



BELLBRAE BULLETIN

Acknowledgement of Country Bellbrae PS



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



WADAWURRUNG LANGUAGE WITH YEAR 2

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 buniya this is the Wadawurrung word for eel. The second word is mayayn, this is the Wadawurrung word for yabbie. This term at Bellbrae we will be learning new Wadawurrung words relating to our beautiful surroundings.



Last week we learnt the Wadawurrung animal words kurwarrk and tulum. Kurwarrk is the Wadawurrung word for Kookaburra.

The second word is tulum, this is the Wadawurrung word for black duck. This term we will be learning new Wadawurrung words relating to our beautiful surroundings, such as the Wadawurrung names of our local wildlife. Please practise these new words at home.

THIS WEEK FROM THE PRINCIPAL

Welcome back to another action-packed term at Bellbrae PS. Once again we have a number of great activities lined up for our students including school camps, swimming programs, incursions and excursions. Please keep a close eye on Compass notifications and ensure relevant consent is given for any event. Also, a big welcome to the new families and students who have joined us, and we trust that you will enjoy our wonderful school community.

Staffing - Welcome to Mel Myers who is assisting in the Grade Five Department while staff members are on extended leave. We also welcome Belinda back after she travelled to Queensland to enjoy the birth of her new grandson, Finn. Judy will also be taking some well-deserved Long Service Leave and will be returning early August. We hope she has a fantastic break and we will certainly miss her in the 'front office.' Any teaching staff who will be away for extended periods will be replaced by familiar teachers where possible, but as you are all well aware, sometimes relief teachers work across a number of schools and are not always available on certain dates.

Enrolments - Just a reminder that this year the DET has encouraged all enrolments for next year to register their interest by the end of July. If you, or anyone you know is intending to enrol at Bellbrae next year, please contact the office or complete the enrolment forms that are accessible on our website.

Traffic - The Shire has sent a reminder to all schools to notify parents about changes to speed limits and parking restrictions during the school term. Please take note of signage, be patient, use the supervised crossing, and drive slowly in school zones.

School Council - The next School Council Meeting will be in Week Three. Agenda items include various reports from sub-committees, facilities update, OSHC Reports and contracts. Also, a big thank you to Emily, one of our committed councillors, who together with Lucinda and Andrew Buckley have now established our Bellbrae Business Directory. This will enable both businesses to advertise, as well as give easy access to people trying to track down certain trades or services. It is easy to navigate and will be accessible via our website.

Have a great term ahead and enjoy the wonderful lifestyle and opportunities we have down here on the Surfcoast.

Adrian

IMPORTANT DATES & INFO

Fri 14th July
Ladies Luncheon
12pm-3.30pm

Thurs 18th July
Backflips Against Bullying
Incursion

Fri 28th July
Foundation and Grade 1 -
Dental Visit

Tues 1st August
Grade 6 - Preparation for
Puberty

Wed 2nd August
Grade 6 - Scienceworks
Excursion

4th - 15th Sept
Foundation - Grade 4
Swimming Program

2023 CAMP DATES



GRADE 5 CAMP
SOVEREIGN HILL
14TH - 16TH AUG

GRADE 3 CAMP
WYUNA
23RD - 25TH AUG

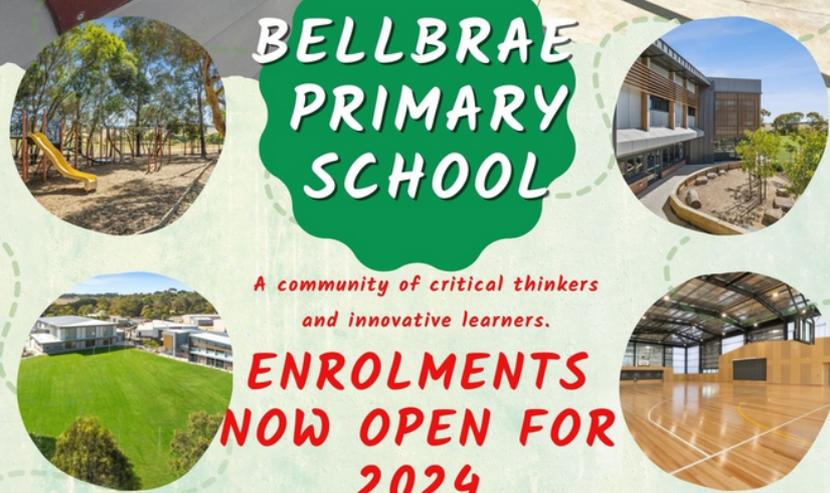
GRADE 4 URBAN
CAMP
18TH - 20TH OCT



5261 2660



No. 319
**BELLBRAE
PRIMARY SCHOOL**
Est. 1861



**BELLBRAE
PRIMARY
SCHOOL**

*A community of critical thinkers
and innovative learners.*

**ENROLMENTS
NOW OPEN FOR
2024**

*All enrolments welcome!
Foundation enrolments to be submitted
by Friday 28th of July*

