



Bacchus Marsh  
Grammar

# BMG NEWS

13 September 2017

[www.bmg.vic.edu.au](http://www.bmg.vic.edu.au)

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*Doctrina Vitae*

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**From Head of the Junior School – Mrs Elizabeth O'Day;** Junior School Assembly, Sports Hub – Term 4 2017, Cinderella – What a Ball

**Junior School News** – Hubs Program, Positive Parenting, Developing Reading Skills, Premier's Reading Challenge, Sport News

**Senior School News** – Theatresports, Music News, Sport News, Careers News,

**General News - Health Centre** – Direct contact number **5366 4873, Bus News, Uniform Shop News**

## Key Upcoming DATES

- 14 Sep JS Assembly - *Gymnasium 9.00AM*
- 14 Sep Senior School Theatresports
- 15 Sep-2 Oct 2017 Senior School Japan Trip
- 15-26 Sep JS Vietnam Trip 2
- 18-22 Sep Year 9 D&E Duke of Ed Expedition (*The Otways*)
- 18-22 Sep Year 9 Leadership Program
- 18 Sep Year 10 Keys Please Incursion
- 20 Sep Year 9 Leadership Program
- 22 Sep End of Term 3 Earlier finish time JS – 2.05pm, SS – 2.15pm Public and Private buses will coincide with the early finish times.**
- 10 Oct Students resume Term 4
- 11 Oct Year 3 / 4 Mixed Hoop Time (TBC)
- 12 Oct Yr 11 Literature Excursion
- 13 Oct VCE Art Showcase
- 17 Oct WMR Athletics
- 20 Oct ICCES Summer Tour
- 23 Oct Debating – Good News Christian College
- 24 Oct Valedictory Dinner – Etihad Stadium
- 25 Oct Vietnam Study Tour 2018 Information Night

## EARLY SCHOOL DROP OFF

Parents please be aware that yard duty does not commence until 8:15am each morning. If you drop your children off to school before this time please be aware that the school yard is not officially supervised by staff until 8:15am.

## FROM THE DEPUTY PRINCIPAL – HEAD OF SENIOR SCHOOL

### END OF TERM ARRANGEMENTS

Friday September 22 is the last day of classes for students in Years Prep to 12 for Term 3. All students will be expected to attend normal classes on this day. The school day will finish at **2:15pm** for Senior School and **2:05pm** for Junior School. School bus arrangements for public and private buses have been adjusted to suit the earlier finish time.

### START OF TERM 4

Term 4 commences for students on **Tuesday 10 October** for all students. Week 3 of the Senior School timetable will operate for the commencement of Term 4.

### VCE UNIT 3 and 4 PRACTICE EXAMINATIONS AND TERM BREAK CLASSES

Parents of students in Year 12 will be receiving a letter from Mr Cooper outlining the end of year arrangements shortly. A timetable of both practice examinations and the Term Break classes will be distributed to students. All students are expected to attend the practice examinations, which commence with English on Friday 22 September. Students should take them seriously whilst not becoming overly anxious about them. Practice examinations are a valuable diagnostic tool to see what students already know well, and what needs to be a focus during the revision period. Practising working under the pressure of time and under the same conditions they will experience for their final examinations is invaluable. Term Break classes give students the opportunity to work with their teachers to gain the most from the revision period leading up to their examinations. A reminder that there will be no buses running on Monday 9 October. Students attending can leave after their examination on this day. From Tuesday 10 October, when not sitting an examination, students will be in their normal scheduled classes.

### JAPAN CULTURAL STUDY TOUR

17 students and 3 staff in the Senior School leave on Friday 17 September for a cultural and linguistic experience in Japan. They will stay in Osaka and Tokyo, and with host families in Kumamoto. We hope they have a wonderful time.

### ROYAL MELBOURNE SHOW

A number of students have completed their entries for the Royal Melbourne Show Cookery Competition, which will be displayed in the Arts, Craft and Cookery pavilion. We wish them all the best.

### Jennifer Jovanovic

Assistant Principal - Acting Head of Senior School

**The Junior School after school academic co-curricular program which operates on Wednesday nights will conclude on Wednesday 13 September. please note no sessions will operate on Wednesday 20 September**

**Last Day of Term 3  
Friday 22 September - 2.05pm Dismissal  
Term 4 Students Commence- Tuesday 10<sup>th</sup> October**

#### Junior School Assembly

The next Junior School Assembly is scheduled for Thursday 14 September at 9.00am in the gym. The following items will be presented:

- Prep D, E and W Performance
- Year 5-8 Choir Performance.

