ANZAC DAY MONDAY 25TH APRIL - NO STUDENTS AT SCHOOL

Principal’s News:

P&C: This week all families are invited to join our Parents and Carers Group meeting. The meeting will be held on Thursday morning at 8:30am in our College café. We will be organising the roster for the Mothers’ day stall to be held at school for all students to buy a gift. Caroline Wise will also be sharing Torquay College procedures for First Aid and sickbay management. Younger children are welcome and we will have toys available. I am looking forward to meeting with lots of new parents at the P&C meeting.

Rubbish: We really promote no littering here at school and it is a constant battle with crows pulling rubbish from our bins. The students do an outstanding job in ensuring that the bins are out and recycling is promoted. Parents can assist us by ensuring that students pick up any rubbish and place it in a bin as they leave restaurants and shops. We would like to think that the “Orange Leaf” is left clean after students visit for the $5 special deal on Wednesdays and McDonalds is tidy after students visit in groups. When students are in school uniform they are seen as a reflection of our school values.

Chinese students will be visiting from July 15th until July 21st: We have booked a mini-camp at Anglesea on the 17th July until the 19th July and then the students are allocated to host families to attend school until the 21st July when they depart. We need just a couple more host families so please let me know if you can help out. It is a wonderful experience for your child to share their family culture in Australia. Many thanks to all the families who have already offered support.

Hats Policy: Please remember that students need to have hats for all outdoor activities until the 1st May and from 1st September to comply with our school’s Sunsmart Program. This will be very important for our cross country on Friday. “No hat, No play!”

Thanks: I sincerely thank Brad Ross for his outstanding organisation of our Athletic Sports day last Friday. Not only were we blessed with glorious weather but our grounds were beautifully prepared and teachers were all rostered to ensure that the day ran very smoothly. Thanks everyone for another fantastic day for our Torquay College students!
PRINCIPAL’S NEWS CONTINUED:

What is CISV?: “Children’s International Summer Villages”. I have been asked by several parents this question. Our school has been involved in CISV programs for 16 years. Many students and teachers have attended International Village programs and we have developed links with China through this organization. We will be hosting students from our sister school and travelling with our students from Torquay College to visit them again later this year. This is a wonderful program that supports our students to grow in intercultural understanding. Please contact me if you wish to be involved in any CISV programs or the China Exchange.

CISV International is a global organisation dedicated to educating and inspiring for peace through building inter-cultural friendship, cooperation and understanding. Founded in 1950, today we are a federation of 70 Member Associations with over 200 Chapters or local groups. We aim to help our participants develop the skills they need to become informed, responsible and active global citizens and make a difference in their communities and the world. The glue that underpins all of our programs is friendship, in line with our founding belief that peace is possible through friendship and mutual understanding. CISV educates and inspires action for a more just and peaceful world. We value friendship, inclusiveness, enthusiasm, engagement and cooperation.

In CISV we have four peace education content areas, which are explored in our programs. Our peace education is delivered in a way that is both age-appropriate and experiential. The content areas are:

- **Diversity** Explores the identity of the individual and asks us to consider ourselves within our own and the wider community.

- **Human Rights** Considers how human rights affect every aspect of our lives and how violations can lie at the root of problems such as poverty, violence and lawlessness.

- **Conflict and Resolution** Helps us to understand how conflicts can arise deliberately or otherwise and what can be done to help bring a peaceful resolution.

- **Sustainable Development** Looks for integrated ways to promote economic and social well-being, while protecting the environment through the responsible use of natural resources

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URGENT - HOST FAMILIES NEEDED FOR OUR VISITING STUDENTS FROM CHINA

Hosting an exchange student can be a very rewarding experience for the whole family. This is a great way to learn about another country and culture. Host families help provide visiting students with the chance to experience life in Australia as a part of a family and the local community.

If your family are willing to host visiting Year 6 students from China from the 19th July to the 21st July please return the completed slip to the College office as soon as possible. Thank you.

Yes, we are interested in hosting two (2) visiting students from China.

