



## 2018 Massive Murray Paddle

On Monday 19 to Friday 23 November BMG fielded a kayaking team in the Massive Murray Paddle, a 404 km, 5-day relay paddle down the Murray River from Yarrawonga to Swan Hill.

The BMG team consisted of eight students from Years 10 - 12 and four staff, all of who rose to the epic challenge and at times had to dig deep through some difficult weather conditions to successfully navigate the journey down the river to Swan Hill, all the while enjoying each other's company.

The motto of the Massive Murray Paddle is 'connecting people, river and country,' paddling through some of Australia's most unique environments such as the Barmah National Park. The team experienced a deep spiritual connection to both fellow paddlers and the environment.

Throughout the week the students not only refined their paddling skills, but also developed lifelong skills such as teamwork, collaboration and resilience. The students did the school proud. Their level of enthusiasm and support for all paddlers was noted by many of the other competitors.

Well done to the team on a mammoth effort.

**Mr Leigh Park - Assistant Principal - Teaching and Learning**

## End of Year Arrangements

Confirming the end of year arrangements for Thursday 6 and Friday 7 December.

### Thursday 6 December

Prep Reception to Year 4 are participating in Craft and Performance between the Gym and student classrooms.

Full program and times are listed in the events calendar on the [School website](#).

### All students will finish school on Friday 7 December

- Middle School (Year 5 to 8) award presentations are periods 3 & 4 (11.15am - 12.45pm)
- Senior School (Year 9 to 12) award presentations are periods 5 & 6 (1.30pm - 3.00pm)

Mr Kevin Richardson will be notifying award recipients via email.

The previously advertised athletics event has been cancelled. Instead, students from Prep to Year 4 will spend the last day of term in class according to their scheduled timetable. The afternoon will be spent with their class teacher to celebrate together the end of the year.

## Car Park

As we approach the last week of School and enjoying the student/family festivities and celebrations on Thursday 6 and Friday 7 December, please be patient within the car park. It will be very busy and student safety in and around the grounds are a priority.

All schools experience traffic and parking issues at peak times of the year with community activities. BMG is no exception. Parents may consider carpooling with other families or even parking outside of the grounds or at the bottom of South Maddingley Rd and walking.

## Early Learning Centre Woodlea – A Little Scientist House

This week the Early Learning Centre was presented with an award to recognise their work and achievements within the area of STEM in the early years.

The basis of the initial award was to recognise a major project undertaken during Term 1 about the ocean. The kinder children researched how plastic within our oceans is affecting our marine life and beaches. They considered ways to stop the use of single use plastic within our lunches and thought about ways to become more sustainable both at kinder and at home. The children wrote letters to their parents, involving them with their ideas and as a result the children's lunch boxes became more sustainable as well as the children developing a deeper sense of knowledge regarding current issues affecting our environment.

After the initial award the ELC was then named and presented with the title of 'A Little Scientist House', the first within the Western region and one of only 107 centres within Australia with this recognition.

A wonderful achievement for the ELC and Bacchus Marsh Grammar.

**Mrs Kirsti Condon – ELC Educational Leader/Kindergarten Teacher**

## 2019 Maddingley Middle School Musical

Mary Poppins JR. has been selected as the 2019 Musical. All students in Years 5-8 are invited to be involved. Rehearsals will be held each week after school in Wilson Hall. The first rehearsal will be on Wednesday 6 February from 3:05pm – 4:25pm.

Students can access the Mary Poppins Moodle page for more information about the musical and the audition requirements. The performances will be held at The Wyndham Cultural Centre in Term Three. Please do not hesitate to contact me if you require further clarification [coombsj@bmg.vic.edu.au](mailto:coombsj@bmg.vic.edu.au). We are looking forward to an exciting year.

Please note that details for the Woodlea Junior School Musical will be announced in Term 1, 2019.



**Mrs Jenni Coombs - Middle School Musical Coordinator**

## Student performers at Orientation Day

Thank you to the following students for giving up a portion of their study day to provide entertainment at the recent Orientation Day:

BMG Cafe - Sophie Dunn 11A, Lauren Walmsley 11D and Megan Llaneza 9C.