The following Year 6 students will be presented their Junior School Colours:

**Omar Abdou, Olivia Beggs, Kobe Bown, Dhedeepya Chennupalli, Louis Cooper, Joshual Di Mieri, Jordan Draper, Ryan Dutson, Jasmine Faranda, Jai Gathercole, Laura Harper, Cooper King, Alexandra Magill, Emma Manton, Charlotte O'Connor, Sophia Rene, Ghaniya Shaifullah, Mohini Shukla, Indi Stanley, Adam Williamson, Ryan Wooley**

#### Elizabeth O'Day

Deputy Principal - Head of Junior School

### Cinderella – What a Ball

Congratulations to everyone involved.

The Junior Production team has had a wonderful time putting together our very first Year 5-7 musical 'Cinderella – What a Ball.' I would sincerely like to thank all the staff who have contributed to its success. The students are very lucky to have such talented teachers who are willing to go above and beyond to offer them this amazing opportunity. The students really responded with what was a very entertaining performance.

Thank you:

- all staff who supported those involved in the production
- 2017 Parent Committee for assisting in all aspects of the production
- the ladies who helped to get our performers ready for the shows on Tuesday & Wednesday

This production has been a great BMG team effort from students, staff, families and administration right through to the maintenance team.

All those hours of rehearsal and organising have definitely paid off. Looking forward to what 2018 will bring.

A professional DVD of the performance will be available to students involved in the musical soon.

#### Jenni Coombs

Musical Coordinator

#### **HUBS PROGRAM**

#### Term Three 2017 Sports offered:

Day	Dates	Activity
Monday	Monday 18 Sept	<b>AFL</b>
Thursday	Thursday 14 Sept Thursday 21 Sept	<b>Dance</b>

#### Sports Hub – Term 4 2017

During Term Four we will be offering sport on, Monday, Tuesday, Wednesday and Thursday. Junior School students of all ages are eligible to access the Sports Hub program.

**Please note: Students in Prep A to Year 2 are no longer able to access the late bus on these nights. This means that and Prep to Year 2 students who wish to participate in this program, must be either collected from school at 4.30pm or they are able to access the Learning Hub until 5.30pm for an additional fee of \$10 per night. Parents will need to complete an enrolment form for the Learning Hub if they require this service. Students who attend Learning Hub are required to be collected from Room L7 by 5.30pm.**

As stated in the 2017 Business Notice there is a charge for the Sports Hub program for 2017, which will be \$30 per student, per term, for each sport a student is registered to participate. The charge will be incurred at the time of registration and will be billed to the parents/guardians separately. Please note that the charge will not be refundable, either fully or partially, once it has been paid.

The late bus service operates on these nights for students in **Year 3-6** only. There is a \$15.00 charge per trip for the use of this bus which is charged to your term fee account. Students who wish to use the late bus **must** be registered at the Administration office by the end of lunch on the proposed day of use. The late bus departs school around 4.30pm. Bus routes may be obtained via our website

<http://www.bmg.vic.edu.au/enrolment/transport> or by contacting the school on 5366 4800. If your child is to catch the late bus, please communicate this through your child's diary.

Likewise, if your child is to attend the Learning Hub after the sport finishes, please indicate this clearly in your child's diary. Appropriate forms would need to be completed for attendance at the Sports Hub and/or Learning Hub Programs. These can be obtained at the Administration office or via our website <http://www.bmg.vic.edu.au/learning-and-teaching/dsp-default.cfm?loadref=197>. There is a fee of \$10 per night for children who attend Learning Hub between 4.30pm and 5.30pm.

We plan to offer four sports during Term Four:

- Cricket will operate on Monday  
(\$30 per student per term)
- Tennis on Tuesday (\$30 per student per term)
- Basketball/Netball on Wednesday  
(\$30 per student per term)
- Dance on Thursday (\$30 per student per term)

If your son/daughter would like to secure a position in the program, parents/guardians will need to logon to the myBMG-Parent Portal and make required payment in the 'Events & Sales' tab. You will be able to access the portal from Monday 11 September until 5pm on Tuesday 10 October. This payment is not refundable. You must complete your registration details on the portal.

There are limited positions available and only students who confirm as attending and make payment on the Parent Portal will be confirmed as attending. Confirmation and payment are due no later than 5pm on Tuesday 10<sup>th</sup> October, 2017. Confirmation of acceptance into chosen activity will be SMS to parents by Thursday 12<sup>th</sup> October in the afternoon.