Parents Name: ___________________________ Phone: ___________________________

Students Name: ___________________________ Grade: _____________________

We can host 2 students: Boys Girls (please circle your preference)

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Pam Kinsman, Principal

Torquay P-6 College - www.torquaycollege.vic.edu.au
<table>
<thead>
<tr>
<th>Date</th>
<th>Event/Activity</th>
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<tbody>
<tr>
<td>Thursday, 21st April</td>
<td>P &amp; C Meeting - 8.30pm in Conference Room</td>
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<tr>
<td>Friday, 22nd April</td>
<td>ANZAC Commemorative Whole School Assembly 2:05pm</td>
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<td></td>
<td>Parents Welcome</td>
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<tr>
<td>Friday, 22nd April</td>
<td>Foundation to Year 2 Assembly - 2:30pm to 3pm</td>
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<tr>
<td>Friday, 22nd April</td>
<td>School Captains attend ANZAC Ceremony at Johnston Park</td>
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<tr>
<td>Friday, 22nd April</td>
<td>Torquay College House Cross Country Years 3 - 6 NB: Canteen lunch orders are still available for Yr 3-6 and will be ready when they return from House Cross Country. Thank you</td>
</tr>
<tr>
<td>Friday, 22nd April</td>
<td>Foundation to Year 2 Assembly - 2:30pm to 3pm</td>
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<tr>
<td>Monday, 25th April</td>
<td>ANZAC DAY—No Students at School</td>
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<tr>
<td>Tuesday, 26th April</td>
<td>Year 5/6 Biocats</td>
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<tr>
<td>Wednesday, 27th April</td>
<td>Parent Helper Information Session - 8.30am – 9.30am in Presentation Room</td>
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<tr>
<td>Wednesday, 27th April</td>
<td>School Council Meeting</td>
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<tr>
<td>Friday, 29th April</td>
<td>District Cross Country - Qualified Students</td>
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<tr>
<td>Friday, 29th April</td>
<td>Years 3 to 6 Assembly - 2:30pm to 3pm</td>
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<tr>
<td>Monday, 2nd May</td>
<td>Year 5/6 Biocats</td>
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<tr>
<td>Thursday, 5th May</td>
<td>Year 4 Science Works</td>
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<td>Thursday, 5th May</td>
<td>Mothers’ Day Stall</td>
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<td>Thursday, 5th May</td>
<td>Parent Seminar Cyber Safety - 7pm to 8pm</td>
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<tr>
<td>Friday, 6th May</td>
<td>Foundation to Year 2 Assembly - 2:30pm to 3pm</td>
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<tr>
<td>Monday, 9th May</td>
<td>Year 5/6 Biocats</td>
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<td>Mon 9th &amp; Tues 10th May</td>
<td>Minibeast Incursion</td>
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<td>Friday, 13th May</td>
<td>Year 5/6 Forensic Science Incursion</td>
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<tr>
<td>Friday, 13th May</td>
<td>Year 3-6 Assembly 2:30pm to 3pm</td>
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<tr>
<td>Monday, 16th May</td>
<td>School Tours for Prospective Parents 9am and 2pm</td>
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<tr>
<td>Tuesday, 17th May</td>
<td>Open Day for College Parents/Carers—See Page 2</td>
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<tr>
<td>Wednesday, 18th May</td>
<td>Open Day for College Parents/Carers—See Page 2</td>
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<tr>
<td>Thursday, 19th May</td>
<td>School Tours for Prospective Parents 9am and 2pm</td>
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<tr>
<td>Friday, 20th May</td>
<td>Curriculum Day—No Students at School</td>
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**FAMILY ACCOUNTS**

Family accounts have been sent home today for 2016. Payment can be made via Bpay (details on your account), in person at the school office or by credit card over the phone.

If you have any queries please call the office on ph 5261 2360.
JUNIOR SCHOOL COUNCIL  ANZAC Fundraiser

Australia on the Western Front 1916 Commemorative Penny

JCS ANZAC FUNDRAISER

JSC will be selling a special ANZAC Centenary Western Front customised penny with our school logo for $4. Pennies can be purchased Wednesday to Friday this week.