Year 7 Concert – Mia White 9A, Briana Stewart-Hatfield 9C, Meg Seric 9E, Samara Peel 9E, Jimmy O'Reilly-King 9B, Aaliyah Moosajee 9E, Adam Micevski 9G, Megan Llaneza 9C, Molly Koorn 9E, Charli Jilbert 9D, Samuel House 9F, Molly Gibson 9G, Avalee Gauci 9A, Darcy Gallagher 9F, Cherleynah Falzon 9E, Narelle Collins 9G, Pelle Castelijin 9E and Madelyn Carey 9A.

**Mr Steven Bell - Assistant Director of Music**

## BMG partnering with Bacchus Marsh Hospital Ladies Auxiliary Op Shop

The School has collected all unnamed and unclaimed lost property over the last 12 months and decided to donate the items to the Bacchus Marsh Hospital Op Shop. Parents are welcome to attend the Op Shop to purchase items. They are located in Gell Street, Bacchus Marsh.

### Hours of Operation:

Monday 9:30am – 4:30pm

Tuesday - Friday 9:30am - 4:30pm

Saturday 9:30am - 12:00pm

This is a timely reminder that all current and new families should ensure student clothing is marked clearly to ensure that the School can return lost items. It is also important to highlight that accidents can occur, where children put the wrong jumper in their bag. Could we remind families to be courteous and return these back to the class or Reception to be distributed.

## School Achievements

### Hoop Time Basketball State Finals

Our Primary School have developed a reputation of success in basketball. This year, for the first time, BMG fielded four Senior (Years 5 & 6) and three Junior (Years 3 & 4) teams in Basketball Victoria's Premier Primary Schools competition, Hoop Time.

Of the seven teams entered in their respective divisions, we had five teams progress to Regional Finals, with the very talented Senior All Star Girls earning the right to play off in the State Finals in Dandenong this week.

To put this achievement in perspective, throughout Victoria there were over 400 teams entered in each division. Only 20 girls teams progressed to the State Finals. Our girls finished 9th!

I sincerely thank my fellow coaches Mrs Newton, Mrs Elcoat, Mr Gill, Mrs Estlick and Mrs Bens for their hard work and dedication throughout the year. Much credit, however, must go to not only those who represented our school, but to all students who tried out for Hoop Time this year.

**Mr Nick Sher - Coordinator: Sport Years 3-6**

### Story Writing Competition Winners 2018

Congratulations to the following students who were awarded prizes in the BMG Annual Story Writing Competition for Years 2-6:

Year 2	Year 3	Year 4	Year 5	Year 6
1 <sup>st</sup> Julian Brightwell 2F	1 <sup>st</sup> Rakshita Vij 3F	1 <sup>st</sup> Tilly Campey 4C	1 <sup>st</sup> Emily Slimmon 5G	1 <sup>st</sup> Isaac Fisher 6B
2 <sup>nd</sup> Anna Schukin 2A	2 <sup>nd</sup> Coco Munetsi 3A	2 <sup>nd</sup> Joshua Pittard 4D	2 <sup>nd</sup> Angel Malhotra 5E	2 <sup>nd</sup> Jessica Slattery 6A
3 <sup>rd</sup> Allegra Deagan 2A	3 <sup>rd</sup> Gowrie Suseel 3C	3 <sup>rd</sup> Ori Daniel 4D	3 <sup>rd</sup> Alisha Conway 5E	3 <sup>rd</sup> Alexandra Smith 6A

### Participation:

Ritika Kelkar 5D, Roshyna Attwal 5E, Lachlan Hunter 4D, Olivia Shin 4D, Addison van der Werf 4D, Emanuel Morutan 4F, Lakshya Sharma 4F, Purvi Bhattacharya 4G, Rudraksh Sayal 4G, Liam Jackson 3B, Tina Ma 3B, Bhavesh Potluri 3B, Diti Arora 3F, Amahle Masuku 3G, Alika Brown 2A, Ella Clare 2A, Milly Swan 2A.

