**Principal’s News:**

**Respect:** This week I will be having a focus on ‘respect’ as a theme with students. Being considerate of our neighbours during recess and lunchtimes is important. Last week we had to apologise to a neighbour for behaviour in our yard near their back fence. We also encourage our students to be considerate and caring of the kinder children in the two settings on our eastern boundary. Our year 5/6 students are currently undertaking a variety of service projects to support the local community. Respect for each other is continuing to be promoted through our ‘Fill Your bucket’ program.

**Remembrance Day:** We held a Remembrance Service for foundation to year 4 students in our school stadium at 2 pm last Friday before our assembly at 2.30pm. I was very pleased to learn that our year 6 students stopped in Yea on their way home from camp and very respectfully stood for a minute’s silence at the Yea Remembrance service.

**Junior Athletics School Sports:** This is always a wonderful day for our younger students and their families. The students get house points for each event whether they win or not and enjoy the competition of novelty events. All families are most welcome to attend and we will have the coffee van here and canteen available for snacks.

**Christmas Hamper:** We ask all families to contribute an item that they would like to add to the hamper – toys, sweets, wine, toys, bon bons, fruit cake, serviettes, gifts etc. Please send your donation to the school office. The raffle is to be drawn at our final assembly. Tickets will be sent home to all families next week. Last year we had several very happy school families taking home a hamper.

Pam Kinsman, Principal
Dear School Community Members,

Recently, numerous staff attended a student wellbeing seminar where we investigated strategies to support students dealing with challenges and building resilience. At this session, many resources were provided including a paper presented by highly regarded psychologist, Andrew Fuller. The article is titled ‘Depression Proofing your Children’. The article provides some valuable suggestions and ideas in supporting our children. We encourage parents/carers to take the time to read. The article is included in this addition of Quaynotes.

2016/2017 Transition Program

Monday, 21st November will be our annual ‘One-Up’ transition session for all students. This session involves students participating in transition activities in their 2017 year level. This helps prepare students for their transition to their next stage of schooling. Our next transition session is on Tuesday, 6th December. On this day, all students will spend some valuable time with their 2017 teacher, with their 2017 classmates. Where possible, students will also visit their 2017 classroom.

Foundation – Year 2 Athletics: Friday, 18th November

A reminder to families that our Foundation to Year 2 Athletics carnival is this Friday, 18th Nov at Torquay College. Students have been training for the big day and we warmly encourage families to come along and encourage their child. The theme of the Athletics day is ‘participation’ and being a ‘good sport’. Hope to see you there!

Year 5 and Year 6 Camp

Last week our year 5 students attended camp at Cave Hill Creek and our year 6 students attended Camp Howqua. Both the year 5 and 6 camps have an active outdoor program that is challenging and requires students to step outside their comfort zone and have a go. The staff, parents and volunteers did an amazing job engaging with all the children to ensure they were all safe and enjoying the camp. The behaviour of all students was outstanding and this was confirmed by the positive and encouraging feedback from camp management. Thank you to Dave Kiss, Darren Findling and Jo loader for their organisation, enthusiasm and hard work.

Thank you for supporting our school and have a great week.

Kind regards,

Christian Smith and Nadia Tkaczuk

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**FOUNDATION – YEAR 2 ATHLETICS DAY**

*When: Friday, November 18th*

*Time: 8:45am to 12:30pm*

*Where: Soccer Pitch*

Families are invited to attend

*The theme of the day is fun and participation*

*A mobile coffee van has been booked for the morning*
Depression Proofing your kids
Andrew Fuller

About 20% of people experience depression at some time in their lives. That means that almost every family has someone with some times of depression.

Unfortunately once someone has experienced depression, they are at far greater risk of feeling that way again.

While I can’t guarantee that we can protect everyone from depression, there are things that we can do to make it less likely.

Sadness is not always bad
Everyone loves being happy but being sad at times is not such a bad thing. Sadness gives us time for thinking things over, sometimes regretting things we have done and helps us to resolve to be better people. Feelings of sadness, disappointment and set backs are part of human lives and without them we don’t live whole lives.

