Principal’s News:

School Review: This week we will be hosting Pam Toose a school reviewer, and two visiting principals from Montpellier PS and Leopold PS to complete a review of our school and our programs. It is important that schools complete these reviews every four years to set the direction for future learning. We invite all parents/carers to provide any feedback to assist us in developing our new strategic plans. The parents who have received the formal surveys need to provide us with positives as well as suggestions for any negative responses. It is very important that these are returned ASAP.

Child Safe Policies: We already have many policies and processes in place to protect our students and to ensure that they are safe at all times. Our school has commenced reviewing our policies to ensure that we are compliant with the new government requirements.

Swimming Programs: Our swimming programs have been running extremely well this year and teachers have commented on the improvement the students make by the end of their series of lessons.

Hours of school Supervision: Each morning teachers are in classrooms and welcome students to enter to stow bags, change readers and have a calm and happy start to the school day. Parents are reminded that students should not arrive too early as the grounds are unsupervised until teachers commence yard duty at 8.15am. Over the past few cold mornings I have noticed quite a few students sheltering in doorways well before the start of the school day. If you need to be at work early, please book your child into OHSC.

Playground Boat: A big thank you to Jill and Graham for the new addition to the Prep playground. See our happy sailors in the photo above.

100 DAYS at school for Preps Celebrations: I enjoy visiting our Prep rooms to see the fantastic work the students are preparing to celebrate this occasion. The program is an exciting one and I am sure that our student’s knowledge of place value and number sequencing has really been extended. Well done Prep teachers.

Pam Kinsman, Principal
## COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>25th July to 5th August</td>
<td>Year 1 Swimming Program</td>
</tr>
<tr>
<td>2nd August to 3rd August</td>
<td>Enviro Camp - Selected Year 5/6 Students - YMCA Anglesea</td>
</tr>
<tr>
<td>Wednesday, 3rd August</td>
<td>100th Day for Foundation Students</td>
</tr>
<tr>
<td>Wednesday, 3rd August</td>
<td>1:1 Device Information Evening 6pm to 7pm</td>
</tr>
<tr>
<td>Wednesday, 3rd August</td>
<td>Western Metro Boys Soccer Regions</td>
</tr>
<tr>
<td>Thursday, 4th August</td>
<td>Parent Helper Training Program - 8:30am to 9:30am</td>
</tr>
<tr>
<td>Friday, 5th August</td>
<td>Foundation to Year 2 Assembly 2:20pm - 3pm</td>
</tr>
<tr>
<td>Monday, 8th August</td>
<td>Year 1 (B5) Local Excursion to Torquay Library</td>
</tr>
<tr>
<td>Tuesday, 9th August</td>
<td>Year 1 Narana Excursion - B1, B2, B5 &amp; B6</td>
</tr>
<tr>
<td>Wednesday, 10th August</td>
<td>Year 1 Narana Excursion - B3, B4, B7 &amp; B8</td>
</tr>
<tr>
<td>Wednesday, 10th August</td>
<td>School Photo Day</td>
</tr>
<tr>
<td>Thursday, 11th August</td>
<td>School Photo Day</td>
</tr>
<tr>
<td>Wednesday, 11th August</td>
<td>Year 1 (B2) Local Excursion to Torquay Library</td>
</tr>
<tr>
<td>Thursday, 11th August</td>
<td>Year 2 Incursion - Asian Dance KITA Performance</td>
</tr>
<tr>
<td>Thursday, 11th August</td>
<td>Parenting Seminar Supporting Children who Worry— 7pm to 8:30pm See Page 4</td>
</tr>
<tr>
<td>Friday, 12th August</td>
<td>Year 1 (B7) Local Excursion to Torquay Library</td>
</tr>
<tr>
<td>Friday, 12th August</td>
<td>Year 3 to 6 Assembly 2:30pm - 3pm</td>
</tr>
<tr>
<td>Friday, 12th August</td>
<td>WORKING BEE - Year 3 to 6 Families</td>
</tr>
<tr>
<td>Monday, 15th August</td>
<td>Curriculum Day - NO STUDENTS AT SCHOOL</td>
</tr>
<tr>
<td>16th Aug to 26th Aug</td>
<td>Year 2 Swimming Program</td>
</tr>
<tr>
<td>Tuesday, 16th August</td>
<td>Year 1 (B4) Local Excursion to Torquay Library</td>
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<tr>
<td>Tuesday, 16th August</td>
<td>Indonesian Speaking Competition</td>
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<tr>
<td>Wednesday, 17th August</td>
<td>Year 1 (B3) Local Excursion to Torquay Library</td>
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<tr>
<td>Friday, 19th August</td>
<td>P &amp; C Meeting - 8:30am</td>
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<td>Friday, 19th August</td>
<td>Foundation to Year 2 Level Assembly 2:30pm - 3pm</td>
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<tr>
<td>Monday, 22nd August</td>
<td>Year 1 (B1) Local Excursion to Torquay Library</td>
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<tr>
<td>Tuesday, 23rd August</td>
<td>Book Week Speaker, Sue DeGennaro - Foundation, Years 1 &amp; 2</td>
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<tr>
<td>Wednesday, 24th August</td>
<td>Book Week Speaker, Sheryl Clark — Years 3 &amp; 4</td>
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<tr>
<td>Thursday, 25th August</td>
<td>Book Week Speaker, Morris Gleitzman - Years 5 &amp; 6</td>
</tr>
<tr>
<td>Friday, 26th August</td>
<td>Book Week Dress Up Parade - 8:45am to 10am</td>
</tr>
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</table>
Congratulations
Pupils of the Week