**Mrs Feona West – Coordinator: Library P-6**

### Year 6 DAV Debating

Throughout Term 4 the Year 6 debating team have been going to Werribee Secondary College for DAV debating competitions. The debating team did exceptionally well even though they were competing against Year 7s and 8s. We had two wins and four losses. I would like to congratulate the following students who competed in these competitions:

Jasvani Kaur 6E, Anika Kanneganti 6E, Harry Sadler 6B, Jake Parton 6C, Murphy O'Connor 6C, Isabelle Holmes 6B, Isabelle Weeks 6D, Demaira Kahal 6B, Isaac Fisher 6B, Grace Strang 6C, Chinmayi Potluri 6A, Mischa Petilla 6B, Alexandra Smith 6A and Srikar Buddi 6C. A special congratulations to Jasvani Kaur who was the only speaker from Bacchus Marsh Grammar who has received best speaker twice from our team.

The best thing about doing debating is that you get to learn about your topic and it also improves social skills and it helps you become a better public speaker. It also helps deal with stage fright if you have it. Debating is an amazing and fun sport and it can teach you a lot of valuable things that will help you in the years to come.

**Mrs Meaghan Nixon**

## Year 7 & 8 Debating

Throughout term four, many Year 7s and 8s have participated in interschool debating. This is an out of school activity that was held at Werribee Secondary College. All of the debaters participated in the Junior Secondary Program for the Debaters Association of Victoria.

We have had great success and won many of our debates. Even the debates that we lost, we still learnt a lot.

I would like to congratulate all of the best speakers. To be picked as best speaker, someone needs to receive the highest score out of all six debaters (three on each side). Congratulations to: Mariam Hussain 7F, Ella Frisch 7F, Abe Penny 7A, Mohini Shukla 7C, Rebecca Wall 7F, Brandan Knight 7A, Chloe Baira 7D and Jackson Brown 7D for achieving best speaker.

I personally get a lot out of debating. Debating helps improve my public speaking skills. Public speaking is an extremely hard skill that most people are afraid of. I would like to congratulate everyone who debated, because even if you were not successful, you still got up and debated which is an amazing accomplishment. You cannot just instantly become an amazing public speaker but I know that everyone has the potential to be one. If you keep debating and look for other public speaking opportunities then I am positive that you can become a wonderful public speaker.

I would like to thank everyone who debated, it was amazing to see so many people give up their lunchtimes for meetings, free time at home to write their speeches and Wednesday nights to debate. Below is a list of everyone who participated.

Mariam Hussain 7F	Maria Nanasca 7F	Ella Frisch 7F	Janice Jeevan 7F	Jackson Brown 7D
Brandan Knight 7A	Pranavi Matampally 8A	Zoe Daniel 7H	Frankie Pool 7F	Lachlan Sliwa 7C
Maddox Edwards 7F	Mohini Shukla 7C	Jennifer Dobie 7D	Abe Penny 7A	Srividya Bobba 8E
Ava Wood 7F	James Tropicano 7A	Kyle McInnes 7A	Mari Aninon 8A	Bethany Noyce 7D
Amy Bell 7D	Emmerson Kitchin 7D	Rebecca Wall 7F	Madeleine Koorn 7F	Anvita Nallajerla 7A
Jack Buskens 7F	Monideepa Banerjee 8A	Jai Gathercole 7E	Khayle Forsyth 7E	Chloe Baira 7D
Anuki Pandithakoralege 7A				

I would like to give a massive thank you to Miss Coyne who has helped us write our speeches and organise all of us. I know that we would not have been able to debate as well as we did without you.

**Jackson Brown – 7D**

## Student Achievements

Congratulations to Isaac Busuttil from 4G for being the recipient of the Young Advocate of the Year award. This was awarded to him on behalf of Zoo's Victoria for all the wonderful contributions he has made to the conservation of wildlife.

Over the past 6 years Isaac has been actively fundraising independently and on behalf of Zoo's Victoria as well as spreading awareness about endangered wildlife and the importance of taking care of them.

Everyone in Year 4 is extremely proud of his achievements and we hope that his efforts have a positive impact and encourage other people in the community to help support the course he is so passionate about.

**Ms Jessica Dalrymple – Year 4 Coordinator**

## School Information

### Bus Information

2019 Bus Information will be emailed to parents the week commencing Monday 3 December advising the bus allocation for your child/ren, roll call information sheet/instructions (for new parents), along with the school bus services booklet. Any special requests are required in writing via [email](#) to the school's bus service administrator by Friday 7 December, requests after this date will not be accommodated.