**The program will commence Week 2 of Term 4 on Monday 16 October.**

Parents of children who gain a place in the program can consider the position confirmed once payment has been cleared by the school.

If the chosen sport has reached its quota parents/guardians are able to register on a waiting list via a note in their child's diary. Parents will be notified if a vacancy occurs.

<b>Monday</b>	Monday 16 Oct Monday 23 Oct Monday 30 Oct Monday 13 Nov Monday 20 Nov Monday 27 Nov Monday 4 Dec	<b>Cricket</b>
<b>Tuesday</b>	Tuesday 17 Oct Tuesday 24 Oct Tuesday 31 Oct Tuesday 14 Nov Tuesday 21 Nov Tuesday 28 Nov Tuesday 5 Dec	<b>Tennis</b>
<b>Wednesday</b>	Wednesday 18 Oct Wednesday 25 Oct Wednesday 1 Nov Wednesday 8 Nov Wednesday 15 Nov Wednesday 22 Nov Wednesday 29 Nov Wednesday 6 Dec	<b>Basketball / Netball</b>
<b>Thursday</b>	Thursday 19 Oct Thursday 26 Oct Thursday 2 Nov Thursday 9 Nov Thursday 16 Nov Thursday 23 Nov Thursday 30 Nov Thursday 7 Dec	<b>Dance</b>

Please remember that we have a **No Hat No Play** policy for all children attending the Hubs Program who must have a spare hat to wear outside. Students participating in ball games in the Learning Hub must bring a spare top to wear over their uniform.

#### **Reminders for the Hubs Programs:**

- Students attending Sports Hub are reminded to pack a healthy snack such as fruit, vegetables or sandwiches to have after school and a named water bottle.
- **If your child is unable to attend either program please contact us via email, phone or text.**
- Parents must ensure to sign their child/children out when collecting from either the Learning or Sport Hub.

#### **The Learning Hub and Sports Hub**

For each of these programs it is important and the parent/guardians responsibility to notify the program coordinators if there are any changes to your children's attendance on the day that they are to attend. This may be done by SMS to either related program on the following numbers:

**The Learning Hub - 0408 548 058**  
**The Sport Hub - 0428 315 081**

Day	Dates	Activity
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**Please note these mobile numbers are not attended prior to 2.00PM each day.** Prior to 2.00PM confirmation of absentees may be phoned through the main school number on

**5366 4800.**

or

email the Learning Hub

[hubprograms@bmg.vic.edu.au](mailto:hubprograms@bmg.vic.edu.au)

## **POSITIVE PARENTING NEWS**

### **Teaching responsibility, relationships and resilience through social emotional language**

The emotional lessons our kids learn from us are powerful and long lasting. When we ignore our kids' feelings, they learn that their feelings are not important. If we punish them for outbursts of negative emotion, they soon learn that emotions should be kept under wraps and hidden away. And there's no prize for guessing what happens when kids know of no other way to express frustrating emotions than to throw a tantrum. A kid with low frustration tolerance can be very hard to live with. Except for when they're asleep, kids are in relationships – with us, their siblings, teachers, and other kids. Effective learning happens every day and ideally when kids are happy, content, and calm. Home life is that ideal time.

### **What research tells us**

A growing body of research suggests that helping children to develop good social and emotional skills early in life makes a big difference in their long-term health and wellbeing. Studies have shown that children's social and emotional functioning and behaviours begin to stabilise around the age of eight and can be a predictor of their behaviour and mental health later in life. In other words, if children learn to express emotions constructively and engage in caring and respectful relationships before and while they are in primary school, they are more likely to avoid depression, violence, and other serious mental health problems as they grow older.

### **10 ways to encourage SEL at home**

#### **1. Praise appropriately and focus on your child's strengths.**

Encourage talk about ways our kids think they might like to improve on how they do things.

**2. Set boundaries for behaviour.** Follow through with consequences when needed.

**3. Ask your kids how they feel** and show that you're interested in talking about their feelings.

**4. Work on calming strategies** for everyone in the family. Show, talk and provide strategies for ways to channel and cope with anger and frustration.

**5. Avoid put-downs.** Sarcasm, ridicule, teasing, criticism and humiliation can lead to a lack of self-confidence and erode the bond of trust we have as family.

**6. Learn the art of apologising** and be quick to do so. Be respectful and show respect.

**7. Respect kids' wishes and give them choices.** Preferences, ideas and feelings all form the basis of choices and decision making.

**8. Help kids with problem solving.** Give them the chance to think through decisions, choices and consequences. Problem solving plays into independence.