We all want our kids to be happy but know that there will be times they will be sad. Helping young people to know that they won’t be happy all the time is important. Realising that all feelings pass and that we can learn from the whole range of feelings, sadness included, is part of being human.

Lower the amount of stress
Try to identify some of the major sources of stress in your life and develop systems to deal with them. If you can’t avoid the stressful situations at least develop a de-compression strategy. This is a way of winding ourselves down after being revved up. Going for a walk, doing some exercise and being active are some of the best ways.

Find some good friends
Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

Eat healthily
What we eat changes our moods. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats.

These are the good fats so if you are hesitant about eating them don’t be. Whole grain oats have been shown to help with depression as they have folic acid and B vitamins and helps with a slow release of energy versus the crash and burn of blood sugar levels that can happen. Foods high in selenium which is found in meat, fish and cereal grains has also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

Have some sources of “Flow”
We experience “flow” when we get involved in an activity that captivates us. At the end of these types of activities people often think, “Where did the time go?” There are many sources of flow – computer games, sports, drawing, dancing, reading, swimming and surfing are some. These are the things that you do that absorb you and take you away from your day to day cares and worries.

Losing yourself in a few pleasurable activities that challenge you is highly protective against depression.

Belong to the karma club
Decide to increase good will in the world by doing something positive for someone else. Try this out for one week. Pick someone you know and try to “knock their socks off” as much as possible. Give them compliments, greet them exuberantly and take time to be with them. You’ll be amazed at how much benefit you get from increasing someone else’s happiness.
Depression Proofing your kids
Andrew Fuller

Be grateful and lucky
Even people who have had rotten things happen to them can rise above them. They usually do this by deciding to be lucky. While we can focus on the things that have upset us, most of us have many things and people to be grateful for. Focusing on that part of your life and deciding that you are lucky makes an enormous difference to your life.

Endorphins are a hormone like substance, produced in the brain and function as the body’s natural painkillers. During exercise endorphins can leave you in a state of euphoria with a sense of wellbeing.

Get enough sleep and rest
Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful anti-depressant, serotonin, are built and re-built between the sixth and the eighth hour of sleep.

The most effective type of exercise for the release of endorphins is cardiovascular exercise and aerobics.

Over 60% of people who sleep 5 or less hours a night end up obese and depressed.

Moderate exercise for 10 minutes a day is enough to improve your mood and increase energy but it is suggested that you do 30 minutes per day.

If you are having difficulty sleeping:
* Decrease caffeine consumption late in the day
* Decrease sugar in your diet
* Go to bed at the same time every day and wakeup at the same time every day.
* Avoid late nights
* Avoid naps especially after 4pm
* Avoid spicy, sugary or heavy foods before bedtime
* Have the room at a comfortable temperature (some kids want to heat up the room and sweat the night away)
* Block out distracting noise
* Don’t sit in bed while studying get in the habit of reserving it for sleep
* Warm milk before bed is good as it is high in tryptophan, which aids sleep.
* Try relaxation methods before sleeping
* Write out a to-do list for the next day before getting into bed.
* Have a pre-sleep ritual e.g. reading or warm bath
* Switch off the electronics especially phones

Checklist of Signs: When should I worry?
In the childhood and teenage years depression can be harder to pick because it is obscured by heightened emotions and times of grumpiness.

Some signs of depression are:
Loss of interest in usual activities - their get up and go, has got up & gone
Increased use of drugs and alcohol
Sleep problems
Changes in energy levels –either sluggish or agitated and restless
Changes in eating patterns change - either disinterested in food or over eating
Speaking about death and hopelessness
Increased and inexplicable irritability.
Your own feelings of anxiety about your child.