<table>
<thead>
<tr>
<th>YEAR 3</th>
<th>YEAR 4</th>
<th>YEAR 5/6</th>
<th>YEAR 5/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>D1</td>
<td>NOAH J &amp; SHAE M</td>
<td>R1</td>
<td>COURTNEY B</td>
</tr>
<tr>
<td>D3</td>
<td>NED B &amp; KYAH C</td>
<td>R2</td>
<td>AUDREY J &amp; LEVI C</td>
</tr>
<tr>
<td>R5</td>
<td>OLIVER W &amp; ETHAN W</td>
<td>R4</td>
<td>JESSE T</td>
</tr>
<tr>
<td>R7</td>
<td>NASH C</td>
<td>R6</td>
<td>ISABELLA M &amp; JONATHAN S</td>
</tr>
<tr>
<td>R9</td>
<td>KAI DY N Q</td>
<td>F6</td>
<td>JACK M</td>
</tr>
<tr>
<td>R10</td>
<td>MADISON G &amp; RUBEN F</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WORKING BEE FOR ALL YEAR 3 TO YEAR 6 FAMILIES

We will be holding a working bee on Friday 12th August from 3pm to 4:30pm to maintain safe and appealing playground areas. A sausage sizzle will be provided.

Quiksilver Sustainability Challenge

Eve Hollenkamp from Quiksilver & Robert Skehan congratulating to our winning Torquay College students at school assembly.

Well done everyone!

Parents & Carers

Have you considered attending a Parents & Carers Meeting?

Parents & Carers Committee: Is a group of School Parents that get involved with projects to enhance the children’s experience & facilities here at Torquay College. This maybe through fundraising, or projects like painting the mural in the Stephanie Alexandra Kitchen, school discos, Mother’s Day Stall & much more.

If you have an opinion, idea that you would like to share or if you have a skill that you can offer, we would love to see you.

Please be assured you do not have to commit for a whole year.....

Children Welcome at Meetings.

We are keen to welcome new attendees:

Our next meeting is Friday, 19th August

P & C Meeting, - Friday 19th August - 8:30am
Library News:

BOOK WEEK SPEAKER: Mr. Morris Gleitzman - Thursday, August 25th

Mr. Gleitzman will be talking to our students in years 5 and 6.

Please see order form attached if you would like to purchase one of his books from the local bookshop. (If you have purchased one elsewhere, your child can bring it along).

He will attempt to sign them before his presentation but books will need to be dropped off to the library prior to Thursday the 25th August.

Premiers" Reading Challenge.

Half of the registered students have still not entered their books on to their homepage on the website. If you need help with this please email or ring us in the Library.

Happy Reading!

Kathy and Lesley.

Come to the Library and check out the beautiful book art on display like these pieces in the picture, created by the amazing students from B1 with the wonderful support of Mr. McLoughlan.
The students will be starting new recipes this week, including Spanakopita, Salad of the Imagination, Parmesan & Herb Kale Chips, Spicy Pumpkin Bread and Lemon Curd Muffins. They have also been busy in the orchard garden, planting two orange, one lemon and two olive trees to coincide with National Tree Planting Day.