**Mrs Leanne Robertson – Bus Service Administrator**



## 2019 Handbooks

The 2019 Handbooks for students in Year 1 to Year 8 for 2019 will be distributed via pigeon holes from Monday 3 December. These will also be available on the website from this date.

## 2019 Instrumental Music - Letters of offer

Please be advised that there has been a delay in finalising Instrumental Music allocations for 2019. Rest assured that these will be distributed as soon as possible.

**Mr Steven Bell - Assistant Director of Music**

## 2019 Vietnam Study Tour

Information regarding the 2019 Vietnam Study Tour will be communicated at the beginning of the year, with the Parent Information Night held in Term 1, 2019.

# Student Wellbeing

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## Holidays and Parenting

Parents face holidays each year with varying degrees of stress. We know the routines that organize life will diminish over the next 45 days as schools close, bedtimes grow later, and children beg for toys. The strategies parents use to manage stress will become less effective because the world will change around us. Parents will experience stress not only from the holidays but also from the need to change and adapt.

Much of the stress parents feel results from trying to stick to routines for normal days during the topsy-turvy holidays. The comfort of those patterns of daily life draw parents into a spider web of false hope: If we can fit life's demands into the "normal" way of life, then all will be calm. So many parents try to place the round peg of the irregularity of the holidays into the square hole of regularity. Each year parents experience try again to make the holidays work based on non-holiday patterns.

To paraphrase Einstein, "The definition of insane is doing the same thing, over and over, and expecting different outcomes." Based on that idea, parents become insane over the holidays. And, they drive their children crazy too trying to make their children act as if no holiday uproar exists. Parents do this to try and reduce stress, but in the end increase tension without realizing. Our goal is worthwhile, but the methods are ineffective.

Here are four tips to help mums and dads find joy in the holidays:

- **Leave the rule book at home:** When parents travel to spend the holidays, they sometimes try to use "home" rules for parenting. But, children and parents both experience very different demands than when at home. Grandparents want to stay up and talk to the little ones. Aunts and uncles spoil children with candy and attention. What parents find inappropriate at home becomes "cute" to others. Parents can find joy by leaving the rule book at home. Relax and allow the laughter and smiles from your children become more important than keeping order.
- **Be flexible with schedules:** The holidays push parents to be in two places at once. Schools hold holiday events, churches encourage families to attend special services, and offices hold parties for grown-ups only. These time demands place parents in a position where they must pick and choose. If we are flexible about how we prioritize our time during the holidays, we can release our expectations to please everyone. Instead, joy comes when we go with the flow, and adopt a "do our best" attitude. Parents find happiness, at the end of the day, in the smiling faces of their families.
- **Pay Close Attention Once per day:** Parents find themselves scattered over the holidays. Sometimes we forget that children need our time more than ever when things become hectic. We can give the gift of attention every day, without paying a penny to a toy store. Parents will find joy in the way a child's eyes light-up during the 15 to 30 minutes set aside to read together or play a simple board game. Those few minutes lay the foundation of connection to children, and show love more than any Lego set or teddy bear.
- **Give the gift of acceptance:** So many parents become overwhelmed in the chaos of the holidays, often asking their children "What do you think you're doing?" Children stutter to answer a question for which no real answer exists. As a psychologist, I often recommend these strategies to manage the confusion of "holiday cheer."
- **Change the way you think about the busyness of holidays-** "chaos" becomes "unstructured," or "out of control" becomes "child-like fun." Parents win the stress war when their thoughts use neutral or happier words to describe holidays.
- **Accept the reality of holiday cheer-functioning (rather than stressing) during the holidays means accepting the variability of every moment.** Part of the definition of holidays includes replacing routines with the joy of the unexpected. Try saying "If I accept that holidays are not predictable, then I can live in the joy of each moment as it unfolds." Parents find holiday joy by staying in the present.

- Acceptance of childhood excitement-parenting during holidays requires embracing childhood enthusiasm. Parents sometimes must reign in their children when excitement becomes uncontrolled behaviour. Parents manage these moments best when they accept the inevitability of such moments, so that we see our job to help children regain their self-control. Parents find joy in sending accepting messages that validate children as overly-excited (rather than being "bad"), and empathize with a child's feeling of raw energy. Parents help calm children through validation, so that limit setting becomes a lesson not a punishment.
- Holidays combine remembrance of landmark events with good cheer. Whether children are playing with spinning wooden tops or other holiday toys, the joy of the holidays bursts forth from a child playing. Parents can find that same joy by throwing off the mundane routines of everyday life, and instead live inside the smiles and laughter of each moment.