PARENT AND CARERS GROUP

NEXT MEETING
Thursday 21st April
8:30am
College Cafe

PARENT AND CARERS GROUP

If you are looking for a great way to be involved in your child’s schooling and an opportunity to meet other families, then we would love you to join our Parent and Carers Group.

Our P & C Group meets regularly to provide families with an opportunity to contribute to school decision making, to chat to our Principal and be kept updated about all areas and to share your ideas and experiences.

We also organise lots of fun events such as discos and support fundraising for additional school resources and equipment.

Meeting dates are advertised in the school newsletter, on the School App and through our Facebook page called “Torquay College Parents and Friends”.

BABIES AND YOUNG CHILDREN WELCOME

DANCE CLUB

Dance Club will be held in the dance studio each Wednesday 1:15pm to 1:45pm

See you there.
CROSS COUNTRY
WHERE: Torquay Front Beach / Cosy Corner
WHEN: Friday 22nd April
START: 9:50am Arrival Time
FINISH: 1pm Departure
WHO: All Grade 3-6 Students

TIMETABLE FOR EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Age Group</th>
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<tbody>
<tr>
<td>10.10 am</td>
<td>8 &amp; 9 year old boys (2000m)</td>
<td>8 &amp; 9 year old boys</td>
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<tr>
<td>10.30 am</td>
<td>8 &amp; 9 year old girls (2000m)</td>
<td>8 &amp; 9 year old girls</td>
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<tr>
<td>10.50 am</td>
<td>10 year old boys (2000m)</td>
<td>10 year old boys</td>
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<tr>
<td>11.10 am</td>
<td>10 year old girls (2000m)</td>
<td>10 year old girls</td>
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<tr>
<td>11.30 am</td>
<td>11 year old boys (3000m)</td>
<td>11 year old boys</td>
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<tr>
<td>11.50 am</td>
<td>11 year old girls (3000m)</td>
<td>11 year old girls</td>
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<tr>
<td>12.10 pm</td>
<td>12/13 year old boys (3000m)</td>
<td>12/13 year old boys</td>
</tr>
<tr>
<td>12.30 pm</td>
<td>12/13 year old girls (3000m)</td>
<td>12/13 year old girls</td>
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</table>

Students will be required to Marshall 10min prior to their race. The announcer will instruct students when they are to marshal at the start line.

Please note these are just approximate race times and every effort will be made to follow these times as closely as possible. There is the potential to bring race times forward slightly in order to ensure students return to school in time for lunch or to cater for the weather conditions. The presentation of awards will take place at the next assembly.

Hello! My name is Morwenna P-B I am 24 years old and I am from Seattle, USA. I am teaching with Ms. Cormack in year 4 for this term. I am so excited to be here in Torquay, it’s such a beautiful part of the world!

I have travelled all over Europe (I have relatives in the UK) and China, but this is my first time in Australia. I love traveling, crafting, painting, and taking pictures. Some of my other hobbies include swimming (and anything water related), biking, and hiking/trekking. I am always looking for ideas of things I should see and do while I am here, if you have a suggestion please let me know. Or if you are going on a day trip and have room for me to tag along I’d love to see more of the area. I would also absolutely love to try surfing, so if anyone is willing to give me a few tips I’d love to give it a try.

Thank you and hope to see you around school or town.

Morwenna P-B
HOUSE ATHLETICS

For the first time, Torquay College held the House Athletics on the school grounds utilising the amazing school facilities, the day was a huge success. It was particularly impressive to witness the positive and enthusiastic manner in which the students participated together with the house spirit and encouragement they demonstrated.

A huge thank you to the parents that volunteered their time and provided amazing support in the running of a range of the athletics events. Your efforts were greatly appreciated!

It was also pleasing to see the large number family and friends cheering on our rising stars.

BOOKCLUB will be coming home this week and is due back to school on the Friday 22nd April. Unfortunately we cannot take any orders after this time. Thank you for your continued support. Please insure your child’s name and class is on the order form.