**CONTACT US TO
BOOK YOUR
SCHOOL TOUR:**

(03) 5261 2660 bellbrae.ps@education.vic.gov.au www.bellbraeps.vic.edu.au

BIRTHDAYS

12TH JULY
BODHI BILLING
JAMES HUGHES

13TH JULY
BONI GRIGG
MATTIAS ENGELER

14TH JULY
FINN HART
NAPOLEON SAWYER

15TH JULY
SADIE WARNER
LENNY PATTERSON

16TH JULY
INDY MORDES WILSON

20TH JULY
ISLA O'CONNOR
SAM BEAN
JACK HOBSON

21ST JULY
AUDREY ISAIAH
ALBY HAYMAN
HOLLIDAY WEIDNER
KOA DAVIES

23RD JULY
TEDDY COLE
HARRY HILBERT

24TH JULY
OCHRE BUCKLEY

26TH JULY
ZOE COY

ICAS ASSESSMENTS



ICAS will return to Bellbrae Primary School this year for interested Grade 3-6 students. We encourage you to consider entering your child in ICAS. This worthwhile assessment program allows students to challenge themselves and be recognised for their academic efforts. The assessment is now fully online and sitting dates will commence in Term 3. Learn more by visiting [icasassessments.com](https://www.icasassessments.com).

You can now pay for ICAS online! To confirm your child's participation, visit <https://shop.icasassessments.com/pages/pps> and enter our unique school code LKU366 to make a direct payment to ICAS Assessments.

Online payment closes on **Monday, 31st July**.

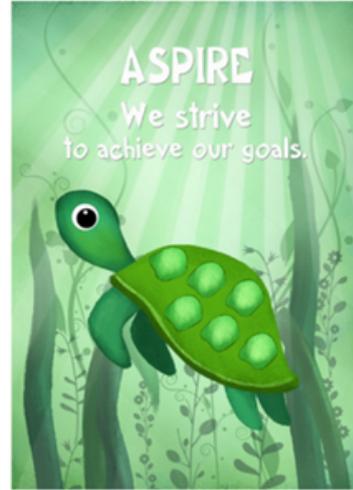
(Please see note on Compass for more details)

VALUES AWARDS



Our whole school focus for Term 3 Week 1 will be showing our school value of Respect - We are friendly. All classes will engage in teaching and learning activities that explore:

- We smile and show interest in people.
- We are kind, respectful and helpful.
- We are polite and compliment others. We talk and listen with respect.



Our whole school focus for Term 3 Week 2 will be showing our school value of Aspire- We help people in need. All classes will engage in teaching and learning activities that explore:

- We look for ways that we can help other people.
- We demonstrate care when people are struggling or have problems.

We look for ways that we can help in our community and in the world.

All awards will be presented at assembly on Friday 21st of July, assembly start time is 2;45pm.

Unfortunately due to a technical issue we are unable to list the names of students being awarded at this stage. Although all parents will have been notified via Compass or email at the end of Term 2 if their child has received an award.

We hope to have this issue resolved shortly so please watch this space for an update, a Compass notification will be sent out once rectified so that those families have the chance to celebrate such wonderful achievements.



Wellbeing Programs

Last term we ran a number of Wellbeing Programs to further support our students.

Year 1/2 Small Group Wellbeing Program

This 6-week program explored topics such as feelings, coping skills, problem solving, communication and friendships.

Using a range of activities and resources participants got to explore healthy ways to manage tricky issues.



Year 4 Friendship Sessions

Over a series of 4 weeks, all of the Year 4's participated in sessions related to friendship. We explored what makes a good friend (and am I being a good friend), common friendship issues, ways to communicate and resolve conflict, and finishing off with a gratitude/appreciation activity where students got to tell peers what they like about them, this is always the best part of the program! I've been so impressed by the honesty, openness and maturity in discussing tricky topics.

