



Bacchus Marsh  
Grammar

# BMG NEWS

Celebrating 30 years in 2018

28 March 2018

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

Volume 31 Number 8

*Doctrina Vitae*

## Reminder to all Families

End of Term 1 is Thursday 29 March

Earlier finish times for Prep Reception to Year 6 Students is -  
2.05pm and students in years 7-12 will finish at 2.15pm.  
Buses will coincide with the early finish times.

## Key Upcoming DATES

|               |  |
|---------------|--|
| 29 Mar        | Prep Rec – Year 2 Easter Bonnet Parade   |
| 29 Mar        | Prep – Year 2 Craft Morning  |
| <b>29 Mar</b> | <b>End of Term 1 – No Sports Hub Operating</b><br><b>Earlier finish times JS -2.05pm, SS – 2.15pm</b><br><b>Buses will coincide with the early finish times.</b> |
| 16 Apr        | Term 2 Commences for all Students and Staff  |
| 19 Apr        | Interschool Chess Competition  |
| 25 Apr        | ANZAC Day –  |
| 26 Apr        | Year 8 Parent Teacher Interviews   |
| 26 Apr        | Prep Zoo Excursion   |
| 27 Apr        | BMPSSA Athletics – <i>selected students</i>  |
| 30 Apr        | DAV Debating Round 2 ( <i>St Bernards College Essendon</i> )   |
| 2 May         | 9-12 Drama Production – Altona Theatre   |

## Messages to students during the School Day

We understand that there may be changes to your child/rens travel arrangements at the end of a school day. Parents/Guardians are encouraged and asked to contact the School prior to **2.30pm**, as messages are taken to teachers/students between 2.30pm and 2.45pm.

## SCHOOL PHOTOS -Term 2 2018

2018 School Photos will be taken during Term 2 on the following dates:

Years 7-12

Tuesday 22 May and Wednesday 23 May

Prep Reception – Year 6

Tuesday 5 June and Wednesday 6 June

More information will be circulated to families early in Term 2.



## Bacchus Marsh Grammar Scholarship Program 2018

Information regarding the Bacchus Marsh Grammar Scholarship Program for 2019 is included on the School's website [www.bmg.vic.edu.au](http://www.bmg.vic.edu.au).

<http://www.bmg.vic.edu.au/enrolments/dsp-default.cfm?loadref=124>

For further information, contact the Principal's Assistant on 5366 4800.

## News in this Edition

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*From the Senior Vice Principal – Mrs Elizabeth O'Day*

*From Head of the Junior School – Mrs Jan Loftus*

- Sports and Learning Hub Changes Thursday 29 March
- Premiers Reading Challenge
- Individual Student Achievements
- International Week Report
- ICAS Competition

*From Head of the Middle School – Mr Dean Peppinkhouse*  
*Years 6-8 – Year 6 Young Leaders Day, House Athletics and Holiday Break.*

- 7-12 Student Reporting

*From Head of the Senior School – Mrs Debra Ogston*

*Years 9-12 –Year 9/10 Leadership Program, Year 9/10 Parent Teacher Interviews, Easter Break and Winter Uniform, VCE Holiday Classes.*

- Debating
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*\* Student Welfare - Positive Parenting Tips*

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*\*General News –Uniform Shop School Holiday Hours*



FROM THE SENIOR DEPUTY PRINCIPAL  
Mr Kevin Richardson

## SCHOOL UNIFORM

**Full (winter) School Uniform is to be worn from the beginning of Term 2.**

Please check full (winter) school uniforms over the term break, to ensure that they comply with school regulations and avoid any unnecessary consequences.

On days that are forecast to be unseasonably warm (greater than 25°) students may wear their Summer Uniform.

If your child is considering an "alternative" hairstyle, or extra piercings, please contact Senior Staff or myself for clarification on what is acceptable. As the school code in these areas is clear hair or piercings that are inappropriate will result in the issuing of consequences up to and including exclusion from school.