**9. Stock the home library and/or read together.** A quick Google search will track down picture books for under 5s or junior fiction with social and emotional themes such as resilience, perseverance, or getting along, and ways that other kids have dealt with challenging situations.

**10. Encourage sharing, helping and caring** – either on the home front or volunteering in the community.

*Source: CASEL Parenting Pack : Ideas and Tools for Working with Families : Schools, Families, and Social and Emotional Learning. (CASEL is the Collaborative for Academic, Social, and Emotional Learning – University of Illinois at Chicago)*

Source: <https://youcandoitparents.com.au/blog/teaching-the-other-3rs-responsibility-relationships-and-resilience/>

**Veronica Johnston**

## **DEVELOPING READING SKILLS NEWS**

### **Effective Reading Strategies for Children and Adults**

#### **Read to Self:**

The ability to read to yourself is a strategy that readers will take part in the most. It requires you to stay concentrated and delve into the lives of characters and plots in fiction texts, and acquire factual information in non-fiction texts. This strategy enables you to choose books that you are interested in to support engagement and develop your reading stamina. What book are you currently reading?

#### **Read Aloud:**

When reading aloud to someone, readers need to think about fluency, expression, accuracy **and** determine the meaning of the text. These skills can be difficult to master and readers need to be given many opportunities to practice. Regardless of year level and age, it is imperative that readers take part in this reading strategy to maintain and refine these skills. Have you read aloud to someone recently?

#### **Listen to Reading:**

The ability to hear someone else read aloud enables us to take note of the reading behaviours that we need to display when we are reading aloud: fluency, expression and accuracy. Listening to a fiction or non-fiction text can also promote engagement in reading and a desire to find similar texts and/or acquire more knowledge regarding a certain topic. Listening to audiobooks in the car is a great way to share in this reading strategy and can encourage authentic conversations while enhancing reading behaviours and



comprehension skills. What book have you enjoyed listening to?

**Alison Cummins**

### JUNIOR SCHOOL LIBRARY NEWS



The Premiers' Reading Challenge has now finished. Congratulations to the following students who have recently completed the Challenge:

Sophie 6A  
Abbey 6C  
Thomas 6D  
Jasmine 5A  
Jamie 5C  
Alexa 4B  
Isabella 4B  
Lachlan 4D  
Joel 3A  
Eva 3A  
Charvi 3C  
Olivia 3C  
All Year 2 students  
All Year 1 students  
All Year Prep students

Please send me a signed print out of your child's completed list if you have not already done so.

**Feona West**

Head of Junior School Library

### JUNIOR SCHOOL SPORT NEWS



Congratulations to Kaylee, Summer and Taylah Wray, who earned the right to compete in the Australian Interschools Snowsports Championships at Mt Buller last weekend.

Kaylee and Taylah represented BMG in the Moguls event – Kaylee 9<sup>th</sup> place and Taylah 28<sup>th</sup> place, and the Ski Cross event – Kaylee 17<sup>th</sup> and Taylah 20<sup>th</sup>, which placed our school in 7<sup>th</sup> position.

These are amazing achievements by a very talented snowsports family.



Congratulations to the following students who competed in the recent School **BMX** series.

Jai Coplan Came 1<sup>st</sup> in the 10-11 boys expert  
Jasmine Dalli came 1<sup>st</sup> in the 10-11 girls expert  
Zac Dalli came 1<sup>st</sup> in the 8-9 boys expert  
Makenzie Copland came 3<sup>rd</sup> in the 8-9 girls expert



**Rachel McMahon & Nick Sher**  
Junior School Physical Education

# BMG THEATRESPORTS NIGHT!



You are invited to join in the fun!

Thursday, 14 September  
6 - 8.15pm  
Wilson Hall

Performers compete in a series of dramatic improv challenges and find themselves in hilarious situations playing whacky characters.

If you like "Whose Line is it Anyway" and "Thank God You're Here", you'll love Theatresports Night. A riotous night of free entertainment!

## MUSIC NEWS



### Music Department

#### 2018 Instrumental Program

All students currently enrolled in the instrumental music program in 2017 will be required to re-enrol for 2018 if they wish to continue lessons.

Re-enrolment forms for the Instrumental Music Program for 2018 will be sent home to existing students on 4<sup>th</sup> September. These must be completed even if you are wishing to cancel out of the program. This form **MUST** be returned to the Music Administrator Fran Raynor by **13<sup>th</sup> October 2017** to secure your child's place in the 2018 Instrumental Music Program **or to cancel** from the program. If no notice has been received by this date, students may lose their current place in the program and will be added to the waiting list until further notice.