SPEAKING UP IN 4 EASY STEPS

- 1. Say What You See**
"I noticed that..." "I heard you say..."
- 2. Say What You Feel**
"I feel..." "I don't like it when..."
- 3. Say What You Need**
"I need..." "I would like you to..."
- 4. Stay Or Go**
"From now on please..." "I'm going to go and..."

Keep Yourself Safe

AGGRESSIVE

You can't play with me if you don't play this game!

- You attack
- You are the strongest/ biggest
- You only focus on your own needs
- Shouts, booms, eye rolling

PASSIVE

You play with whatever you want!

- You hide
- You don't even have the chance
- You are not expressing your needs
- You avoid problems

ASSERTIVE

I don't want to play tag, do you want to play Basketball instead?

- You inform
- You are in control of yourself
- You respect your own and other's needs
- You are calm but firm
- You're eye contact

Year 5 Wellbeing session

5B got to participate in a Wellbeing session exploring the brain and the nervous system, what our nervous system is and how our brain alerts our body of what to do in when it receives information on our external environment. Students then explored breath work as a tool to regulate our system using a breathing app to look at the speed of our breath and how it makes us feel.





THE THRIVING KIDS & PARENTS SCHOOLS PROJECT Online Parenting Seminar Series

Are you interested in learning practical strategies to help your child:

- ✓ Manage everyday worries
- ✓ Build healthy peer relationships
- ✓ Thrive now and into adolescence

You are invited to attend **3 FREE** evidence-based seminars

Interactive and online seminar package 90 - 120 minute seminars:

Power of Positive Parenting (Triple P Seminar)

Practical strategies to support children's social and emotional development.

Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar)

Skills and strategies to support children manage their emotions and overcome challenges.

Keeping Your Child Safe from Bullying (Resilience Triple P Seminar)

How to maintain good communication with the children in your care, develop positive relationships, and address conflict and bullying.

Register via the project website

[CLICK HERE](#) or scan the QR Code



Contact details:
QLD: thrivingkidsandparents@qld.edu.au
VIC: thrivingkidsandparents@monash.edu
SA: thrivingkidsandparents@adelaide.edu.au



PARENT EDUCATION EVENTS

GEELONG and BARWON
SOUTHWEST REGION



TERM 3, 2023

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

BRINGING UP GREAT KIDS The First 1000 Days

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

BRINGING UP GREAT KIDS

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

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

CIRCLE OF SECURITY

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

- The program aims to:
- Help parents understand how to build feelings of security for children in their early years;
 - Assist parents with skills to build on the positive relationship with their child;
 - Develop confidence in parents to respond to their child in a way which builds a secure foundation for children.

BRINGING UP GREAT KIDS Parenting Adolescents

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

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

STEPPING STONES

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

OUR KIDS - Parenting After Separation

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





Parent Education Events

Term 3, 2023

THE DAD WORKSHOP

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

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

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

FLOURISHING FAMILIES

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

Learn about:

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

NO MORE SCAREDY CATS

Reducing Anxiety and Building Resilience in Children

A 4-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

TUNING IN TO KIDS

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

The program aims to:

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

TUNING IN TO TEENS

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

The program aims to:

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

LIVING WITH TEENS

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

The program aims to cover:

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

BUMPS TO BUBS

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

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

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 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.

DADS TUNING INTO KIDS

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

The program aims to:

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

POSITIVE PARENTING PROGRAM

Available online via the Triple P website

www.triplep-parenting.net.au/vic-uk/en/triple-p/





Parent Education Events

Term 3, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Flourishing Families	Online via Zoom	Tuesdays 18 July – 22 Aug	7.00pm - 9.00pm	 Regional Parenting Service www.geelongaustralia.com.au/parenting Ph: 5272 4741 
Tuning in to Kids	Online via Zoom	Wednesdays 26 July – 30 Aug	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Wednesdays 12 July – 30 Aug	7.00pm - 9.00pm	
No More Scaredy Cats	Online via Zoom	Thursdays 6 July – 27 July	7.00pm - 9.00pm	
Bringing Up Great Kids	Chilwell Primary School	Tuesdays 25 July – 29 Aug	7.00pm - 9.00pm	
To express your interest for the following programs please scan the QR code				
The Dad Workshop	Stepping Stones			
BUGK First 1000 Days	Tuning in to Teens			
Our Kids – Parenting after Separation	Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 18 July – 22 Aug Thursdays 20 July – 24 Aug	6.00pm – 8.00pm	 Family Relationship Centre www.catholiccarevic.org.au Ph: 5246 5600
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates and times		 Drummond Street Services ds.org.au/events/



