

BMG NEWS

24 MAY 2019

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RYPEN

Over the weekend of 29-31 March, five Year 10 students: Abbey, Teodora, Eloise, Lily and Sophie attended the Rotary Youth Program of Enrichment hosted in Lancefield. This was an incredibly valuable program which covered a range of programs that greatly enhanced our leadership skills and perspectives on school life as well as the outside world. With a group of around 35 students in Years 9-11 from schools around Victoria, we were lucky to have the opportunity to meet many new people and form meaningful friendships over the three days. The program was organised and run by a dedicated and supportive group of leaders from Rotary, involving sessions focusing on personal goals, self-esteem, self-care, ethical values, worldwide humanitarian issues, career aspirations and team building. We all found this program an incredibly positive, encouraging and constructive experience. In addition to this, we also engaged in various physical and social activities including team problem solving, a trivia night and a scavenger hunt.

I am sure we can all agree that this program was exceptionally beneficial. It awarded us with skills we are sure to use in our everyday lives such as problem solving, teamwork and resilience. We developed these skills by participating in activities that required us to effectively communicate amongst our group in (at times) frustrating situations and find a way to work past these activities. But most importantly, we worked on ourselves and our mental health.

On behalf of the entire camp we can confidently say this was the most helpful and meaningful experience of them all. It was astonishing to see the confidence people grew in just three days and the shift in mindsets we all had after simply letting loose, talking what needed to be talked about and listening to the advice given to us by our leaders and new friends at the camp.

As a group, we would love to thank the School and particularly the Bacchus Marsh Rotary Club for giving us this incredible opportunity.

We all learnt and achieved so much over these three days and some found it hard to say goodbye to newly made friends. Each year, Bacchus Marsh Grammar are invited to send 4-6 Year 10 students to attend this program. We would highly encourage and recommend others to attend the RYPEN camp if given the opportunity, where you will find both support and motivation to improve your leadership qualities, personal wellbeing and growth.

Abbey Knight, Teodora Karlica, Eloise Shirra-Gibb, Lily Trethowan and Sophie Wall.

Senior School Production - "Once Upon a Mattress". A performance to suit all ages

Friday May 24 - 7.30pm

Saturday 25 May 2.00pm and 7.30pm

Clocktower Centre, Moonee Ponds 750 Mt Alexander Rd, Moonee Ponds VIC 3039

**Tickets are available now and may be purchased via the Box Office: Ph 9243 9191 or
online at - clocktowercentre.com.au**

Food Studies and Hospitality Department

Excursions and practical experience outside the classroom.

In the Food and Hospitality department, students enjoy our subjects for their practical nature. We also believe it is important to offer students practical experiences outside the classroom. In the past few weeks a Unit 1 VCE Food Studies and the Year 9/10 Hospitality Café classes have enjoyed days immersed in the food and hospitality industry of Melbourne.

Unit 1 VCE Food Studies students enjoyed a day out with Melbourne Food Experiences for a tour of “Multicultural influences on Melbourne”. The students learnt about the effect of migration from other countries and its influence on the food available to us. They visited and tasted food samples from Lonsdale Street for its Greek food, Chinatown for Asian influence and walked through many of the laneways of Melbourne completing the tour at Brunetti in Flinders Lane. This experience allowed students to see and taste first-hand the content they have been learning in class, with the aim to inspire ideas for an upcoming assessment.

The Year 9 & 10 Hospitality Café classes were excited to learn about the production of coffee, including growing, roasting and processing at Code Black, which is our supplier of coffee beans for the BMG Café. Students had an informative day out and finished the day with a coffee art competition which they thoroughly enjoyed. The Hospitality staff and students would like to invite parents to visit the BMG Café on any weekday morning between 7:30-8:30am and see first-hand the practical skills these students have developed.

In the upcoming Term 2/3 break our VCE Hospitality students will be undertaking their one week practical placements at William Angliss in the city. The Year 12 students will be running the Angliss restaurant for the week of 1 to 5 July. Parents and friends of BMG are welcome to enjoy a two or three course lunch for a small price and see what students are undertaking in VCE/VET Hospitality at BMG. More information and bookings can be made at <https://www.angliss.edu.au/restaurants-events/angliss-dining/angliss-restaurant/>

Please do not hesitate to contact Nicole Garner or Jacqui Huxtable at BMG if you would like further information.