Stephanie Alexander Kitchen Garden Update

The students have been busy in the garden, pulling out our summer vegetables including an abundance of pumpkins and tomatoes. They have also been composting and preparing our garden beds for planting our winter vegetables.

In the kitchen we are making homemade pasta served with a napoli sauce, salad of the imagination, pumpkin soup and yummy fresh bread. Thank you to all our wonderful volunteers, your support is always appreciated. If you are interested in volunteering with this amazing program, please contact Terri 5261 0906.
Pumpkin Soup

Equipment
Chopping board
Knife
Large saucepan
Wooden spoon
Hand-held blender
Peeler

Ingredients
2 tablespoons olive oil
2 onions
3 garlic cloves
3 or 4 carrots (or 2 potatoes or sweet potato)
2 kg pumpkin
2 litres vegetable stock
Salt and pepper to taste
Fresh herbs for garnish

Method
Chop onion and garlic
Carefully use sharp knife to peel, de-seed and chop pumpkin into small chunks
Peel and chop carrot (and/or potatoes)
Heat oil in saucepan over medium-high heat
Add onion and garlic
Cook, stirring, for 3 minutes or until onion has softened
Add pumpkin and carrot (and/or potato and sweet potato)
Cook, stirring occasionally, for 5 minutes, or until vegetables start to brown
Add stock and salt and pepper
Cover and bring to the boil, then reduce heat to medium-low
Simmer for 12-15 minutes, or until vegetables are tender
Set aside for 2 minutes to cool slightly
Blend until smooth
Serve with chopped herbs as garnish
Torquay P-6 College
Open Day 2016

Torquay College Tours
We warmly welcome parents and prospective families to our open days.

Guided School Tours:
Monday, 16th May
Meet in Office Foyer
- 9.00am—10.00 tour
- 2.00pm—3.00 tour

Guided School Tours:
Thursday 19th May
Meet in Office Foyer
- 9.00am—10.00 tour
- 2.00pm—3.00 tour

Living And Learning By The Sea

45-55 Grossmann Road Torquay Victoria 3228
Phone: 52612360
torquay.p6@edumail.vic.gov.au

PREP & Gr1
BALLET
Mon/Tues

PREP-Gr6
Jazz/Hip Hop
Tues/Wed

Gr3-Gr6
Contemporary
Wed

torquaydanceacademy.com.au 0424-400-437

Park safely,
park legally

ELITE TAEKWONDO AUSTRALIA

Our classes will include all areas of Taekwondo - defence, speed, agility, flexibility, fitness and sparring training. We offer classes for all ages - from Preparge through to adults. Call us to book a FREE trial.

Ph: 0422 353 723

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<table>
<thead>
<tr>
<th>Course</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
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<tbody>
<tr>
<td>Mini Kickers (4-6yrs)</td>
<td>4pm</td>
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<td>Juniors (7-11yrs)</td>
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<td>Seniors (12yrs - Adults)</td>
<td>6pm</td>
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<td>6pm</td>
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<td>Red &amp; Black Belts</td>
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<td>Stranger Danger</td>
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<tr>
<td>Women's Self Defence</td>
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Starts 4 May - 6weeks
4pm 3 weeks
Fundraiser for beyondblue

Developing our innate gifts of mindfulness and heartfulness cultivates sound mental health and connecting with nature opens a graceful pathway. To illuminate this path, psychologist Rich Bennett has created the 100 Dawns daily practice where he is meditating on the beach pre-dawn, then entering the ocean for sunrise embodying the sentiment arising from his meditation for 100 dawns in a row. Rich is sharing his reflections each dawn which may serve to enlighten mind and heart and shine happiness through our day...

Rich is devoting his 100 Dawns daily practice to raise funds for beyondblue who have been working to reduce the impacts of depression, anxiety and suicide since 2000. Along with sharing daily images and insights, Rich is also planning a fundraising event shortly after the 100 Dawns to share more intimate reflections about his experience.