Parent Education Events

Term 3, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Bumps to Bubs	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Wednesdays 12 July – 13 Sept	1.30pm - 3.00pm	 Meli, the new name for BCYF and Bethany www.bcyf.org.au Ph: 5226 8900 
Bubs to Tots	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Thursdays 13 July – 14 Sept	10.00am - 11.30am	
Tuning in to Kids	Bellarine Learning and Living Centre 20 Worden Court, Whittington	Thursdays 27 July – 31 Aug	10.30am - 12.30pm	
Circle of Security	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Tuesdays 25 July – 29 Aug	9.30am - 11.30am	
Bumps to Bubs	Armstrong Creek East Community Hub 46 Central Blvd, Armstrong Creek	Wednesdays 26 July – 13 Sept	1.00pm - 2.30pm	
Dads Tuning in to Kids	Korayn Birralee Family Centre 146 Purnell Rd, Corio	Thursdays 27 July – 31 Aug	5.30pm – 7.30pm	
Bringing up Great Kids	Kurrabee Myaring Community Centre, 12 Merrijig Drive, Torquay	Thursdays 27 July – 31 Aug	12.30pm – 2.30pm	
Tuning in to Teens	Meli 222 Malop Street, Geelong	Thursdays 3 August – 7 Sept	12.30pm – 2.30pm	
Circle of Security	Children's Services Centre 550-600 Raglan Pde, Warrnambool	Wednesdays 26 July – 30 Aug	6.30pm – 8.00pm	 CatholicCare Victoria – Warrnambool www.catholiccarevic.org.au Ph: 4344 4588
Circle of Security	Moyne Shire - Location TBC	Tuesdays 1 Aug – 5 Sept	5.00pm – 7.00pm	
Living with Teens	Online via Zoom	Thursdays 31 Aug – 14 Sept	6.30pm - 8.30pm	



E Smart update**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 & eSmart coordinator



Jump Rope for Heart kicks off this term at Bellbrae!

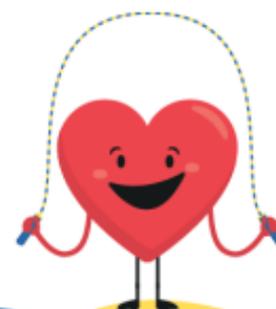
Jump Rope for Heart is the Heart Foundation's primary school skipping challenge that helps kids move more, have fun and raise funds for lifesaving research and programs.

This year we've got an audacious goal to see our student Heart Heroes at Bellbrae raise over \$2,000 throughout the program!

[Register your child online](#), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.
www.jumprope.org.au/parents

Students will be skipping throughout the term in PE lessons, during this time you can share their online fundraising page with family and friends to help raise money for this great cause.

Thank you for supporting the Jump Rope for Heart program!



A NOTE FROM THE OFFICE

Term 3 Volunteers – Please contact the office if you are unable to attend 😊

Term 3 - Canteen – Please sign in at office 12.30pm

Thursday 13 th July	Tammy Greene
Friday 14 th July	Chris Tulloch
Thursday 20 th July	Joanna Hilbert
Friday 21 st July	Sheree Seiffert
Thursday 27 th July	Jemma Ugrin
Friday 28 th July	Bianca Aquilina
Thursday 3 rd August	Aushra Hennessy
Friday 4 th August	Cath Hobson
Thursday 10 th August	Melanie Giddins
Friday 11 th August	Emma Sydenham
Thursday 17 th August	Julia Backhouse
Friday 18 th August	Jess Heane
Thursday 24 th August	Cheryne Bird
Friday 25 th August	Anne Cullen
Thursday 31 st August	Annie Mullen-Walsh
Friday 1 st September	Carl Larsen
Thursday 7 th September	Karen Palmieri
Friday 8 th September	Marine Young
Thursday 14 th September	Anthea Warlond
Friday 15 th September	Laura Spencer