Mrs Jacqui Huxtable - Learning Area Coordinator: Food Technology



BMG Café Now Open weekday mornings 7:30-8:30am.

Parents are welcome to come and purchase a take away or dine in hot beverage for \$3.

We look forward to your support of our Hospitality students.

Please note: As students have classes to attend the café will close at exactly 8:30am.

The Hospitality Team and students

Equestrian Geelong Grammar Interschool Show Jumping Event

The BMG Equestrian Team and I had an awesome day at the Geelong Grammar Interschools Show Jumping event on Saturday 18 May.

'2Phase' and I went all clear placing 12th again. In both Grand Prix Round 1 & 2 I knocked a rail, but competed well apart from that.

It was tough competition but I am so thrilled with the outcome. 'Buzz' was his usual springy self and continued to please. Well done to all competitors in the BMG Equestrian Team. Great job guys!

Report by Chloe Hodgson 8E



Annual BMG story writing competition:

Theme: **Oops! I opened the wrong door!**

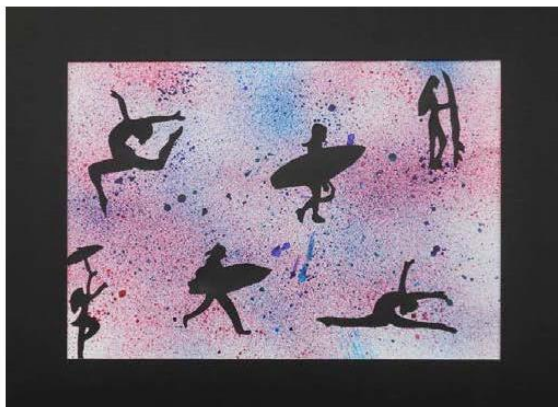


- All BMG students in Years 2 – 8 can enter.
- Entries must be original and contain the Theme.
- Hard copies of submissions (with full name and class) must be submitted to Mrs West or the office by 4pm Wednesday 7 August 2019.
- Emailed entries will not be accepted.

Mrs Feona West - Coordinator: Library P-6

Maddingley Middle School Art

These artworks have been completed by Year 6D Artists, Gurdev, Kaylee, Keisha, Logan and Tahlia. They are inspired by the Street Artist Banksy. Students are asked to think of an image that projects positivity, friendship, creativity, learning or fun. The artworks are mixed media, as student use ink for their backgrounds, then draw their silhouette in pencil. This image is then converted into a digital file, the cut through digital technologies. This artwork accompanies an analysis of Banksy's artwork by each student.



A reminder - Student Portrait Competition (Maddingley and Woodlea)

The Art Department will be conducting a Portrait Competition for students in the Junior and Middle Schools. The competition will be open to any student who would like to participate and is not an in class activity. There will be prizes for each Year Level.

Artwork must be:

- No larger than A4 size (Including mount – mounting artwork is not required)
- Not framed
- A Portrait artwork
- Pencil or Photograph* (Year P – Year 2)
- Pencil, Paint or Photograph* (Year 3 – Year 8)
- Have the students name and class clearly labelled on the back of the artwork
- Submitted to their classroom teacher by Friday 1 June.
- If a student does not have their name and class clearly marked on the artwork, it may not be returned.

* Photographs may be taken on any photographic device, including smart phone. It is the responsibility for parents to print the students' photograph.

* Photographs submitted must be the work of the student, including the lighting set up and composition.

Junior and Middle School Sporting Update

Victorian Interschools Snowsports Championships



The 2019 Victorian Interschool's Snowsports Championships will be held at Mt Buller from the 19 - 25 August.

Building on the schools success in this competition over the past few of years, we would like to again enter a team to represent our school at this prestigious event.

The Victorian Interschool's Snowsports Championships is an excellent opportunity for students to participate and compete in a state level competition, and test and develop their snowsports skills against students from other Victorian schools.