## UNIFORM REQUIREMENTS

### GIRLS' FULL SCHOOL UNIFORM

- BMG kilt (Years 3 – 12) (knee length) with plain black tights or knee length plain black socks (the hem of the kilt must be below the top of the sock).
- BMG tunic (Years P - 3) (knee length) with plain black tights or knee length plain black socks (the hem of the tunic must be below the top of the sock).
- BMG grey trousers.
- BMG check trousers.
- Long sleeve gold shirt with logo.
- BMG crossover tie (Junior School).
- BMG tie or leadership/designated award tie.
- BMG jumper.
- BMG Blazer (Years 5-12).
- Plain black socks with trousers (grey or check).
- Plain black lace up, buckle or Velcro (Junior School only) school shoes (boots or ballet style shoes not permitted).

### BOYS' FULL SCHOOL UNIFORM

- BMG grey trousers.
- Long sleeve gold shirt with logo.
- BMG school tie or leadership/designated award tie.
- BMG jumper.
- BMG Blazer (Years 5-12).
- BMG or Plain black socks with trousers.
- Plain black lace up or Velcro (Junior School only) school shoes (no boots).
- Black belt (optional).

### Hair Styles (Boys and Girls – general overview)

The following regulations regarding hair apply:

- Hair must not be shaved/clipped less than a 'number 3'.
- Hair may be dyed to a 'natural' blond, brown or black only. Dyed 'white blond' is not a natural colour. Hair colour to be consistent.
- Hair length should be at the top of the collar (Boys).
- Hair must be even or not overly graded in cut and sit naturally around and off the face.
- Sideburns must not extend beyond the earlobe or out onto the face. (Boys)
- Boys must be clean-shaven.
- Fringes must not obstruct student vision.
- Any hairstyle regardless of length or style that is deemed unruly is unacceptable and considered a breach of regulations.
- No extreme hairstyles are allowed. The judgement of 'extreme fashion' will lie with the Principal and Deputy Principals.

### PARENT-TEACHER INTERVIEWS

Parent Teacher interviews for Years 8, 9 and 10 will occur on the following evenings:

- **26 April – Year 8 Parent teacher interviews**
- **8 May – Year 9 & 10 Parent teacher interviews**
- **10 April – Year 9 & 10 Parent teacher interviews**

When making an appointment, **do not** book consecutive appointments for different teachers. Allow 5 minutes between each appointment – travel time from teacher to teacher.

Please note these dates on your calendar, information will be provided to students and parents in the early Term 2.

### COMMENCEMENT OF TERM 2

Commencement day for students is **Monday the 16 April**. Week 1 of the Year 7-12 School Timetable will operate from the commencement of Term 2.

**Mr Kevin Richardson**  
**Senior Deputy Principal**



**FROM THE SENIOR DEPUTY PRINCIPAL**  
**Mrs Elizabeth O'Day**

With Easter upon us, I would like to wish everyone a very happy Easter and an enjoyable time with your families.

Term 1 has been a shorter term however, we find students have settled extremely well into school routine and appear to be calm and motivated. Whilst holidays are a time to relax, regenerate, and enjoy family time, it is also important that parents continue to read to your child, and that students continue to read on a daily basis.

School holidays are often the only chance that students have to read for fun – being able to choose their own books and explore imaginary worlds on their own terms. This is vital not only for literacy development but also for their own self-development and personal growth. Reading for pleasure also has a myriad of other benefits:

- Positive reading attitudes
- Self confidence as a reader
- Greater understanding of cultures
- Increased vocabulary
- Improved writing ability
- Improved text comprehension and grammar
- Increased pleasure in reading later in life

The enjoyment of reading and being able to read confidently also has a big impact of a child's academic success.

### Preparation for Term 2

School holidays are also a great time to check that your child has all their correct stationary, and that you are prepared for the change to the full school uniform-winter uniform. Please check that your child's hair meets the requirements as listed in their school diary before their return to school for Term 2.

A reminder that Term 1 dismissal for students in Year Prep – Year 6 at 2.05pm on Thursday 29 April.

**I remind parents, that if you are collecting your child/ren early, that all students must be signed out at Administration before leaving the school.**

Learning Hub will operate from 2.05pm – 5.30pm Thursday 29 March.

**Students resume for Term 2 on Monday 16 April.**

### Elizabeth O'Day

Senior Deputy Principal



**FROM THE HEAD OF JUNIOR SCHOOL**  
**Prep Reception to Year 4 Program**

It is important that all students in the Junior School continue to read on a regular basis over the term break. It has been proven that children can go backwards and then take a number of weeks to catch up again in their reading levels if they do no reading for an extended period.