It is worth getting some help if your child or adolescent is appearing to be depressed. One way to do this to say, “I’m worried about you and I want you to come with me to see someone so that I can work out whether I should be worried or not”. Try to find a good local psychologist, psychiatrist or doctor who can relate to young people.
## COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday, 18th November</td>
<td>Year 3 &amp; 4 - Seal the Loop Coastal Action Day - All welcome to attend</td>
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<tr>
<td>Friday, 18th November</td>
<td>Foundation to Year 2 Athletics</td>
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<td>Friday, 18th November</td>
<td>Year 3 to 6 Assembly 2:30pm to 3pm</td>
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<tr>
<td>Monday, 21st November</td>
<td>Kinder to Foundation Transition One Up Day - Session Two</td>
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<tr>
<td>Monday, 21st November</td>
<td>2017 Foundation Information Sessions</td>
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<tr>
<td>Wednesday, 23rd November</td>
<td>Leadership Elections</td>
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<td>Wednesday 23rd November</td>
<td>Year 6 Blue Light Disco</td>
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<td>Friday, 25th November</td>
<td>Prep CAFE</td>
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<td>Friday, 25th November</td>
<td>Year 5/6 End of Year Party in Presentation Room</td>
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<tr>
<td>Friday, 25th November</td>
<td>2017 Student Leaders announced at Assembly</td>
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<tr>
<td>Friday, 25th November</td>
<td>Foundation to Year 2 Assembly 2:30pm to 3pm</td>
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<tr>
<td>26th Nov to 1st Dec</td>
<td>Great Victorian Bike Ride</td>
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<tr>
<td>Tuesday, 29th November</td>
<td>Year 1 Surf Groms Surf Safety Incursion</td>
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<tr>
<td>Tuesday, 29th November</td>
<td>Queen Victoria Market - C1, C3 &amp; C5</td>
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<tr>
<td>1st &amp; 2nd December</td>
<td>Leadership Camp</td>
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<td>Thursday, 1st December</td>
<td>P &amp; C Christmas Dinner 7pm</td>
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<tr>
<td>Friday, 2nd December</td>
<td>Year 3 to 6 Assembly - 2:30pm to 3pm</td>
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<tr>
<td>Friday, 2nd December</td>
<td>Queen Victoria Market - C2, C4, C6 &amp; C7</td>
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<tr>
<td>Monday, 5th December</td>
<td>Year 1 - Big Science Big Fun Incursion</td>
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<tr>
<td>Tuesday, 6th December</td>
<td>All Day Orientation Day (Whole School)</td>
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<tr>
<td>Friday, 9th December</td>
<td>Foundation to Year 2 Assembly 2:30pm to 3pm</td>
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<tr>
<td>Tuesday, 13th December</td>
<td>Christmas Carols and Volunteer/Parent Helper Thankyou Morning Tea</td>
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<tr>
<td>Wednesday, 14th December</td>
<td>Year 4 Surfcoast SC Skate Academy</td>
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<td><strong>PLEASE NOTE:</strong></td>
<td><strong>IMPORTANT CHANGE OF DATES IN RED</strong></td>
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<tr>
<td>Wednesday, 14th December</td>
<td>* NEW DATE * Year 6 Graduation and Dinner 5:30pm to 8pm</td>
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<td>Thursday, 15th December</td>
<td>* NEW DATE * Year 6 Adventure Park</td>
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<td>Thursday, 15th December</td>
<td>* NEW DATE * Year 5 Beach Activity Day</td>
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<td>Thursday, 15th December</td>
<td>Year 1 Cultural Day Project Presentations - 2pm to 3pm</td>
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<tr>
<td>Friday, 16th December</td>
<td>Awards Assembly 2pm—3pm</td>
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<tr>
<td>Tuesday, 20th December</td>
<td>Last Day of Term 4 - 12 Noon Dismissal</td>
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**BOOKCLUB** is due back to school on the 25th November. Unfortunately we cannot take any orders after this time. Thanks for your continued support. Please make sure your child’s name and class is on the order form.
CONGRATULATIONS - STUDENTS OF THE WEEK