If you are interested, or would like more information, please visit the Victorian Interschool's Snowsports at <https://www.vicinterschools.com.au/>, and then contact Mr Leigh Park at school via email at parkl@bmg.vic.edu.au, or Mr Nick Sher at shern@bmg.vic.edu.au by Monday 27 May.

BMPSSA Cross Country Carnival

Congratulations to all thirty students who braved the persistent rain to represented Bacchus Marsh Grammar at the BMPSSA Cross Country Carnival two weeks ago. All competitors that placed in the top ten progress to the Divisional Carnival next Wednesday at Presidents Park in Werribee. BMG have an amazing twenty-seven students that will compete. Amazing results again, well done team.

Mr Nick Sher - Coordinator: Sport Years 3-6

Student Well Being

Help Children and Teens Be Kinder to Themselves

Self-compassion is treating yourself as you would a good friend who was struggling. Sad to say, almost 80% of us treat others with more compassion and kindness than we offer to ourselves.

Self-compassion is important for children and young people because it can protect against effects of trauma, peer victimisation, depression and self-harm, and low self-esteem. Self-compassionate people are likely to have greater motivation to improve, not less. They do not let themselves off the hook for bad behaviour and confront their shortcomings head-on. Self-compassionate people do not get stuck in selfishness or self-pity, and have greater compassion toward others as well as themselves.

Three key components of self-compassion are:

Recognising Common Humanity

It is helpful for young people to understand that they are not alone. What they are experiencing are things everyone experiences at times. There are actually biological reasons—developmental changes happening in the brain—that make them feel the way they do. It helps to learn that it is not their fault, and there is nothing wrong with them. Naming their experiences/feelings can help them manage.

Mindfulness

When children and teens feel as if they're about to burst from all the emotions mounting up inside, it can help to bring attention to something specific in the here and now – like counting each breath in and out, or like bringing attention to one's feet, and just noticing what the bottoms of the feet feel like, or feeling their breath move in and out. When the mind wanders, help your young person gently bring the attention back to the feet – or the breath...

Self-kindness

Your child or teen could try putting their hands over their heart, stroking their cheek, or giving themselves a hug, which actually can release certain hormones—such as oxytocin—that make them feel better. You can gently remind them that what they are going through right now is hard and normal/understandable. By definition, being a child/adolescent means dealing with a lot. Encourage them to take a moment to say some kind words to themselves or to do something nice for themselves.

Adapted from [- Greater Good Magazine](#)

Student Wellbeing Team

Student Activities

2020 International Trips

In March / April next year we have our exchange to France. This 3 – 4 week trip takes students to Paris, where they spend several days exploring one of the most-visited cities in the world and immerse themselves in the history, art and culture of northern France. One of the highlights from last year's trip was the stunning Palace of Versailles and the visit to Villiers-Bretonneux, where the villagers are eternally grateful to Australia for saving them in World War 2, was a moving experience.

Students also spend a couple of weeks at our sister school in La Verpilliere, near Lyon, where they stay with French family and learn about school and home life, as well as exploring Lyon and surrounds.

This trip is a must for any student who wishes to improve their French, travel to Europe, or has an interest in history, art, food, culture and loves to meet people and make new friends. Please contact me for further information. Expression of interest are requested by Friday 31 May.

Mrs Fiona Erhardt - Learning Area Coordinator: LOTE

Maddingley Middle School Musical – Mary Poppins Jr

Week 6	29 May	All Cast & Crew Required in Wilson Hall	Mary Poppins Photo Day
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All students need to bring a pair of black track pants or leggings on Wednesday for the photo shoot. A t-shirt will be supplied.

Mary Poppins Production Staff

Maddingley 2019 House Music - Years 1 to 6

The 2019 House Music for students in Years 1 to 6 is scheduled to take place on Monday 17 June in Wilson Hall. All students who learn to sing or play a musical instrument are encouraged to perform and parents and families are invited to attend (please note that Prep students will not be included in the performances this year).

