEDNESDAYS 4:00-5:30PM

Make new friends and learn Sharing, Turn Taking, Negotiating, Team work, And more!

**REGISTER VIA OUR WEBSITE**

### Games Club

**Day:** Wednesdays  
**Time:** 4:00pm to 5:30pm  
**Where:** Torquay  
**Ages:** Children from 5 - 12 years of age  
**Registration:**  
<https://www.flyingstartchildrenstherapy.com.au/games-club>

Flying Start Children's Therapy offers an inclusive games club designed for children to come and connect with their peers in a supportive and safe environment. The group will be facilitated by an Occupational Therapist and/or Speech Pathologist and a therapy assistant depending on numbers.



**LITTLE FLYERS PLAYGROUP**

An Inclusive Playgroup for children 2-4 years who are not yet in kindergarten.

The group offers play-based activities run by Paediatric Therapists to support and develop skills through play, music, story time, snack time and interactive activities.

Register Via Our Website  
[www.flyingstartchildrenstherapy.com.au](https://www.flyingstartchildrenstherapy.com.au)

### Little Flyers - Inclusive Playgroup

**Day:** Thursdays  
**Time:** 9:30am - 11:00am  
**Where:** Torquay  
**Ages:** Children 2-4 years who are not yet in kindergarten  
**Registration:**  
<https://www.flyingstartchildrenstherapy.com.au/little-flyers>

The group offers play-based activities run by a Speech Pathologist and Occupational Therapist to support and develop skills through play, music, story time, snack time and interactive activities.



**Flying Colours**

**THERAPEUTIC ART CLASSES are returning in Term 4!**

Create amazing art pieces while having fun with friends.

Connect, Create, Share

Head to our website for more information, and register your child today!

**TERM 4**  
Thursdays  
4:00 - 5:30pm

### Flying Colours Therapeutic Art Classes

**Day:** Thursday  
**Time:** 4:00 - 5:30pm  
**Location:** Torquay, VIC 3228  
**Age:** All school aged children welcome  
**Registration:**  
<https://www.flyingstartchildrenstherapy.com.au/flying-colours>

Flying Colours allows children to use various mediums to provide an alternate form of expression.



## 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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