<table>
<thead>
<tr>
<th>FOUNDATION</th>
<th>YEAR 1</th>
<th>YEAR 2</th>
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<tbody>
<tr>
<td>C3</td>
<td>THE WHOLE GRADE</td>
<td>B1</td>
</tr>
<tr>
<td>C4</td>
<td>DARY C</td>
<td>B2</td>
</tr>
<tr>
<td>C5</td>
<td>MAX N &amp; LAYLA K</td>
<td>B4</td>
</tr>
<tr>
<td>C6</td>
<td>BETHANY K</td>
<td>B5</td>
</tr>
</tbody>
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|               | B6 | AVA C & SPENCER R | D7 | JAKE G & QUINN C |

ARTIST OF THE WEEK - MILLIE W 1B2

Torquay Carols By the Sea

Saturday 10th December

All students from F-6 are invited to participate in this year’s ‘Carols by the Sea’ with the Torquay College Choir. We will be singing 2-3 songs and are just beginning our rehearsals so it is the perfect time to join! If you enjoy sitting in the audience listening to the carols, you will love it even more singing them up on stage. The ‘Carols by the Sea’ are on Saturday 10th December, beginning at 7.30pm until 9.30pm. Rehearsals are fun and friendly and include singing, movement and instruments. We would love to see you come along to rehearsals on Tuesdays from 1.15-1.45 in C5.

Ms. Polwarth and Miss Rodgers

OUTSTANDING FAMILY ACCOUNTS

We are now in our final term and it is important that outstanding family accounts are paid.

Please ensure Year 3, Year 5 & Year 6 Camps are paid in full and contact the office with any enquiries. Thankyou

Vicki Perry,
Business Manager

A Friendly Reminder
In the first week of Term 4 Torquay P-6 College held its annual Student Wellbeing Week. Wellbeing Week was a wonderful celebration of the year we have had and the main aim was to get everyone on the right path to finish. The theme of Student Wellbeing Week was ‘Mindfulness’.

The theme of ‘Mindfulness’ was further explored in our Year One classrooms with the creation of colourful mandalas. Mindfulness colouring has become very popular in the past few years as it is a great way to help enhance a peaceful sense of wellbeing whilst encouraging concentration skills. The calming shapes and patterns are enjoyable to colour and can also help younger children to develop their fine motor skills.

In Year One, we have been studying the cultures of various countries around the world. The children have learnt that the use of mandalas in Indian culture dates back many centuries and can be used as an aid when meditating.

Each child in Year One has completed a mandala, decorating it with their favourite colours. A selection of these mandalas feature on the tree we have created as part of the City of Greater Geelong Christmas Tree Decorating Project.

The finished Christmas Tree, which was designed and created by the Year One students will be on display in the Little Malop Street mall in Geelong from Friday 18th November until Christmas.

If you are in town in the coming weeks, make sure to visit the Christmas tree display to see our work as well as the other magnificent creations submitted from school’s throughout Geelong.

We hope you enjoy taking a closer look at our finished product as much as we enjoyed creating it.

The Year One Students and Teachers
HELPERS NEEDED
YEAR 5/6 END OF YEAR PARTY
FRIDAY NOVEMBER 25th
from 7pm to 9pm

On Friday 25th November, we have our Year 5/6 End of Year Party from 7pm to 9pm.

Our wonderful discos and parties can not run without our parent and carer helpers. The party will be held in the Presentation Room and Cafe.

If you are free and have a “Working with Children Check”, we would love your help, please email karen@brownink.com.au