If your child has instrumental music lessons at school, our Instrumental music teachers will take care of the enrolment process for them, however, if your child receives lessons externally and would like to participate in the performances they will need to submit an entry form, these can be obtained from the Administration Office. Please note that entries close on Friday 7 June, no entries will be accepted after this date. The running order on the day will be as follows:

- Periods 1 & 2 - Years 3 & 4 Performances
- Periods 3 & 4 - Years 5 & 6 Performances
- Periods 5 & 6 - Years 1 & 2 Performances

Any student wishing to perform to a backing track will need to submit it (preferably on USB) to either myself (Mr Westgarth) or Mr Marshall by Friday 7 June. If you have any questions regarding this event please do not hesitate to contact me at westgartht@bmg.vic.edu.au or on 03 5366 4800.

Troy Westgarth Coordinator: Music P-6

Maddingley Campus Junior Showcase - Prep Reception to Year 4

The Term 2 Maddingley Campus Junior Showcase is scheduled to take place at 9:00 am on Friday the 7 June in the Gymnasium and will feature performances from our **Year 2 Strings students**, as well as a performance from the **Prep to Two Choir**, parents and families are invited to attend.

If you have any questions regarding this event please do not hesitate to contact me at westgartht@bmg.vic.edu.au or on 5366 4800.

Troy Westgarth Coordinator: Music P-6

School Information

Camps Sports & Excursions Fund (CSEF) – Final Applications Due

This is applicable to families who hold a valid Centrelink pensioner concession or Health care card number (CRN).

If you are yet to return your CSEF form, please ensure this is returned to the Administration Office no later than Friday 31 May 2019 to ensure ample time for your application to be processed. Further information and the CSEF application form can be downloaded from the [School's website](#):

Enquiries and soft copy forms can be emailed to Rachel Davidson at accountsrec@bmg.vic.edu.au

Ms Rachel Davidson - Finance Officer

School Bus Information 2019

Student ID Cards

Students are to carry their student ID cards on them at school at all times. Private bus travellers are required to use their card to scan on and off the bus each morning and afternoon. When students travel without their ID tags, this delays the service as the driver has to scan the student on manually, which is time consuming. If your child/ren has misplaced, lost, damaged their ID card, or if it is not working, they are required to go to ICT and request a replacement card. Primary school students can have a note in their diary to the teacher asking for this to be arranged, or contact the Bus Co-Ordinator via email at bus@bmg.vic.edu.au.

If students do not have their cards to scan on and off the bus, they are risking a detention.

Eating on the bus

Eating on the bus is a privilege given by the bus driver. If students leave food or rubbish on the bus, the driver can remove this privilege.

Mrs Leanne Robertson - School Bus Services Administrator

Health Centre News

CHICKEN POX

This is a reminder to please inform the Health Centre if your child has Chicken Pox. We have several students at school who are immune compromised and Chicken Pox can be very dangerous for them.

FLU VACCINATIONS

Now that the flu season is upon us, I am encouraging everyone to get their Flu vaccination. Especially if you have Asthma. There are many places you can get the vaccination, including pharmacy and GP.

Medical Details via the myBMG Parent Portal

A reminder to all parents to check the Parent Portal, ensuring your child's details which include their medical information is current. All changes can be made in this portal. To read and view the Parent Portal guide visit the school [website](#). If you have any queries relating to the medical information, please contact the Health Centre.

Mrs Jo Stanley – School Nurse

BMG Community Contacts

Bacchus Marsh Grammar On Campus Uniform Shop – from Ms Trish Shilton

Woodlea Parents – Please Note:

The Wednesday delivery service is a volunteer service that I provide. Therefore, I may not be able to deliver every Wednesday due to unforeseen circumstances. If you need anything urgently please refer to the On Campus and Werribee Store opening hours.

Regular Term Open Times and Days

Monday	12.30pm – 4.30pm
Wednesday	8.00am – 12.00noon
Friday	12.30pm – 4.30pm

Phone Orders – 5367 4072

Both Maddingley and Woodlea parents are welcome to make phone orders and pay with a credit card. Orders will then be delivered at Maddingley through the pigeon hole system to classes or tutor groups, and to the Woodlea Campus Reception on Wednesday afternoons.

Out of School Hours Care (OSHC) – YMCA Ballarat

YMCA Ballarat operate the Out of School Hours Care at Bacchus Marsh Grammar. YMCA Ballarat is pleased to announce that the Before School Care program will continue into Term 2, at both Maddingley and Woodlea campuses, as there has been an increase of daily bookings.