Listen to your child read and ask them some questions, get them to make up some questions of their own, read WITH your child, especially if it's a challenging book. You read a page to them and then they can read a page to you. Don't underestimate how much children love doing this with a parent. Then you can engage in a conversation about what you've both read. It's an effective and fun way to get your child to read a more complex text.

Whatever you do, have some fun with it and enjoy your one on one time, sharing a book with your child.

Wishing you all a very happy Easter and wonderful and safe holiday.

### Jan Loftus

Head of Junior School – Prep Reception to Year 4 Program

### PREP – YEAR 6 LIBRARY NEWS



#### Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Bacchus Marsh Grammar is excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 7 September 2018.

Children from Prep to Year 2 will read or 'experience' 30 books with their teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll. If you would like your child's name to appear on the Honour Roll, please sign the form and return it to school. These forms need to be returned by Thursday 29 March.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: [www.education.vic.gov.au/prc](http://www.education.vic.gov.au/prc)

### Feona West

Head of Junior School Library

### ICAS COMPETITION NEWS

*Students in Year 2- Year 6 are given the opportunity to participate in the University of New South Wales ICAS Competitions in English, Mathematics, Science and Spelling. These competitions are by nature designed to test and challenge students whose academic ability lies in the top 10% of their school cohort.*

*The following is the testing calendar of events:*

|             |           |                   |
|-------------|-----------|-------------------|
| Science     | Years 2-6 | Tuesday 29 May    |
| Spelling    | Years 2-6 | Wednesday 13 June |
| English     | Years 2-6 | Tuesday 31 July   |
| Mathematics | Years 2-6 | Tuesday 14 August |

*Notes were sent home for parents to indicate if they would like their child to participate in one or more of the ICAS competitions. These notes are now due. Please return the note as soon as possible as late entries cannot be accommodated for.*

### Nici Deller

Assistant Principal - Assistant Head of Junior School

### INTERNATIONAL WEEK NEWS

The school celebrated International Week with a variety of events and activities. On Tuesday students had the opportunity to experience international food, some of which was prepared by the Year 9 hospitality students, Canteen and the Senior LOTE Team.

Wednesday had an Indonesian focus and the students were entertained by an Indonesian dancer accompanied on the gamelan and students were able to have a try at both dancing and playing the instruments.

Students were also able to participate in a variety of sporting and art activities across the week.

The finale of the week was International Dress Day enabling students to dress in their chosen International Dress by contributing a gold coin donation to the fundraising for the Tri Ratan School in Nepal. This day had a Japanese theme including Taiko drumming workshops throughout the day and a concert at lunchtime at the amphitheater. Congratulations to all who dressed up there was a great variety, an abundance of vibrant colour across the school which looked fantastic!

Collectively the school was able to raise \$2,701.00 which will be utilised by the Tri Ratna school to assist with the furnishing of their new classroom.

Thank you to all staff and students who contributed to International Week and especially the Hospitality students and staff, the Art Department, Asian Studies and LOTE Departments. Events such as these are only possible with support and planning. The feedback from the school community will be used to assist with the planning of next year's event.

**Jacinta Davie and Fiona Erhardt**



### **Individual Student Achievement NEWS**

Isaac Busuttill is a new student to BMG in 2018. Outside of school, Isaac spends his time volunteering at a wildlife shelter, sharing his love and knowledge of wildlife via his social media channels to others in the hope that if they love wildlife as much as him they too will make wildlife conservation efforts to protect our wildlife.

His latest project is focused on the Orange-bellied parrot, which is a native endangered migratory bird that risks being extinct in the next 3-5 years. With this in mind Isaac is selling all his unwanted belongings as well as selling custom designed tops via the website [represent.com](https://represent.com) with all money raised going towards Zoos Victoria breeding program.



Details of these two fund-raising platforms are:

- **Market stall at Werribee Church of Christ carpark :**  
Saturday, April 14 at 8 AM - 3 PM  
200 Tarneit Rd, Werribee VIC
- **Custom designed tops:**  
<https://represent.com/lets-save-the-obp>

**Congratulations to Jai and Makenzie Copland** who travel to Western Australia with their family to compete in their first BMX Nationals and came away with fantastic results.