VOCATIONAL CARE
IMPORTANT MESSAGE FOR FAMILIES USING THE HOLIDAY PROGRAM

As a result of difficulties staffing our Vocational Care program (holiday program), we are currently reviewing the long term options of the program. Over the last 3 years, we have found it increasingly challenging to employ staff suitably qualified and who are able to commit to each of the holidays. Whilst we carefully consider the different options, we encourage families who use our holiday program to consider making alternative arrangements in the case we are unable to provide care throughout the January school holidays. Information about other holiday programs are available from the After School Care staff. We hope to have further information for you in the coming weeks.
## 2017 Foundation Transition Sessions

| Transition Session 1 | **Wednesday, 26th October**  
9.00am – 10.30am Immersion Day for Jan Juc, Montessori and other Kinder children  
**Wednesday, 26th October**  
11.00am – 12.30pm Immersion Day for Torquay Kinder children |
| Pre Prep Screening | **Tuesday, 15th November**  
Timetabled sessions for all 2017 Foundation students involving a 1 hour language and fine motor screening. Times will be sent out prior to the day. |
| Transition Session 2 | **Monday, 21st November**  
9.00am – 10.30am One-Up Day for Jan Juc, Montessori and other Kinder children  
**Monday, 21st November**  
11.00am – 12.30pm One-Up Day for Torquay Kinder children |
| 2017 Foundation Information Sessions | **Monday, 21st November**  
Session 1: 9.00am – 10.30am  
Session 2: 11.00 – 12.30am  
2 sessions for Foundation families to learn about our school and the Foundation program. There will be tea and coffee and an opportunity for families to mingle with other school families. |
| Transition Session 3 | **Tuesday, 6th December**  
9.00am – 12.30pm Orientation Day for all kinder children attending Torquay College in 2017 to meet their new teacher and classmates. This is the designated orientation day across most Victorian Primary & Secondary schools. |

To allow for a smooth transition, we are hoping that our new students will be able to attend all relevant sessions.
SEAL THE LOOP—ACTION DAY  Friday 18th November 2016

You are warmly invited to attend the Yr 3 & 4 SEAL THE LOOP—ACTION DAY.

Times:  8:45am-9:15am  Zoos Vic Launch in presentation room
9:15-10:30am  Expo  Come and see all of the wonderful work we have been doing in the Year 3 & 4 classrooms, community stalls from EARTH Bottle, Zoos Victoria & Plastic Bag Free Torquay
11:15 - 12:45pm  Fisherman’s Beach to pick up rubbish and clean the beaches
YMCA GEELONG
SCHOOL HOLIDAY PROGRAM
19th - 23rd December, 2016

ALL SCHOOL-AGED CHILDREN
- Camp Wyuna
- Fun Day Camps
- Outdoor Games & Play
- DIY Hats & Drink Bottles
- Theatre Performance
- Christmas Decorations
- Bike Ride
- Karaoke
- Inflatable World
- The Park Skate Park
- Ballarat Wildlife Park
- Piggy Banks
- Oval Games
- Silent Disco
- Arts, Crafts, Games, and more!

BOOKINGS ESSENTIAL!
See Program Details
On Our Website
& Facebook

YMCA Newsroom Stadium
25 Fawcett Rd, Newtown 3220
Ph: 5219 2714
ymca@ymca.org.au
www.geelong.ymca.org.au
www.facebook.com/YMCAGeelong

JIM WALL IRON MAN
Surf Coast Times
Saturday 10th December from 8.30am
AT TORQUAY SURF LIFESAVING CLUB
Jim Wall Open Event from 1-5pm
Food & beverages available. Action packed entertainment!
Enquiries: INFO@TORQUAYSLSC.COM.AU

Surf Coast Secondary College
CAR BOOT SALE

SATURDAY 26TH NOVEMBER
8:30AM - 1:00PM

SITE COST $20.00
GATES OPEN FOR SELLERS @ 8:00AM

Help us say NO!
to men’s violence against women and children

White Ribbon Australia
TORQUAY SURF LIFE SAVING CLUB

Join us for season 2016/17
Something for everyone!

KIDS  Nippers Training Now
TEENS  U14 up Seniors Training Now
        Bronze Medallion Live in Camp Dec 11-17
ADULTS Bronze Medallion Nov 18-20

Join online anytime
or Sundays 9am - 10am at the Club

Every Month - first Friday
December - every Friday
January - every Fri, Sat, Sun

www.torquayslsc.com  e: info@torquayslsc.com.au

mandama Fun Fair
Friday 18th November 2016
4pm-8pm

Rides • Food • Live Music
also show bags, cake stall,
Bunnings Craft activities, Scouts and
Narana Creations activities, handball
competition, C.F.A. Fire Truck and more.