The best gift is found in each present moment.

Have a happy, safe and joy-filled holiday season!

Source: <https://www.psychologytoday.com/blog/the-older-dad/201111/tips-holidays-and-parenting-letting-joy-win-over-stress>

Veronica Johnston - Student Wellbeing and Child Protection Officer

## BMG Community Contacts

### Out of School Hours Care (OSHC) – YMCA Ballarat

YMCA Ballarat now operate the Out of School Hours Care at Bacchus Marsh Grammar. The relevant handbook and enrolment forms are available via the [School website](#).

Their Summer Holiday Program commences from 10 December. For more details visit the [School website](#).

For more information regarding the OSHC programs offered by YMCA Ballarat please contact:

**Mobile: 0438 154 842 or Email: [bacchusmarsh.oshc@ymca.org.au](mailto:bacchusmarsh.oshc@ymca.org.au)**

### On Campus - Uniform Shop

#### Last day of trade for 2018

Friday 7 December 12.30pm – 4.30pm

#### Resume trade in 2019

Thursday 17 January (Book pick up day) 9.00am – 4.00pm

Friday 18 January (Book pick up day) 9.00am – 4.00pm

Wednesday 23 January 10.00am – 2.00pm

Friday 25 January 10.00am – 2.00pm

Wednesday 30 January 10.00am – 2.00pm

Thursday 31 January 8.00am – 12.00pm

Friday 1 February 8.30am – 4.30pm (lunch break 12 – 12.30)

## Regular Contacts

**Absentee Line - 5366 4888 or Absentee Email - [student\\_absentees@bmg.vic.edu.au](mailto:student_absentees@bmg.vic.edu.au)**

**Health Centre direct number - 5366 4873**

**BMG Events Calendar**

**Visit the [BMG Events Calendar](#) for the latest upcoming events.**

South Maddingley Road  
Bacchus Marsh VIC 3340

P +61 3 5366 4800

F +61 3 5366 4850

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

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



Bacchus Marsh  
Grammar

Celebrating **30** Years

## Local Community Information

### Free activities and stall holders



mambourin



Merrimu  
Your life, your choice.



For more information go to  
Moorabool Shire Council's  
website at <https://bit.ly/2JkRB6N>



Launch of Moorabool's Marveloo  
at 11.15am

**Free-all are welcome**  
**December 5, 2018**  
**9.30-12.30**

**Andy Arnold centre**  
**10 Bennett street, Bacchus**  
**Marsh**

RSVP 1 December to Manda on 5366 1219 or  
register at <https://bit.ly/2yFc94P>

Hear from an inspirational speaker,  
Emma Gee -10.00am

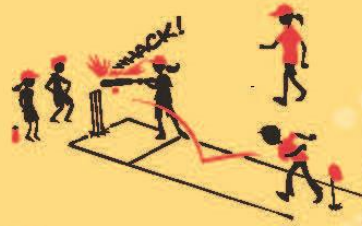
Free Sausage sizzle/Coffee van  
Stall holders

Fun activities/Showbags  
Art Show

Launch of Moorabool Shire  
Council's Access and Inclusion plan  
Mambourin Hip Hop Troupe and Choir  
performing



# Summer Holiday Program



**Bacchus Marsh  
Grammar**



**SUMMER FUN!**

**& Boredom BUSTERS**

- Melbourne Zoo
- Radical Reptiles (Rookeepers)
- Dance Workshop
- Crafty Construction
- Farmer for a Day
- Science Spectacular
- Sports Carnival
- Lake Jubilee
- Cooking

**10th – 21st December 2018**

**7th – 31st January 2019**

(No program 28th January – Australia Day Holiday)

Full program and booking forms available at  
[www.ballarat.ymca.org.au](http://www.ballarat.ymca.org.au)



**BOOKINGS OPEN  
19TH NOVEMBER**

YMCA Ballarat  
7 Lyons St North, Ballarat  
**5329 2800**



**YMCA  
Ballarat**