Term 3- Sick Bay Washing – Friday afternoons

Friday 14 th July	Shelley Cardwell
Friday 21 st July	Sally Riley
Friday 28 th July	Lucy Maddock
Friday 4 th August	Emma Thompson
Friday 11 th August	Jennifer Hope
Friday 18 th August	Kristy Foran
Friday 25 th August	Tania Bartlett
Friday 1 st August	Marney Curtin
Friday 8 th September	Sarah Sytema
Friday 15 th September	Sam Coy

Term 3 - Second Hand Uniforms – Any day that suits for ½ hour or so

W/Starting Mon 10th July	Alex McDonald
W/Starting Mon 17th July	Maudy Tarik
W/Starting Mon 24th July	Melanie Sanders
W/Starting Mon 7th August	Angela Stanley
W/Starting Mon 14th August	Romy Renzow
W/Starting Mon 21st August	Bronwen Hart
W/Starting Mon 28th August	Leah Graham
W/Starting Mon 4th September	Bronwyn Watt
W/Starting Mon 11th September	Ellise Perrett



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

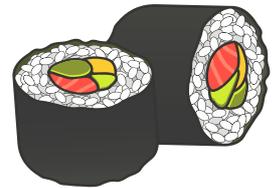
CompassPay
Payment Confirmation

Canteen - Specials

Nachos \$6.50

Sushi Tuesdays

Online Only by 8pm Monday
Nights 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.

May 2	September 6
June 6	October 3
July no lunch	November 8
August 1	December 5



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

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!

SING Local Vocals



Local Vocals is coming to Bellbrae Primary!!

Director, Shayne Lowe, firmly believes everyone can sing! Singing within a group, even for strong vocalists, brings along lessons about balance, harmonisation and listening that you just can't learn by yourself. Not to mention the fun of sharing music with others and creating together!

Local Vocals is singing lessons run within a group where we build confidence in singing and work into exploring our vocal ranges and abilities. We work together as a group to learn and grow our vocal skills through a variety of musical styles. Local Vocals is a fun, creative and inclusive space where good vocal techniques are the underlying foundation of all activities.

Shayne began singing in primary school herself and hasn't stopped since! As a qualified teacher, Shayne has been a music specialist teacher and established her own vocal studio while living in Devonport. She has been a vocal instructor and director for over 20 years. Shayne has also been heavily involved in local musical theatre, both in Tasmania and Geelong. Her experience as a Vocal Director has run parallel to her on-stage performances over many years.

Sessions will be available after school beginning in Term Two. Limited places available - first come, first serve. 🎵

To book your spot, contact Shayne directly
(0429 08 4343/ sing@singinnowgeelong.com.au)

You can find more information about Shayne at www.singinnowgeelong.com.au

Find us:



@sing.localvocals.geelong

Welcome to our village!

Holistic, evidence-based care to support perinatal wellbeing.

The perinatal period. Unique and complex.

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

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

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

MAKE AN APPOINTMENT TODAY:

Jan Juc Village
16 Princes Terrace
Jan Juc

0491 184 788

www.theperinatalhub.com.au



OUR SERVICES:

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



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 for further information.



Aged 7-22? Do you play violin, viola, cello or double bass?

Any week is Come & Try Week at Bay City Strings.

Bay City Strings has been the home for Geelong's young strings players for more than 30 years. We nurture and inspire young musicians to reach their full potential in a fun and friendly environment.

Would you like to join Bay City Strings? You can join at any time.

We rehearse at St Joseph's College from 4.30-6.00pm each Friday during term with a snack-break mid-way and we are looking for string players of all abilities. We perform a concert at the end of each term.



AMEB grades are a guide to our levels:

Our ensembles cover Preliminary to Grade 2, Grades 3 to 5, and Grades 6+.

A late starter? Don't think you will be the little ones - students are placed in ensembles with consideration to social age as well as musical level and the music is adjusted to suit your level.

Cost: \$165 each term, discount available for families

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



WOMEN'S HEALTH
TORQUAY

1a Fischer Street
Torquay
PH: 03 9828 7550
womenshealthtorquay.com.au
Women's Health Torquay –
Created by women
for women.

coerver®
COACHING SOCCER SCHOOL

TERM 3 - REGISTRATIONS OPEN

MONDAYS- GEELONG LEISURETIME
CREATIVE PLAYER: 5:15PM - 6:30PM

WEDNESDAY - TORQUAY
CREATIVE PLAYER: 5:15PM - 6:30PM



Want to prepare
your kids for a
healthier future?

BETTER HEALTH PROGRAM

Is your child...