The program will remain closely monitored, but at this stage if the attendance continues to increase, I am hopeful by the end of Term 2 it will be where we need the program to be to remain viable and to continue operating uninterrupted. The relevant enrolment forms are available via the [school website](#).

If you would like to offer your feedback regarding our programs, please do not hesitate to contact the OSHC Director Chrissie Ashmore.

Maddingley Campus: South Maddingley Road, Maddingley, Victoria 3340

Woodlea Campus: Frontier Avenue, Aintree, Victoria. 3336

Email: chrissie.ashmore@ymca.org.au Phone: 0490 178 638 W: www.ballarat.ymca.org.au

OSHC Contact details

Maddingley:

bacchusmarsh.oshc@ymca.org.au

0438 154 842

Woodlea:

Woodlea.OSHC@ymca.org.au

0490 490 362

Metro Canteen Services - Maddingley and Woodlea Campuses

The canteen services at both the Maddingley and Woodlea Campuses are operated independently by Metro Canteens.

Menus for cafeteria services are available to view on the [BMG School website](#)

- There is a menu available for lunch orders specifying items available for Maddingley students Prep Reception – Year 6 and Year 7-12 students. There is a specific Woodlea Campus menu also.
- Over the counter purchases are available and do vary each day.
- All BMG student lunch orders are to be made using the [Qkr App by Mastercard](#).
- Parents/guardians are reminder that you need to check and **update your child/rens class and/or campus** each term and be careful when ordering that you select the correct **CAMPUS AND CLASS** combination to avoid delays in distributing lunch orders to students.
- Woodlea campus families must ensure you select the relevant “Woodlea Campus class” ie PWC. The class selection must include a **“W” which is specific to Woodlea only.**

Please note daily online orders close at 9.30am.

If you miss the cut off time, contact Maddingley on (03) 5366 4800 or Woodlea (03) 5366 4900 to arrange an emergency lunch for your child in advance.

Emergency lunch orders are to be coordinated via the respective Administration office at each campus and NOT directly with the canteen.

2019 Term Dates and Events Calendar

The 2019 Term Dates are available for viewing on the [School website](#). Additionally, key upcoming events and excursions are added into the School [events calendar](#) for families to access.

Regular Contacts

Student Absentees

Maddingley Campus

Absentee Line 5366 4888 or Absentee Email – maddingley_absentees@bmg.vic.edu.au

Woodlea Campus

Absentee Line 5366 4988 or Absentee Email – woodlea_absentees@bmg.vic.edu.au

BMG Events Calendar

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

Community Information

Wynspeak - Public Speaking

The Wyndham Youth Public Speaking Competition (or Wynspeak) was created in 2003 as a Youth Project to provide a vehicle to assist young people from the Western region of Melbourne in growing their self-confidence through the development of effective public speaking skills, which are so necessary in a changing world where presentation skills become more important in senior college, tertiary education and in the work place.

From a dozen or so Wyndham colleges participating in the early days , we were receiving requests from colleges from throughout the Western Region of Melbourne from Geelong, Bacchus Marsh, Melton, Lara, Caroline Springs , Sunshine, Footscray and from Colleges in the Williamstown and Point Cook areas.

In this year, 2019 we have had 33 colleges enter the competition and the number of preliminary rounds has grown to six with the explosion of interest from colleges. Preliminary rounds are held *at Thomas Carr College in Tarneit, as is the Final*

Wynspeak would like to invite the community to come and support our best student public speakers in the Western Region.

THOMAS CARR COLLEGE

Fr MORAN PERFORMING ARTS CENTRE ON WEDNESDAY 5TH JUNE 2019 7PM START

FREE ADMISSION

We are excited to be taking part in the 2019 Woolworths Earn & Learn program.



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

From now until 25 June, 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.

There are collection boxes at both the Maddingley and Woodlea Campuses



49th Bacchus Marsh Rotary

ART SHOW

**Queens's Birthday Weekend
June 8th-10th**

Gala Opening Night - June 7th

Supper, Drinks, Entertainment \$35

Pre-Selection of Art Sale

7pm, Public Hall - Bacchus Marsh

www.bacchusmarshrotary.org.au