Students wishing to enrol into the 2018 instrumental program who are not currently part of the program, need to fill out an expression of interest form which can be found at the following link on the school website;

<http://www.bmg.vic.edu.au/uploads/ppage/files/Music%20-%20Enrolment%20Form%20Gen%202018%20SEM%201.pdf>

Formal letters of offer will be sent to parents in Week 5 of Term 4.

*Please note that allocated teachers may change from year to year due to a number of factors. Every effort is made for students to retain their existing teachers, but this is not always possible.*

In the instance that a student is enrolled in a **shared lesson** format and a suitable partner to share with is not available, students will continue to be enrolled in a shared lesson format but will receive a reduced private lesson of 20 minutes.

Parents are encouraged to contact the Director of Music, Dean Thomas, if they have any queries about enrolment, lesson format, instrument purchase/hire or any other general music enquiries.

**Dean Thomas**  
Director of Music

## SENIOR SPORT NEWS



### "From the Gym"

#### Bacchus Marsh Grammar Athletes continue to excel in Best and Fairest

Bacchus Marsh Grammar athletes once again excelled in local Best and Fairest and Goal Kicking Awards. At the weekend's Ballarat and District 2017 Soccer Awards Liam Hageman Year 8 was Runner Up in the Under 15 Division 1 Best and Fairest whilst Harrison Barnes Year 9 Won the Under 15 Open Division 1 – Goal scoring award. Congratulations to both boys on an outstanding effort.

#### ICCES Summer Competition

This year's Summer ICCES Competition sees a round robin format tournament to be held between Bacchus Marsh Grammar School, Braemar College and Goulburn Valley Grammar School in Ballarat on the 20<sup>th</sup> of October. Mustang competitors have been busy with training and selection for their respective teams that will include;

- Girls Softball
- Boys Cricket
- Boys and Girls Volleyball
- Boys and Girls Tennis

The competition will start at 9.00am and conclude in Ballarat at 4.00pm. There will be more information to follow.

### Elite Sport Applications Year 9 and 10

Currently application forms are available for students wishing to apply for The Year 9 and 10 Elite Sports Elective. All applications need to be accompanied by a coaching reference. Application forms are available from the PE office. Students need to complete and hand in their applications (not only place the choice on web preferences) by Wednesday the 13 of September.

### Singapore Sports Tour 2018

In 2018 Bacchus Marsh Grammar will be once again offering students the opportunity to attend a Sports Training Camp in Singapore at the internationally recognised Singapore Sports School. This camp is aimed at students that are at a high level of sporting prowess in their chosen sport. The camp will introduce and educate athletes to the demands of international travel, sports nutrition, fatigue and recovery techniques and individual and group training sessions. Along with this our students will have the opportunity to immerse themselves in a unique cultural experience in Singapore. Examples of sports students have trained in include but are not restricted to: Strength and Conditioning, Soccer, Netball, Swimming, Triathlon, Athletics, Martial Arts, Dance, Tennis, Basketball as well as all students completing strength and conditioning programs.

The camp will take place in the mid-year break from Sunday the 1 July to the Tuesday 10 July, 2018. Approximate cost of this tour inclusive of accommodation, flights, coaching, venue hire, sightseeing costs and meals will be \$3,200.00. Invitations for students to apply for the 2018 Singapore Sports Tour are now open and students can obtain an expression of interest form off Mr Perks or Mr Durham.

### Congratulations to Team4BMG



For the fourth year Bacchus Marsh Grammar competed in the Surfcoast Century Trail Running event on the Victorian surfcoast at Anglesea. This year the team consisted of a mixture of staff, Mr Perks, Mr Durham, Mr Armstrong and past student Kale Durham. Each runner ran a distance of between 22km and 28km totalling 100km of trail running for the day. The event was wonderfully ran and the team did an exceptional job finishing 7<sup>th</sup> in the Open Men's Team Competition in 10 hours 21 minutes for 100km's. A huge thankyou must go out to our crew chief Trent Oldaker for crewing on the day and looking after all the runners. We look forward to bigger and better trail running adventures in the future.



In the meantime train hard, get active and stay healthy!

**Andrew Perks**  
Director of Sport

### CAREERS NEWS

Year 9/10 students are invited to participate in the Deakin Inspired Minds Program 2017. The Deakin Inspired Minds program is a research based initiative designed to challenge students with the demands of higher education (university-life). Over the course of a week students will attend three lectures from academic experts focused on specific Deakin research areas. This will be followed by question and answer sessions with the relevant academics. Students be set the task to investigate one of the research topic and draw relevant own conclusions about it. In the end, they will be asked to communicate their findings in a presentation format in front of their peers, Deakin staff, members, and the school community. More details can be found in the latest BMG Careers Newsletter.