Thank you to Kerry Chambers for her donation of clean jars for our preserves and to Emma Jackman for her lovely box of lemons. Please keep donating any excess produce as we will always use it in the kitchen.

We also have potted strawberry plants for sale $2.00 each or 6 for $10.00, please see Terri in the café if you would like to buy some.

If anyone would like a rooster one of our volunteers has 5 to give away to a good home, please contact Cindy Skehan on 0433 686 446.

Thanks to all our wonderful volunteers and a special thank you to Peter Morgan, Tony Iacono & Alan Scott, who have done an amazing job building our new orchard fence. If you would like to volunteer please call Terri on 5261 0906. A Working With Children check is all you need and is available online at no cost.

Spanakopitakia – Spinach & Cheese Pastry Triangles

(recipe by Terri)

Ingredients:

1 medium onion, finely chopped
1 tablespoon extra virgin olive oil
large bunch of spinach or silverbeet
300g ricotta & 150g feta
3 eggs
salt and pepper

Method

Preheat oven to 180 degrees celcius. Line 3 baking trays with non-stick baking paper. Cook onion in 2 tablespoons oil in a frypan over moderate heat, stirring frequently, until soft and translucent, for at least 5 minutes. Remove from pan into a bowl to cool.

Wash and trim spinach and/or silverbeet, and chop. Wilt in a saucepan over medium heat. The spinach will give up a fair amount of liquid. The silverbeet might take a little longer.

Remove from heat and press with a spoon to extract liquid. Carefully pour liquid out of the pan, then place spinach and silverbeet in a bowl to cool.

Into a large bowl, add the ricotta then use your fingers to crumble in the feta. Lightly beat the eggs with a fork in a separate bowl, then add to the cheeses. Mix together with a wooden spoon and add salt and pepper to taste. (You can also experiment with different traditional herbs, spices and flavours for spanakopita – nutmeg, dill, parsley, oregano, thyme, lemon zest etc, or you might want to add extra zing with chili or cayenne pepper).

Place filo sheets on a tea-towel on the bench, and cover with another tea-towel. Using one sheet at a time, brush half the sheet lengthways with melted butter. Fold over lengthways, brush half again with melted butter, then fold again, so that you have a strip of four layers. At one end of the strip of folded filo place two teaspoons of the spinach mixture.

Fold the end of the filo pastry over into a triangle shape so that one corner meets the other side. Keep repeating the triangle folding until the length of pastry is folded up into a triangular shaped parcel. Brush the surface with melted butter and place on a baking tray. Repeat until you have 36 triangles. Turn oven fan on. Bake in the oven for approximately 20 minutes or until golden. Serve with green tomato chutney, or tomato relish.

1 medium onion, finely chopped
1 tablespoon extra virgin olive oil
large bunch of spinach or silverbeet
300g ricotta &150g feta
3 eggs
salt and pepper
TORQUAY COLLEGE PARENT HOMEWORK SURVEY

Torquay College Parent Homework Survey

Did the school and/or teacher communicate homework expectations with you?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Response Percent</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>48.4%</td>
<td>30</td>
</tr>
<tr>
<td>Only in some cases</td>
<td>32.3%</td>
<td>20</td>
</tr>
<tr>
<td>No</td>
<td>19.4%</td>
<td>12</td>
</tr>
<tr>
<td>Comment</td>
<td></td>
<td>8</td>
</tr>
</tbody>
</table>

answered question 62
skipped question 44

How much involvement did you have with your child's homework?

<table>
<thead>
<tr>
<th>Answer Options</th>
<th>Level of involvement from last year</th>
<th>What is your preferred level of involvement</th>
<th>Response Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>No homework set</td>
<td>7</td>
<td>3</td>
<td>9</td>
</tr>
<tr>
<td>Sit with child while they undertake the homework</td>
<td>32</td>
<td>25</td>
<td>37</td>
</tr>
<tr>
<td>Check answers only</td>
<td>13</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Help if requested</td>
<td>43</td>
<td>46</td>
<td>51</td>
</tr>
<tr>
<td>Do the homework together</td>
<td>16</td>
<td>15</td>
<td>18</td>
</tr>
<tr>
<td>Do the homework for them</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>No supervision</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

answered question 62
skipped question 44
TORQUAY COLLEGE - ACTIVEPATH

Paths to school:
- Fischer Path — 1550m/1450m
- Koringa Path — 700m
- Briody Path — 1400m
- 10 minute walking zone
- 5 minute walking zone