The competition included both The Oceania Championships and the Australian National Championships.

Makenzie made the final in the Oceania Championships finishing 7th, bringing home a 7o plate, and made the semi final in the National Championships finishing 9th overall.

Jai rode both bikes in the Oceania Championships finishing 3rd on his Cruiser bringing home a 3o plate, and made it to 1/4 finals on his 20" finishing 19th overall.

Jai also rode both bikes in the National Championships making the final on his Cruiser and taking home the bronze medal and a 3A plate. On his 20" he made it to the 1/8 finals finishing 27th overall out of a field of 65 riders.

Jai qualified to race his cruiser at the World Championships this year which is a fantastic.

***Congratulations to you both.***



**FROM THE HEAD OF MIDDLE SCHOOL**  
***Years 5 to 8 Programme***

#### **Young Leaders Day**

It was extremely pleasing to see and hear about the wonderful experiences a select group of Year 6 Leaders had at the Young Leaders Day Conference. All students represent Bacchus Marsh Grammar with pride and returned inspired and full of new ideas to share with the Middle School.

#### **House Athletics**

Middle school talent was on display last week as students competed to earn the right to represent the school at the respective House Athletic carnivals. The talent pool is large when it comes to Track and Field prowess at Bacchus Marsh Grammar and congratulations must go out to all of those students who won their events and to all of those students who entered and won points for their houses.

#### **Holiday Break**

The developing brain of a Middle School student moving years needs between nine and ten hours of sleep every night. Therefore it is important to consider the need for your child to rest and sleep over the holiday period. While it is important to give your child extra time to rest it is as equally as important to move them into a normal sleep and wake routine closer to the beginning of school to avoid them feeling fatigued when they return.

#### **Dean Peplinkhouse**

Head of Middle School - Years 5 to 8 Programme

## **7-12 REPORTING CHANGES**

### **NEWS**

There have been some exciting changes to reporting at BMG in 2018.

#### **What are these changes?**

Following the successful introduction of continuous reporting on academic progress of Year 7 students in the second semester of 2017, students will no longer receive termly reports as they have previously. This year Bacchus Marsh Grammar is extending a new model of continuous reporting on academic progress to all students in Year 7 to 12. As part of the new reporting model, teachers will report on how students have performed on each assessment task progressively throughout the year. This year teachers will also indicate whether the attitude and effort of students met class expectations as they prepared for each assessment task.

The unique goals of the new style of school reports is to focus students in Year 7 through to Year 12 upon not just what has been learnt, but on forming goals for future learning and providing practical strategies to work towards achieving these goals. The new approach to reporting is also striving to provide parents with more timely feedback to empower parents to track their children's development. This is intended to strengthen a relationship between parents and teachers, in order to support students together.

#### **When will reports on assessment tasks be published?**

As of Wednesday, 7 March you will be able to log onto the Parent Portal and access information in regards to your child's performance on recent assessment tasks.

Approximately three weeks after a student has submitted an assessment task, the student's mark and grade will be published on the Parent Portal, along with progress notes that identify the child's strengths, what the child can improve on and should work toward achieving in future, and practical strategies on how to further develop in the subject. An indication of whether the attitude and effort met expectations will also be posted.

#### **How can reports on assessment tasks be accessed?**

Parents can access this feedback on a regular basis, by logging online to the Parent Portal. The Parent Portal is a secure platform so parents can only access reports on their own child. Parents are encouraged to log onto the Parent Portal with their child on a regular basis, to view their child's results and to discuss the feedback.

#### **What will the end of semester report look like?**

A school report will continue to be mailed home to parents at the end of each semester. The end of semester report will document the grades received in each subject, and include a report by the Tutor Teachers on the student's social and emotional development and involvement in school life.

#### **FAQ**

##### **1. Will I receive an interim report at the end of term one?**

*No, as teachers are reporting continuously on student progress including the Attitude and Effort they have displayed leading*

up to and during an assessable period, Interim reports will no longer be sent home.