### Year 12 Students

Please remember to pay for your VTAC and other Tertiary Applications before the due date of 28th September 2017. SEAS applications are also due by 10th October 2017.

Edition 10 of the BMG Careers Newsletter is available now and has been emailed to all students in Years 9-12.

**Alice Wu-Tollis**  
Careers and Course Counselling Practitioner

## HEALTH CENTRE NEWS

### FLU

With the flu season being considerably worse this year I would like to inform parents of some ways you can look after your child.

Please see the attached information regarding the flu.

The best advise I can give is that if your child is unwell please keep them at home.

### STUDENT UNDERGOING MEDICAL TREATMENT

We wish to advise you that a student in our school community is currently receiving medical treatment. This student will be attending school on occasion while recovering from/undergoing treatment.

As a consequence of treatment, this student's ongoing health is at risk if he/she comes into contact with infectious illnesses in particular: chicken pox, measles or mumps. If your son or daughter is suspected of having one of these illnesses it is very important that he/she does not attend school. It is also important that while your child is unwell he/she remains at home until he/she is no longer contagious. Information on infectious conditions can be found on national health websites, eg. [www.health.ov.au](http://www.health.ov.au) or alternatively contact your local GP.

If your child has chicken pox, measles or mumps or is suspected of having an illness, please contact the school immediately. This will allow the school to assess the probable contact and therefor exposure of our student to the disease. Notification can then be given to the parents and medical specialists.

As a school community we value your support in relation to the well-being of all students. Please do not hesitate to contact the Health Centre Staff if you have any questions.

### HEALTH CENTRE

The Health Centre is open between 8:30am and 5:30pm Monday to Friday. The direct phone number for the Health Centre is: **5366 4873**.

## BUS NEWS

### Late Bus:

Parents are now able to track the location of the school's Late Bus service that operates Monday through to Thursday and departs BMG at 4.30pm. For login details, please refer to the parent portal.

### Late Bus arrangements for Term 4 onwards

Please be advised that as of Term 4 2017, students in Year **Prep Reception to Year 2** will no longer have access to the

School's Late Bus service. The Wednesday Co-curricular program for 2017 will finish at the end of Term 3. Consideration will be given to the no-access to late bus for Prep – Year 2 students when staff are planning the Co-curricular programs for 2018.

If students in Prep Reception to Year 2 wish to participate in Sports Hub in Term 4, then they can only access this program if parents collect their child at 4.30pm or alternatively, parents have the option of enrolling your child in the Learning Hub from 4.30pm-5.30pm at a cost of \$10 per night. Parents would be required to collect your child from the Learning Hub by 5.30pm. The learning Hub operates from Room L 6 and L 7.

A letter outlining the changes has been provided to parents of Junior School students and a copy is available on the parent portal.

### Private Bus Travellers – Student Bus Travel Code of Conduct

Please be advised that there has been a change to the Student Bus Travel Code of Conduct with the addition of point 3: All students must not to take photos of other students, drivers or aspects of the bus during operation. This change is effective immediately so it is important that students are made aware of this.

The Student Bus Travel Code of Conduct is available on the school website.

**Country Bus Travellers for 2018:** Application for Permission to Travel Forms have been posted to parents who live in the School Bus Program (country service buses) catchment area. These areas include students who catch the following services: Exford / Eynesbury Public Bus, Hopetoun Park, Camerons Road, Melton via Exford (Strathtulloh), Glenmore, Balliang East, Ballan, Blakeville, Bullengarook Public Bus, Blackwood and Toolern Vale services. Forms are also available on the School's website under the Transport page.

The State Government Secondary Schools coordinate these bus services and it is essential that we provide them with up to date information on students travelling on the bus network for safety purposes and to determine bus loadings. Please note that failure to submit this form to the office by the due date of **Friday 22 September 2017** may result in your child not being able to catch a Government operated public school bus in 2018.

Please contact the School's Bus Coordinator if you have any questions.

**Kerryn Browne**  
Bus Coordinator





**"ON CAMPUS" TRADING HOURS**

Mon & Fri: 12:30p.m. to 4:30p.m.

Wed: 8a.m. to 12noon

Bacchus Marsh Grammar "On Campus Shop"

Phone: 5367 4072



**RUSHFORDS TRADING HOURS**

Mon-Fri: 9a.m. to 5.00 p.m. Sat: 9a.m. to 1p.m.