100 Dawns began 23rd February and finishes 1st June. To follow Rich’s daily dawn reflections and receive details about the fundraising event please go to:

BLOG thesurferssoul.com
@thesurferssoul
@thesurferssoul
Proudly supporting beyondblue
TO GIVE DONATIONS TO beyondblue
give.everydayhero.com/au/100-dawns/

Oceans of gratitude and appreciation for your kind support
Rich Bennett / Performance Psychologist
OM psychology

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BELLBRAE PRIMARY SCHOOL
MAYFAIR
SUNDAY 1st OF MAY

Lucky Bags / Silent Auction / Spinning Wheel / Bullet Bar / Wine / Beer / 9D Cinema / Craft / Coffee & Cakes / Café Bellbrae / Dim Sims / Ferris Wheel / Fruit Juices / Donuts / Duck Poo Lotto / Entertainment Stage / Face Painting / Fruit & Veg / Barley Rides / Hide & Seek Activities / Horse Rides / Hot Dogs / Fairy Floss / Henna Art / Jumping Castle / Giant Jumping Slide / Lucky Bags / Plants / Raffle / Roast Meat Rolls / Tea Poo, Dream Catcher Creations / Toys & Games / Train Rides / Vegi Burgers / Children’s Activities / BBQ / Egg & Bacon Rolls / Soup / Plate Smashing / Lollies / Fried Rice

Second Hand Books

WOODCHOP
CONDUCTED BY WESTERN VICTORIAN AGEMENS ASSOCIATION

10AM–3PM BELLBRAE PRIMARY SCHOOL
SCHOOL ROAD BELLBRAE, 52 612 660

THANKS FOR SUPPORTING OUR BIGGEST FUNDRAISER

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greatoceanproperties

Jess Nowson is a licensed estate agent and highly experienced member of the greatoceanproperties team. She has lived in Jan Juc for over 18 years and understands the motivations of those who work, live or want to live in our special Surfcoast community. Jess has developed a strong reputation for tailoring individual solutions to her clients’ real estate needs.

If you feel you deserve an individually tailored strategy to your real estate requirements then please call Jess Nowson on 0419 696 896

32 Gilbert Street Torquay | 5264 8444 | greatoceanproperties.com.au
Presents:

**Separation Anxiety in young children**

For parents of children aged 12mths to 6 years

Topics of discussion:

- Why does separation anxiety occur?
- What are the developmental norms for separation?
- Why has it started now? (eg couple of months after starting childcare/kindergarten)
- How can I assist my child?
- What strategies can I introduce?

**Date:**
Thursday 5th May

**Location:**
Torquay Children’s Hub, 27 Grossmans Road
Torquay.

**Time:**
7.00pm - 9.00pm

**Cost**
Free

For bookings and more information please contact Torquay Children’s Hub

Phone
5261 0549

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**“MOVING FORWARD”**

A PEER SUPPORT GROUP FOR PARENTS/CARERS OF YOUNG PEOPLE WITH MENTAL HEALTH ISSUES

Are you a parent/carer of a young person with mental health issues? Do you feel overwhelmed and want to connect with other people who may be experiencing the same thing?

Peer support is the giving and receiving of help based on the key principles of respect, shared responsibility and mutual agreement of how to move forward and what is helpful.

The group begins on May the 3rd at Spring Creek Community House and will take place on the 1st and 3rd Tuesday of each month, from 7-8.15pm. There is no commitment to come every week, just come along as you need support. The group is about sharing our experiences to move forward whilst supporting our loved ones. Gold Coin Donation.

Please register your interest or enquiries at info@theawareproject.com.au

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**Meagan Burch Music Tuition**

Music Lessons at school

Piano, keyboard, Guitar, Ukulele, Drum or Singing Lessons

Private & Group Lessons

During &/or After School Hours at School

Come & try music lessons without committing to the full term. Join together with a friend in a shared lesson.

To enrol, or to receive more information please contact Meagan:

mbmt@bigpond.com

Providing Music Lessons in local schools since 1985.

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