- Aged 7-13 years old?
- In need of support to improve eating and activity habits?

Better Health Program is a **free**, 10-week, online program for eligible children and families.

There are weekly online sessions, **free** resources, including a Garmin watch, and weekly coaching calls. These are with a qualified health coach who gives you professional advice and helps keep



MONASH University

Sign up today!

www.betterhealthprogram.org
1300 822 953

[Facebook](https://www.facebook.com/betterhealthprogram) [Instagram](https://www.instagram.com/betterhealthprogram) [TikTok](https://www.tiktok.com/@betterhealthprogram) @betterhealthprogram

Split Point Lighthouse & Eco-Logic Short Story Competition

PRIMARY AND SECONDARY AGED STUDENTS

THEME: SPLIT POINT LIGHTHOUSE, LIGHTHOUSE KEEPER, ENVIRONMENT

WORD COUNT: 300 WORDS PRIMARY, 500 WORDS SECONDARY

SUBMISSION DEADLINE: SUNDAY AUGUST 20TH 2023

PRIZES: GIFT VOUCHER FROM GREAT ESCAPE BOOKS AIREYS INLET TO VALUE OF \$100

FREE LIGHTHOUSE TOUR FOR INDIVIDUAL AND THEIR FAMILY (MAX 6 PEOPLE)

PUBLICATION: WINNING ENTRY WILL BE POSTED ON THE @ECO - LOGIC & SPLIT POINT LIGHTHOUSE TOURS FACEBOOK PAGE.

HOW TO ENTER: EMAIL US A PDF OR WORD DOC: TOURS@ECOLOGIC.NET.AU

EMAIL TO BE RECEIVED BY US BY 5PM SUNDAY AUGUST 20TH 2023

ENTRIES MUST BE UNPUBLISHED, ORIGINAL, AND NOT UNDER CONSIDERATION ELSEWHERE.

VISIT OUR FB PAGE @ECO-LOGIC & SPLIT POINT LIGHTHOUSE TOURS





Physiotherapy for Children

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



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

THE SANDS
torquay

SWIM LESSONS AVAILABLE FOR 6 MONTH OLDS + LESSONS MON - SAT
BABY CLASSES TUE, WED & SAT MORNINGS
CALL 5264333 or email swimschool@thesandstorquay.com for availability



2024 kinder enrolments open 10 April 2023

Help give your child the best start

- Funded three-year-old and four-year-old positions available across six Surf Coast Shire kindergartens in Anglesea, Jan Juc, Lorne, Torquay and Winchelsea.
- Variety of session times to suit families' needs.
- Bush Kinder included in each four-year-old program.
- Children who attend kindergarten gain independence through play in a safe and happy environment. It helps them make a smooth transition to school.

Enrol online at surfcoast.vic.gov.au/kinder.

Round one applications close Sunday 18 June 2023.
surfcoast.vic.gov.au/kinder2023



SPROUT TIME



LITERACY PROGRAM FOR EXPECTANT & NEW PARENTS

Sprout Time is a unique literacy program for pre-birth parents and parents of newborns.

2 x 40 minute sessions focus on the importance of literacy at an early age. The program supports parents connection with baby and storytelling.

This outreach program is delivered by Children and Youth Services Librarians and funded by Give Where You Live.

For more details please contact the Manager of Children's and Youth Services cysmanager@gric.vic.gov.au



Scan the QR code for contact details





**Torquay
Community
House**

respect • equality • inclusion

TORQUAY COMMUNITY HOUSE

Term 3 2023 Timetable

MONDAY

Baby Sensory Torquay

9:00am-3:00pm

Little Da Vincis (3-5yrs)

9:30am-10am

'Have A Chat'

Community Table

10:30am-12pm

Italian for Beginners

12:00pm-1:00pm

Life Drawing

7:00pm-9:00pm

TUESDAY

Story Time Playgroup (1-5-yrs)

9:15am-10:00am

Low cost Counselling

11am-1:30pm

FREE IT Help with Chris

1pm-3pm

Tutoring Worx

4pm-6pm

French for children

4pm-5pm

Torquay Actor's Studio

Kids 4-6pm

FREE Community Lunch

12:00pm-2pm

(1st Tuesday of month)

1 August & 5 September

Book Club

7:30pm-9pm

(3rd Tuesday of month)

WEDNESDAY

Active Playgroup (1-5-yrs)