**2. I have logged onto the portal and there are no results for my child; is there something wrong?**

No, in some cases students are yet to sit assessments, however, the most common reason for results not showing is that due to the period of time after an assessment that teachers have to grade and comment on assessments, they are just not up yet. By the end of term however all students should have some results showing for most classes. If you have concerns about not having results, please contact the Reporting team at [seniorreports@bmq.vic.edu.au](mailto:seniorreports@bmq.vic.edu.au)

**3. My child's Attitude or Effort report states 'Not Satisfactory – Please contact' - who do I contact?**

If you have been asked to contact the school via feedback you have received on the portal, please contact the subject teacher directly. This option was given to attempt to open communication lines between parents and teachers. In this way we can work together to come up with strategies to achieve the best outcomes for students.

**4. I want to give feedback to the school about the reporting system. Who can I contact?**

Feedback is most welcome and we encourage parents to contact [seniorreports@bmq.vic.edu.au](mailto:seniorreports@bmq.vic.edu.au) with any feedback.

**5. How do I access the Parent Portal?**

If you require help to access the portal please contact [seniorreports@bmq.vic.edu.au](mailto:seniorreports@bmq.vic.edu.au) and detailed instructions can be sent.

**6. Where on the portal are student results?**

Student results are under the Student Details & Results tab along the top of the page. You are able to switch between students by clicking on their names on the left hand side of the screen.

**Contact**

If you have any further queries, please do not hesitate to contact the Mr Ben Davie, Assistant Principal – Director of Studies on [davieb@bmq.vic.edu.au](mailto:davieb@bmq.vic.edu.au) Mr Davie will be contactable from Monday 16 April.

**Eliza Rivette**

Coordinator: Senior School Reports



**FROM THE HEAD OF SENIOR SCHOOL**  
**Years 9 to 12 Programme**

**Year 9 and 10 Leadership Program**

This week has seen Year 9A, 9B, and 9C brave the elements on camp at the Otways. Students have experienced a range of activities including mountain bike riding, abseiling and hiking, as well as camping in tents and cooking their own dinner on

trangias. This experience counts towards the Adventurous Journey component of the Duke of Edinburgh's Program.

Students in 9D, 9E, 9F and 9G have been involved in a range of leadership activities including helping out in junior school classes, Community Service at Grange Lodge, Melton Botanical Gardens, Northside Community Centre, Soul Food Cooking and Serving for the less fortunate in our community and a variety of workshops in the classroom.

Year 10 student focus over the two day program has been centered around Study Skills, Stress Management, guest speakers and dancing rehearsal for the Term 3 Year 10 Presentation Dinner to be held on Friday 31 August 2018.

We hope that all students have been able to reflect on the activities of this week and take away some valuable tools and strategies in developing skills to be well rounded young adults in our community.

**Year 9 and 10 Parent Teacher Interviews**

During Week 4 of Term 2, Parent Teacher Interviews for students in Years 9 and 10 will take place on Tuesday 8 and Thursday 10 May. Please place these dates in your diary. All families will receive details on making bookings for teachers early next term.

**Easter Holidays and Winter Uniform**

We wish all BMG families a safe and enjoyable Easter break. This is a great opportunity to spend time together as a family. We look forward to the students returning next term refreshed and ready to learn with a positive attitude. As mentioned in last week's newsletter, please use this time to ensure the winter uniform fits correctly and hairstyles have been addressed.

**VCE Holiday Classes**

There will be a number of classes taking place over the holiday break. Students may attend in casual clothes, but **MUST sign in at the front office on arrival and again when leaving.**

**English: Tuesday April 10 10am – 2pm.**

Workshop for writing essays. Tackling a range of topics on Burial Rights. Sample materials will be supplied.

**Literature: Thursday 5 April 10am – 1pm**

**Further Maths: Thursday 5 and Thursday 12 April 10am – 1pm.**

Preparation for SAC#1. Same session will be run both weeks. Please attend with appropriate materials.

**Production**

Rehearsals for all students in Production will occur on Thursday 12 and Friday 13 April in Wilson Hall.

**Debra Ogston**

Head of Senior School - Years 9 to 12 Programme

## DEBATING NEWS

### DAV Debating 26 March, St. Bernard's College, Essendon

Monday night marked the beginning of the DAV Debating competition for 2018. This year we have an impressive six teams enrolled!

Unfortunately, our senior teams struggled to get a win, but our two Year 9 D-Grade teams both won their debate on the topic 'That non-sporting events should be included in the Olympics.' This is an excellent achievement, as for a number of them, it was their first inter-school debate.