Shop1/13 Barnes Place, Werribee.

Phone: 9741 3211 Fax: 9741 3155

Email: [rushfords@noone.com.au](mailto:rushfords@noone.com.au)

### EAST MADDINGLEY ROAD CAR PARK EXIT

Following a number of complaints from the public, it has been brought to the school's attention that a small number of parents are not taking care when exiting from the East Maddingley Road car park. Please ensure that you look **BOTH** ways when exiting the car park.



We are excited to be taking part in the 2017 Woolworths Earn & Learn program.

During the previous campaign, we were able to purchase some great resources with the points we earned, thanks to you.

From 26 July 2017 until September 19 2017, you can collect stickers at Woolworths that go towards Earn & Learn points. For every \$10 you spend at Woolworths (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. These stickers can then be given to your children to collect on a special sticker card. Once it is completed, they can simply bring it back here to school or you can drop them into your local Woolworths collection box.

The more points we earn, the more we can redeem from a choice of over 10,000 educational resources including

mathematics and English resources, art & crafts materials and much, much more!

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at School.

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## Flu (influenza)

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### Summary

- Influenza is a viral disease that causes widespread illness every year.
  - Immunising people who are at risk of complications from the flu is the most important way we have to reduce the number of flu infections and deaths.
  - Influenza immunisation is recommended for people in known high-risk groups.
  - People who work or live with people who are at risk of serious complications should also be immunised to avoid spreading the flu.
  - The vaccine cannot give you a dose of flu because it does not contain any live virus.
- 

The flu is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. The flu is spread by contact with fluids from coughs and sneezes.

It is estimated that flu contributes to over 3,000 deaths in Australia each year.

The "swine flu" virus – also known as influenza A (H1N1) – emerged in 2009 and caused the first influenza pandemic in more than 40 years. However, it is now a regular human flu virus that continues to circulate seasonally worldwide. The current seasonal influenza vaccine has been designed to include protection against the swine flu virus.

### Do I have the flu?

The most common symptoms of the flu are:

- sudden appearance of a high fever (38 °C or more)
- a dry cough
- body aches (especially in the head, lower back and legs)
- feeling extremely weak and tired (and not wanting to get out of bed).

Other symptoms can be:

- chills
- aching behind the eyes
- loss of appetite
- sore throat
- runny or stuffy nose.

Having the flu is even more likely if you have been in contact with someone who already has it, or have had some other type of exposure such as overseas travel to areas where flu outbreaks are occurring.

Whether you have the flu or another kind of virus can only be confirmed by a doctor after a nose or throat swab has returned positive results. The treatment is similar for any 'flu-like' illness, but a diagnosis is useful in helping health officials track disease patterns and frequency and will be required where complications have developed.

### What to expect with the flu

Symptoms of the flu hit very quickly and may last for several weeks. A bout of the flu typically follows this pattern:

- Days 1–3: Sudden appearance of fever, headache, muscle pain and weakness, dry cough, sore throat and sometimes a stuffy nose.
  - Day 4: Fever and muscle aches decrease. Hoarse, dry or sore throat, cough and possible mild chest discomfort become more noticeable. You may feel tired or flat.
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- Day 8: Symptoms decrease. Cough and tiredness may last one to two weeks or more.

### **What about flu complications?**

In some cases of the flu, severe illness and complications such as pneumonia and bronchitis can develop, which can result in hospitalisation and even death. The flu can also make some existing medical conditions worse.

Some people are at higher risk of severe complications associated with the flu. They include:

- pregnant women
- people aged over 65
- Aboriginal and Torres Strait Islander people
- children younger than five, particularly those younger than two years of age
- people with chronic medical conditions.

Annual immunisation against the **flu** is recommended for these people, many of whom are eligible for free flu vaccination each year (in autumn) under the National Immunisation Program.

The vaccine is not 100 per cent effective but it does provide a high level of protection and can reduce symptoms in those still getting sick.

Anyone in these at-risk groups with flu-like symptoms should see their doctor as soon as possible.

### **I think I have the flu – should I see a doctor?**

Most people who are generally healthy won't need to see their doctor for the flu. Their immune system will fight the infection and their symptoms will usually clear up on their own.

If you think you have the flu, try to rest, maintain a good fluid intake, and manage your symptoms. This will help you recover and prevent dehydration.

See your doctor if you are concerned, and seek **immediate medical attention** if you experience any of the following symptoms:

- difficulty breathing
- chest pain
- sudden dizziness
- confusion
- severe vomiting
- fever with a rash.