9:15am-10:15am

Still Life with Jenna

10:30am - 1:30pm

Guitar for Kids

3:45pm-4:45pm

French Intermediate Adults

6pm-8pm

(Fortnightly)

Watercolour & Drawing

6.30pm-8.30pm

THURSDAY

Bells and Beats (0-5 yrs)

9:30am-10am

Watercolours with Pat McKenzie

1pm-3:30pm

Guitar for Kids

3:45pm-4:45pm

Tutoring Worx

4pm-6pm

FRIDAY

Yoga for Wholeness

9:15am-10:30am

My Mates Program (fortnightly)

9:15am-10:15am

Friday Art Group

1pm-3:30pm

Women's Sharing Shed

1pm-4pm

SATURDAY

Meditation

8:30am-9:30am

SCAN HERE TO BOOK!



Term 3 House Programs

Little Da Vincis (3-5 yrs)

Art and craft group suitable for preschoolers.

Enjoy lots of fun craft activities including painting, drawing, cutting, and pasting!

Cost: \$15 per term per family

When: Monday 9:30am -10am

Story Time Playgroup (1-5 yrs)

Join Surf Coast SC students for stories and play! Spark your little one's imagination through the wonderful world of books and social connection.

Cost: \$15 per term per family

When: Tuesday 9:15am -10am

Active Playgroup (1-5 yrs)

Get your kids moving and playing, working on fine and gross motor skills!

Cost: \$15 per term per family

When: Wednesday 9:15am -10:00am

Bells and Beats (1-5 yrs)

This half hour is packed full of fun songs and activities to get your little ones singing and moving. Price is per family.

Cost: \$35 per term or \$5 on the day

When: Thursday 9:30am -10am

My Mates Program

Get social with Surf Coast SC Yr 11 & 12 students, help build social skills for transition to workforce. Enjoy a cuppa, cards and chat!

Cost: FREE

When: Fridays 9:15am -10:15am, fortnightly (July 14 & 28, Aug 11 & 25)

'Have A Chat' Community Table

Come and join us to have a cuppa and a chat for as little or as long as you choose. Everyone welcome!

Cost: Free

When: Monday 10:30am -12pm

Women's Sharing Shed

Newcomers welcome! A place for women to learn new DIY or gardening skills or take time out for a cuppa and a chat.

Cost: \$10 per term or \$35 per year

When: Friday 1pm-4pm

STAY TUNED!

Lots of wonderful one-off workshops coming in Term 3. Visit our website and follow us on Social Media for updates.

Italian for Beginners (8 weeks)

Learn the basics of Italian language by joining Edward Aquilina, a Torquay resident and native of the Italian language.

Cost: \$50 per term or \$35 concession

When: Monday 12:00pm-1:00pm

Tutoring Worx

A low-cost tutoring program for Primary and Secondary students who require assistance with Maths and English, and year 11 & 12 students doing chemistry or physics.

40 minute sessions.

Cost: \$10 per term

When: Tues and Thurs 4pm - 6pm

Booking essential

IT Help with Chris

Chris can help you with some tips with your PC, laptop and android phones (including Samsung) and some basic issues with ipads and iphones

Cost: Free

When: Tuesday 1pm -3pm

Booking essential

Friday Art Group

Bring along what you're working on and paint in your preferred medium. Socialise with other artists, and exchange ideas in a supportive and friendly environment. Easels supplied.

Cost: \$10 per term or \$35 per year

When: Friday 1pm-3:30pm

Watercolour & Drawing

Come and join Colin Peel to develop both watercolour and drawing skills. This class will be suitable for beginners or people expanding their experience in painting in watercolour

Cost Full Fee: \$120

Concession: \$80

When: Wednesday 6.30pm-8.30pm

Material list for participants to be provided - first session included.

Book Club

Fully booked for 2023.

Cost: \$10 per term or \$35 per year

When: 7:30pm-9pm

3rd Tuesday of each month

Enquiries: Call 5261 2583, visit torquaycommunityhouse.org.au, email administration@torquaycommunityhouse.org.au or come and see us!