Tips for riding and walking

Be alert on paths
When riding and walking look for:
- Other path users
- Dogs or other animals
- Driveways, laneways or other crossings
- Path obstacles, such as pot-holes, change of surface, sharp or blind corners

Riding on paths
- Keep to the left on the path
- Let others know you are approaching by ringing your bell or calling out
- Don’t ride too fast or act unexpectedly

When passing driveways
- Children need to learn to be aware of reversing cars
- Remind them to watch out at each driveway and stop out of the way of reversing cars

When crossing roads
- Children’s peripheral vision is not fully developed until around the age of 10, so it’s important to encourage them to turn their head to look at driveways
- Stop, look, listen, think when crossing the road.

Ride ready checklist
1. Helmet fit
   Does your child’s helmet move around when you wiggle it on their head? Can they stretch two fingers between their eyebrow and helmet? Adjust to suit!

2. Arm tyres
   Fully inflated tyres make riding easier and are more resistant to punctures. Check for the correct tyre pressure on the sides of the tyres.

3. Check the brakes
   It is important that your child is able to stop quickly. Check that the brake levers are working before you set off.

4. Check for loose bolts and bolts
   Have a quick scan for any loose bolts or nuts on your child’s bike before you set off. This includes bolts, nuts, nuts or any other attachments.

5. Wiggle the saddle
   Your child’s saddle is the right height when they can sit and place the ball of their feet on the ground.
   Adjust the saddle and tighten so it can’t move about while they are riding.

6. Be heard with a bell
   All bikes need to have bells. Also teach your child to use their voice to alert others.

7. Be warm and visible
   Dress your child in brightly coloured clothing that is weather appropriate.

Active kids are happy kids!

At Torquay College, we support riding and walking to school. Walking and riding to school helps kids to achieve their required minimum 60 minutes of physical activity per day.

Active kids are happier, more socially connected and arrive at school ready to learn.

We designed this map to identify the best part-way drop off points along popular walking and riding routes to school. This will provide all students to have the opportunity to ride or walk to school.

Draw a cross approximately where your home is so that you can work out the best way to walk or ride to school. If you can’t ride or walk the whole way, Part Way is OK.

Paths to school:
- Fischer Path — 1550m/1450m
- Koringa Path — 700m
- Briody Path — 1400m
- 5 minute walking zone
- 10 minute walking zone
CISV MINI CAMP
“Sustainable Living”

DATE: 26th – 28th August 2016
VENUE: Eumeralla Scout Camp, Anglesea
AGE GROUP: 9 years old and over
Activities include:
- Junior Branch activities
- Team work
- Cultural diversity
- Discovering diversity, conflict and resolution, human rights, and sustainable development.

Cost: $110 ($90 for current members, additional family members of those holding a current CISV family membership cost only $60 each!)

Contact victoria@au.cisv.org for a registration form. Registrations and payment due no later than Friday 12th August 2016

CISV Victoria
– Building global friendship –

Time:
Arrival Time: Friday 6 – 6.30 pm
(please have dinner before arriving)
Pick up: 12noon Sunday

What to Bring:
Homemade cake/slice to share
Fruit to share
Sleeping Bag
Pillow
Towel and Bathroom Stuff
Clothes
Rain jacket
Torch
Interested Friends!

Other CISV Programmes Include:
Village 11yrs
Interchange 12 - 15 yrs
Step Up 14-15 yrs
Seminar Camp 17 - 18yrs
Youth Meeting 12-19+ yrs
International People’s Project 19+yrs
Mosaic: All Ages
Junior Branch 11-25yrs
Upcoming Parent Seminar:
‘Supporting Children Who Worry’

This Parent Seminar will build your understanding of why children worry and develop your skills to assist them.

- Understanding your child’s worry
- What parents can do to support their children to worry less and build resilience
- Presented by Tracey Banks, Barwon South Network Psychologist (DET)

Thursday 11th August 2016
7.00pm to 8.30pm
Café Area, Yr 5/6 Block
Torquay College
45-55 Grossmans Road, Torquay
FREE
RSVP: Monday 8th August

Parenting Seminar: ‘Supporting Children Who Worry’
RSVP via email: torquay.p6.co@edumail.vic.gov.au

I/WE will be attending the Supporting Children Who Worry session on the 11th August at 7.00pm:-

Name/s: ______________________________________________________________

______________________________________________________________

Contact Ph: ________________________________________________________
School Photo Day Wednesday 10th August, 2016

PHOTO DAY 2016
Torquay College
WEDNESDAY 10th August, 2016
Remember how they change each year with SCHOOL PHOTOS

RETURN TO ARP
SCAN THE QR CODE TO GO ONLINE
ORDER ONLINE www.arphotos.com.au

Wish PACKAGES
Arthur Reed Photos is partnering with Make-A-Wish® Australia who grant the cherished wishes of seriously ill children. $1 from the purchase of each 'Wish' package will be donated to help bring the healing power of a wish to children with life-threatening medical conditions.