We would like to congratulate students who made their debut at this competition last night, and those who managed to write very persuasive speeches in the midst of a busy week.

#### The following students were involved:

Sarah Hageman, Jack Hurley, Katelynn Condon, Georgia Horell, Andrew Donohue, Rachel Jackson, Ubaid Ahmed, Arshnoor Singh, Safee Zahid, Yasmin Matthews, Declan Xerri, Ally Eley, Lily Trethowan, Sophie Wall, Todd Robinson, Molly Koorn, Lloyd Slimmon (Best Speaker) and Neha Vinu (Best Speaker).

We look forward to the next four rounds of debates!

**Aine Murphy, Alyce Coyne and Silvy Wantania**

## DRAMA NEWS

Students have been busy rehearsing for the upcoming Senior School Production, *The Rise and Fall of the Bargainmart King*. The play will run for two nights in early May at Altona Theatre. *The Rise and Fall of the Bargainmart King* is about the workers of a suburban supermarket who revolt against their mean and oppressive bosses in an effort to improve conditions for all. When the anti-shoplifting system is activated the entire staff and all the customers find they are locked in! A new leader emerges with an outrageous plan to build a new society, but not everyone agrees with his new world order. Everyone must take sides. Revolution is not all it is cracked up to be!

Students will be rehearsing during the holidays on Thursday, 12 & Friday 13 April in Wilson Hall. For more details, students can access the rehearsal schedule on the production Moodle page. Production t-shirts are also available for order via the Parent Portal until Monday, 16 April. Please check sizing via the production Moodle page. Stay tuned for more information next term!

**Helena Stratakos**

Head of Drama 7-12

## 7-12 SPORTS NEWS

### Year 7-12 Athletics Carnival 2018

Overall results for the House Athletics Carnival are as follows:

**4<sup>th</sup> PD Pentland = 2,180 Points**

**3<sup>rd</sup> HI Hilton = 2,286 Points**

**2<sup>nd</sup> BR Braeside = 2,306 Points**

**1<sup>st</sup> BA Bacchus = 2,718 Points**

Congratulations to Bacchus for winning the House Athletics for 2018.

The following students are congratulated for their individual effort by winning their respective Year Level Champions. Medallions will be awarded at a later assembly.

#### Overall Year Level Champions

##### Year 07 Female Champion

Alexia Todorovic - BA

##### Year 08 Female Champion

Jemma Collins - PD

Sarah McInerney - HI

##### Year 09 Female Champion

Milla Rice - PD

##### Year 10 Female Champion

Rebecca West - BA

##### Open VCE Female Champion

Shani Bullard - HI

Mel Freeman - HI

##### Leanne Christie Dash Female Winner

Olivia Way Year 10 - BR

##### Year 07 Male Champion

Tyrell Munetsi - BR

##### Year 08 Male Champion

Rye Penny - BA

##### Year 09 Male Champion

Justin Runge - PD

##### Year 10 Male Champion

James Di Pretoro - BA

Ethan McMinimee - HI

##### Open VCE Male Champion

Joseph Earnshaw - PD

##### Leanne Christie Dash Male Winner

James Di Pretoro Year 10 - BA

**Reminder that House Cross Country is to be held on Friday 18 May.** So get into some training over the holidays to push yourself to compete and get as many points for your House.

#### Evan Long

Coordinator: Head of Houses

## CAREERS NEWS

The last careers newsletter for Term 1 has been emailed to all students in Years 9-12. Copies may be accessed on the school website. This edition includes the holiday events that many tertiary institutions are running for prospective students. Furthermore, a special feature on USA Sporting Scholarships has also been included.

**Alice Wu-Tollis**

Careers & Course Counselling: Practitioner

## STUDENT WELFARE - POSITIVE PARENTING NEWS

### Building Resilience in Children

Resilience is key to coping with adversity. We all need the ability to bounce back and put things into perspective. As parents, we can focus not only on language and activities that promote positive development and resilience, but also create opportunities where our kids' parents, teachers and friends can do so as well. Resilience involves behaviours, thoughts and actions that can be learned over time. When our kids experience the power of positive emotions, the community they move in has the opportunity to do so as well.