Fun activities for all!
Mandama Primary School
Corang Avenue, Grovedale

THURSDAY 3 NOVEMBER 6pm – 8pm
Including light refreshments
Bellbrae Primary School,
50 School Road

SATURDAY 19 NOVEMBER 2016 10am – 12pm
Including light refreshments
Bellbrae Hall, 90 School Road

TUESDAY 6 DECEMBER, 2016 6pm – 8pm
Including light refreshments
Bob Pettitt Pavilion, Sunset
Strip, Jan Juc

FIRE UP
Bellbrae/
Jan Juc

BOOKINGS ESSENTIAL

WHO SHOULD COME?
Residents and visitors, including the ‘fire ready’ and the unprepared. Sessions are suitable for children aged 12 years+, participating with their families.

In the session you will also play the revised Fire Game and find out how to get a copy to play at home.
Homelessness: Torquay

In Torquay, and along the Surf Coast, many people experience homelessness; are at risk of becoming homeless; or just need some assistance to get through to the next pay day.

Information on the following pages provides links, connections, phone numbers and locations, as well as descriptions about what is available in the Torquay area.

Salvation Army Torquay
35 Boston Road, Torquay Phone: 0411 159 066
Community rooms open from 9.30 am - 3 pm, Monday to Friday.
The Community room has shower, washing machines, meals, tea/coffee, internet, food bank, and a Housing Support Worker on site.

For homelessness assistance contact 1800 825 955
(24 hours, 7 days a week)

Adult Entry Point - SalvConnect
Assessment for crisis and transitional accommodation, financial assistance, intervention and advocacy.

Youth Entry Point - Barwon Child, Youth & Family (BCYF)
For young people (15-25 years old).
Services such as crisis accommodation and transitional housing; individual support for young people in, or seeking, private rental, other accommodation options, exiting institutions or statutory care.

Salvation Army Thrift Shop
14C Gilbert Street, Torquay.
Open hours: Monday to Friday 9 am - 4.30 pm; Saturday 9 am - 4 pm.

Surcoast Anglican Parish Opportunity Shop
19 Pride Street, Torquay.
Open hours: Tuesday 9 am - 1 pm; Friday 9 am - 4 pm; Saturday 9 am - 1 pm.

Other services of interest
SalvConnect, Geelong www.salvconnect.com.au
Barwon Child, Youth & Family (BCYF) www.bcyf.org.au

Torquay Food Aid
39 Pallaie Street, Torquay.
Open hours: Wednesday 1 - 3 pm.
During these hours, local residents who are in need are welcome to come and receive fresh fruit, vegetables, bread and groceries free of charge. Clients will receive a friendly welcome and no judgements are made. Regular clients will be given a card which entitles to weekly help.

St Vincent de Paul Society (Torquay Conference)
Contact through Welfare Office, 162 Ryams Street, Geelong 3219. 9170.
Food, clothing, bill payments, referral to other providers.

UnitingCare Geelong
26-28 Bellarine Street, Geelong.
Email: unglowhtuni@unityhealth.org.au

BCYF is an independent, not-for-profit community service organization and is a recognized provider of quality service delivery to vulnerable and less advantaged youth and families with high and complex needs. Particular emphasis is placed on prevention and early intervention programs, complemented by a range of justice, counseling and support services.

12-14 Halstead Place, Geelong West.
Email: info@bcyf.org.au Phone: 5221 4466

Bethany Community Support www.bethany.org.au
Bethany is a community service organization which aims to improve the safety, wellbeing and participation of local children, families and individuals. Bethany provides services to help those who are homeless or at risk of homelessness; assist people experiencing family violence; reduce the impact of problem gambling; and help build better relationships and stronger communities.

16 Ballarat Road, Hamlyn Heights.
Email: info@bethany.org.au Phone: 5278 8122