Wish PACKAGE A - $46
1. Personalised photobook which includes portraits, group image and year level composite + calendar and bookmarks.
2. Larger size 25 x 18 cm portrait.
3. 18 x 13 cm B&W portrait.
4. 2 x 2.5 cm portraits.

Wish PACKAGE B - $42
1. Personalised photobook which includes portrait, group image and year level composite + calendar and bookmarks.
2. 18 x 13 cm B&W portrait.
3. 2 x 2.5 cm portraits.

OTHER PHOTO PACKAGE OPTIONS -
PHOTOBOK PACKAGE C* - $36
1. Personalised photobook.
2. 18 x 13 cm portraits.

STANDARD PACKAGE D* - $32
3. 18 x 13 cm portraits.
4. 8 x 5 cm portraits.
5. 4 x 2.5 cm portraits.

BASIC PACKAGE E* - $29
6. 18 x 13 cm portrait.
7. Group photo (design nominated by school).

GROUP PACKAGE G - $23
8. Group photo (design nominated by school).

*When ordered online, SCREEN resolution digital image is included.

Order your school photos online with multiple easy payment options available.

Order your school photos online with multiple easy payment options available.

Go to www.arphotos.com.au and follow the prompts to place your order.

If unable to order online, please complete the form below and return directly to Arthur Reed Photos.

My School Code: 1608TC547

ORDER ONLINE www.arphotos.com.au

NOT ABLE TO ORDER ONLINE? Complete details as required and return directly to Arthur Reed Photos PO Box 272, Belmont, VIC 3216.

Student Name
Parent/Guardian Name
Class/Homegroup
Mobile/Contact Phone Number

I wish to order package
A B C D E G

Payment (circle)
Cheque
Money Order

Total Cost of this school photo order

I have ORDERED ONLINE & payment supplied with this order
(Only available up until photo day)

ONLINE ORDER REFERENCE #
AMOUNT $
**FAMILY PHOTOS 2016**

Torquay College

**WEDNESDAY 10th August, 2016**

Remember the changes in them each year with SCHOOL PHOTOS

---

**TO ORDER**

All orders for family photos need to be made BEFORE photo day.

- Go to [www.arphotos.com.au](http://www.arphotos.com.au) and follow the prompts to place your order.
- Scan this QR code with your mobile device to go directly to our website.
- **Not able to order online?** Simply complete the form below and return directly to Arthur Reed Photos.

Place your order by **11.59pm, AUGUST 9, 2016** to avoid missing out.

**My School Code**: 1608TC547

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**FAMILY VALUE PACKAGE - $30**

- 1 - 25 × 18 cm portrait
- 2 - 18 × 13 cm portraits
- 1 - 18 × 13 cm B&W portrait
- 4 - 7.5 × 5.5 cm portraits
- 1 - personalised 25 × 18 cm family calendar

**FAMILY STANDARD PACKAGE - $22**

- 1 - 18 × 13 cm portrait
- 4 - 7.5 × 5.5 cm portraits

**FAMILY PORTRAIT - $19**

- 1 - 18 × 13 cm portrait

**FREE HIGH Resolution digital image when photos are ordered ONLINE.**

(Tablet not included)

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**NOT ABLE TO ORDER ONLINE?** Complete details as required and return directly to Arthur Reed Photos PO Box 272, Belmont, VIC 3216.

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<thead>
<tr>
<th>Student Name</th>
<th>Class/Homeroom</th>
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</thead>
<tbody>
<tr>
<td>Parent/Guardian Name</td>
<td>Mobile /Contact Phone Number</td>
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<tr>
<td>I wish to order</td>
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<tr>
<td>VALUE PACKAGE</td>
<td>STANDARD PACKAGE</td>
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<tr>
<td>Payment (cheque)</td>
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<tr>
<td>Total Cost of this FAMILY photo order</td>
<td>$</td>
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**I have ORDERED ONLINE & payment supplied with this order**

ONLY AVAILABLE UP UNTIL PHOTO DAY

<table>
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<th>AMOUNT $</th>
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Torquay College

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Arthur Reed Photos Pty. Ltd.