#### Things you can do:

- An A-Z of feelings is a great way for kids to develop a language that expresses their emotions and feelings. Source one on the internet, print it out and ask your child to illustrate words with appropriate faces (sad, hurt, happy, angry).
- Watch for signs of fear and anxiety in kids. Bed wetting, nail biting, stomach or headache, or withdrawing and wanting to be alone, may be signs that your child is being teased, bullied, or just not coping at school.
- Communicate with teachers if you feel a problem has arisen at school. Provide additional one-on-one time at home to encourage conversation.
- Help kids to put adversity into perspective. A Catastrophe Scale is a great strategy for kids. The problem that the child is worried about is placed on a scale of 1-10 and the child can then decide if the catastrophe of the lost pencil is as bad as being late for school.
- Emphasise safety, routines and reassurance when kids are faced with anxiety or problems that seem to be out of their control.
- Role model positive thinking. "Yes, it's hard, but I know you'll give it your best shot"; "OK, let's look at this another way...."; "If we work at this together, I reckon

we'll find a solution"; "It didn't work out the way you wanted, but that's OK, not everything works first time."

- Where appropriate, add the element of fun to working through a problem.
- Where possible include the family in a community volunteer activity, like a fun run for charity, or a clean up the community day. Encourage your kids to give the toys and clothes they no longer need to the local op shop.
- Encourage 'gratitude' not 'attitude' when they can not have what they want. Talk about delaying gratification, saving for a toy, and making the most of the situation they find themselves in.
- Parental positive affirmation and recognition of effort helps kids develop confidence in their ability to put adversity behind them and move forward.

*Source: J. Hutchinson & V. Pretelt (2010). , Building resources and resilience: Why we should think about positive emotions when working with children, their families and their school. Counselling Psychology Review, 25, 20-27. Viewed on <https://youcandoitparents.com.au>*

**Veronica Johnston**

## CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) NEWS

### Do you hold a valid means tested concession card or are you a temporary foster parent?

If so, you may be eligible to receive the Camps, Sports and Excursions Fund (CSEF).

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child.

The annual CSEF amount per student will be:

\$125 for primary school students

\$225 for secondary school students.

A further rebate will also be provided by the school.

If you have any questions, please contact Kerryn Browne on 5366 4800.





**BMG Easter Raffle 2018**

Thank you for the incredible support for the annual BMG Easter raffle. The SRC was able to make up forty-eight Easter baskets with the donations from the BMG community. In total the BMG community has raised **\$3,178.50** for the Royal Children's Hospital Good Friday Appeal.

**Congratulations to the raffle winners listed below:**

- |                   |                 |
|-------------------|-----------------|
| M Firez           | J Berry         |
| J Adami           | Sunny (D) Singh |
| Kandelaars Family | K Cvetkovic     |
| R Clarke          | L O'Day         |
| I Nehra           | D Baxter        |
| J Moraitis        | Ric             |
| Fragapane Family  | N Kropman       |
| T Forsyth         | A Deveshwar     |
| Z Cattermole      | S McCallum      |
| Sekulic Family    | Y Pandya        |
| E Lang            | A Kantamani     |
| C Fredrickson     | P Attwal        |
| P Barth           | Gernsh          |
| I Stanley         | Bec & Wez       |
| H Singh PG        | T Ngo           |
| S Schryvers       | F Rakipi        |
| O Clarke          | A Wilson        |
| A Doma            | J Somarathna    |
| Keys Family       | N Carver        |
| Kahal Family      | L Galvin        |
| C Chetcuti        | S Modica        |
| J Cassar          | Havard Family   |
| S Batth           | H Segaria       |
| S Sandoval-Roche  | G Bhuta         |



**Regular Contacts and Information**

**Absentee Line - 5366 4888**

**Health Centre direct number - 5366 4873.**

**The Learning Hub - 0408 548 058**

**The Sport Hub - 0428 315 081**

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

**Senior School After School Classes**

**Tuesdays – English (NBlock) and Science (Room01)**

**Thursday – Mathematics (MBlock)**

**UNIFORM SHOP  
NEWS**

**On Campus Uniform Shop  
Holiday Hours**

Last day of Term One  
Wednesday 28 March 8 - 12

Open  
Wednesday 11 April 10 - 2  
Friday 13 April 10 - 2

First Day of Term Two  
Monday 16 April 12.30 - 4.30



**“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)