### **How can I avoid giving the flu to other people?**

Most (otherwise healthy) adults will be able to infect other people up to seven days after becoming sick, so the best way to avoid spreading the flu is to stay at home while you are unwell. In particular, avoid going to work or school or visiting busy public places. Avoid sharing linens, eating utensils and dishes.

Perform good cough etiquette at all times. This includes coughing into a tissue and disposing of it immediately, or coughing into your sleeve.

Good hand hygiene is also important. Wash your hands regularly using soap and water, particularly if you cough into your hands.

### **What medications should I take for the flu?**

The flu is a viral infection so **antibiotics won't help at all** and should not be taken.

Antiviral medications, if started in the first two days after your symptoms start, can shorten the length of your illness. These will need to be prescribed by your doctor.

Decongestants and simple pain relievers can help you feel better while your body's immune system fights off the infection.

Follow these tips for buying over-the-counter medication for the flu:

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- Buy a remedy that treats only one symptom; this way you are not taking in substances that you do not need, or that may trigger an adverse reaction.
- Read the label to check:
  - whether the active ingredient treats your symptoms
  - any possible side effects of the medication
  - any possible interactions the medication may have with any other medications you are taking, including over-the-counter, prescription, and alternative medicines (for example, herbal medicines)
  - if the medication is safe for you to take with any other health conditions you have.
- If you are unsure if a medication is suitable for you to take, or if you have any other questions, talk to your doctor or pharmacist. They can suggest a medication that is appropriate and safe for you to take.

### Looking after yourself when you have the flu

The best things you can do to look after yourself when you have the flu are:

- Rest – you will probably feel very weak and tired until your temperature returns to normal (about three days), and resting will provide comfort and allow your body to use its energy to fight the infection
- Stay at home – stay away from work or school and avoid contact with others as much as possible while the infection is contagious. The period during which adults are contagious is usually around 3–5 days from when the first symptoms appear, and up to 7 days in younger children.
- Drink plenty of fluids – extra fluids are needed to replace those lost because of the fever (through sweating). If your urine is dark, you need to drink more. Try to drink a glass of fluids, such as water, every hour while you are awake.

### Other useful tips for flu recovery

Other useful flu recovery tips include:

- Take simple pain-relieving medication such as paracetamol or ibuprofen, as directed on the packet, to ease muscle pain and bring down your fever (unless your doctor says otherwise).
- Do not give any medications that contain aspirin to children under 18 years of age with flu. The combination of the flu and aspirin in children has been known to cause **Reye's syndrome**– a very serious condition affecting the nervous system and liver.
- Antibiotics are not effective against the flu because the flu is a virus, and antibiotics fight bacteria. However, your doctor may prescribe them if you develop a bacterial infection on top of your flu.
- Gargle with a glass of warm water to ease a sore throat. Sucking on sugar-free lollies or lozenges also helps.
- A hot water bottle or heating pad may help relieve muscle pain. A warm bath may also be soothing.
- Use saline nose drops or spray to help soothe or clear a stuffy nose. These decongestants help shrink swollen blood vessels in the nose. Talk to your doctor or pharmacist about which medication will be the best one for you.
- Do not smoke – this will irritate your damaged airways.
- Try warm, moist air inhalation. Boil a kettle and put the water in a bowl on a table. Put your head over the bowl with a towel over your head and inhale the warm air for up to 20 minutes. Don't put anything in the water.
- Ask for help if you live alone, are a single parent, or are responsible for the care of someone who is frail or disabled. You may need to call someone to help you until you are feeling better.
- Remember, if you buy medicine at the pharmacy to treat your symptoms (over-the-counter medications), check with the pharmacist to see if it is the best one for you. Mention if you have a chronic illness or are taking any other medication.

### Where to get help

- Your doctor
- Your pharmacist
- **Immunise Australia Program**

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## Things to remember

- The flu is a highly contagious viral infection, spread by contact with fluids from coughs and sneezes.
- The most common symptoms of the flu are sudden high fever, a dry cough, body aches, and feeling very tired and weak.
- In some cases of the flu, complications can lead to pneumonia, bronchitis and even death.
- Some people are at high risk of flu complications. Consult your doctor to see if you are eligible for a free flu vaccination.
- Talk to your doctor or pharmacist about appropriate over-the-counter medication.

### **This page has been produced in consultation with and approved by:**

Department of Health and Human Services - RHP&R - Health Protection - Communicable Disease Prevention and Control Unit

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