A.B.N 48 528 494 590

148-154 Marshalltown Road, Grovedale, VIC 3216

Post: PO Box 272, Belmont, VIC 3216 | Telephone: (03) 5243 4390

Email: enquiries@arphotos.com.au | Web: www.arphotos.com.au
Floss ‘like a boss’ this Dental Health Week!

1st – 7th August

Alongside brushing twice a day, ‘flossing’ is the single most important line of defence against dental decay. Flossing at least once a day helps to remove the plaque from between your teeth, which helps to prevent gum disease, tooth decay, and bad breath.

Put simply, if you’re just relying on brushing, you’re not cleaning your teeth effectively, which in turn can harm the health of your teeth and gums.

How to floss:

It is one thing to make flossing a part of your oral health care routine, quite another to do it properly. The correct flossing technique should involve the following basic steps:

Wind 45cm of floss around your middle fingers & grip it tightly between your thumbs and index fingers. Keeping the thumb and forefingers close together, gently guide the floss between the teeth, taking care not to cut or damage your gums with abrupt movement. You should use a side-to-side motion to ensure the sides of both teeth are cleaned equally.

To clean the “neck” of the tooth, which is the point where it meets the gums, curl the floss and insert it gently under the gum.

More tips for maintaining good oral health:

Eat a well-balanced diet and avoid sugary & starchy snacks.
Avoid sweet drinks such as soft drink, sports drinks and juice. Drink water instead.
Visit your dentist twice a year for a professional examination and cleaning and ask your dentist if he or she thinks you should use an antimicrobial mouth rinse.

Dental Health Week (1st –7th August) for more info visit: www.dentalhealthweek.com.au.

For dental care call Barwon Health on 42157620

NO FEES APPLY FOR THE FOLLOWING GROUPS:
All children aged zero to 12 years.
Young people aged 13 to 17 years who are health care or pensioner concession card holders, dependents of concession card holders or eligible for the Child Dental Benefits Schedule (CDBS).
All children and young people up to 18 years of age, who are in out-of-home care (includes kinship, foster and residential care) provided by the Children Youth and Families Division of the Department of Human Services.
All youth justice clients in custodial care, up to 18 years of age.

For Someone I know

Join us for afternoon tea with the Mayor in support of Daffodil Day

Friday 26 August, 2.30pm to 3.30pm
Council Chambers 1 Merrilj Drive, Torquay

RSVP for catering purposes by Friday 19 August to Gilly Hughes on 5261 0586 or community@surfcoast.vic.gov.au

Daffodil Day merchandise is available for purchase from Council Offices, your local RSL or

Cancer Council
Surf Coast Shire

BE INFORMED

Body Confident Children & Teens
Information for Parents & Community Members
Locally supported by

Every year, since its inclusion in 2006, body image has been one of the top three areas of personal concern for young people (Mental Health Indicators Report, 2013)

When: Wednesday 21st August, 7pm – 8.30pm
Where: Surf Coast Secondary College, 75 White St, Torquay

What: An interactive presentation focused on how to better support children and/or teen’s body confidence during puberty and adolescence.

Topics covered include:
- Background on body image and importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding “Fat Talk” and handling “stuff” they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- Please note, this session does not cover dealing with fussy eaters

No cost involved but bookings essential

To book online: bodyimagefoundation.org.au > Education > For Parents
More information: help@bodyimagefoundation.org.au or 02 8856 3908

Narana Aboriginal Cultural Centre
Arts & Crafts Workshop
Weaving Masterclass
AUGUST
Saturday 6th, 13th, 20th, 27th
10am - 3pm
All Materials plus Indigenous Inspired Morning & Afternoon Tea Provided
$100 per person

Auuny Bronwyn Razem
Master Weaver
Making jewellery, bush toys, sistas baskets and learning traditional weaving methods using natural materials.
PLACES STRICTLY LIMITED
Bookings Essential
Terms & Conditions Apply
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Morris Gleitzman is the author of over thirty books, is published in more than twenty countries and is loved by children around the world. Below are his popular titles which you can pre-order through us so we can get them to you and Morris can sign them in person when he is at your school.

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