***All activities held at Torquay Community House unless otherwise specified**



Torquay Community House
Wadawurrung Country
14 Price St, Torquay, 3228
Ph: 5261 2583

COMMUNITY NEWS

Term 3 Programs



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Torquay Actor's Studio
Dynamic drama classes for kids.
Cost: From \$200 per term
When: Tuesday 4-6pm
Book with Gabe on 0410 478 559 or
egan_gabrielle@yahoo.com.au

Little French Wave
French for children
For children prep to year 4 who are orally fluent in French. This is a learn to read class.
Cost: \$22 per class
When: Tuesday 4-5pm
Book with Florie on 0481 233 714 or
littelfrenchwave@gmail.com

French Intermediate Adults
Put your learning into practice through games, facilitated conversation and listening activities.
Cost: \$22 per class
When: Wednesday 6-8pm (fortnightly)
Book with Florie on 0481 233 714 or
littelfrenchwave@gmail.com

Meditation
Learn how to heal your body and still your mind for health and wellbeing. Beginners welcome.
Cost: Gold coin donation
When: Saturday 8:30-9:30am
Book with Nikki call/text on 0400 497 024

Yoga for Wholeness
Classes combine a balance of Asana (postures), Pranayama (breathing practices), Meditation and Yoga Nidra. BYO mat, cushion and blanket.
Cost: \$15 per session
When: Friday 9:15am-10:30am
Book with Bryan on 0457 911 563

Low-Cost Counselling
Jan Cheatley is an experienced counsellors offering affordable counselling sessions for the community.
Cost: \$25/1-hr session
When: Tuesday 11am-1:30pm
Book via TCH on 5261 2583

Watercolours with Pat McKenzie
To extend the knowledge of watercolour painting for individual participants.
Cost: \$200 for term (9 weeks)
When: Thursday 1pm-3pm
Book with Pat on 0418 179 554 or
email patmckenzie8@gmail.com

Life Drawing
Observational Life Drawing of a model
Cost: \$10 per session
When: Monday 7pm-9pm
Book with Julie on 0412003759 or
email julieromail@gmail.com

Still Life Painting with Jenna Winship
Working with acrylics, suitable for beginners or extending skills.
Cost: \$410 for term (6 weeks)
When: Wednesday 10:30am - 1:30pm
Book with Jenna on 0401 652 405

Guitar for Kids
Lessons introduce kids to music basics and guitar in a fun and easy way. Sarah is a qualified music teacher with over fifteen years experience.
Cost: \$140 per term
When: Wed & Thurs 3:45pm-4:45pm
Book with Sarah on 0466 113 138

Baby Sensory
Baby Sensory is designed for babies from birth to 13 months old to promote learning and development during this precious first year. 45min classes are packed with a variety of sounds, smells, sights, textures, music, dance, signing, therapeutic games, bonding and massage.
Cost: \$216 for the term (8 weeks)
When: Mondays 9am-3pm
For more information and to book, go to
<https://www.babysensory.com.au/geelong-vic/>

--- Rooms available for hire ---

More information and booking enquiries
<https://torquaycommunityhouse.org.au/venue-hire/>



Torquay Community House
Wadawurrung Country
14 Price St, Torquay, 3228
Ph: 5261 2583



IS YOUR CHILD TRAVELLING SAFELY?

GET FREE CHILDCAR RESTRAINT FITTINGS & SAFETY CHECKS



 Torquay Community House invites local parents and carers to book in for a free child car restraint fitting or safety check!

WHERE Torquay Community House, 14 Price Street, Torquay

WHEN Tuesday 12 September 2023 between 10.00am - 2.00pm

HOW Bookings are essential. Parents and carers (including grandparents!) can book in a free child car restraint fitting or check by registering through: www.safeseatssafekids.com.au

Please note, if you need to have more than 1 child car restraint fitted/checked, you will need to book multiple appointments.

WHY 90% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, have a professional fitter check your restraints so you know your child is safe.

For more information about the program, please visit: kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program

THESE EVENTS ARE HOSTED BY KIDSAFEVICTORIA IN PARTNERSHIP WITH NEIGHBOURHOOD HOUSES VICTORIA, WITH SUPPORT BY THE VICTORIAN STATE GOVERNMENT.



IS YOUR CHILD TRAVELLING SAFELY?

GET FREE CHILDCAR RESTRAINT FITTINGS & SAFETY CHECKS

 **TORQUAY COMMUNITY HOUSE, 14 PRICE STREET, ON TUESDAY 12 SEPTEMBER 2023 BETWEEN 10AM - 2PM PLEASE BOOK AT: WWW.SAFESEATSSAFEKIDS.COM.AU**

FIND OUT MORE AT SAFESEATSSAFEKIDS.COM.AU

