

# BMG NEWS

1 November 2019

VOLUME 33, NUMBER 31



## BMG wins Community Grant

### The World's Largest Soccer Lesson

A huge thank you and congratulations to all families, students and staff members who represented Bacchus Marsh Grammar in Woodlea Development's attempt to break the world record for **The World's Largest Soccer Lesson**. Despite the trying and unpredictable weather conditions the attempt to break the record was successful with 836 participants.

In addition to breaking of the record, Bacchus Marsh Grammar has been awarded a \$2500 grant for having a large number of participants involved. Well done to everyone and thank you to Woodlea Community for their participation.

Mr Luke Symes and Mrs Danielle Copeman – Co-Heads of Woodlea Campus



## Temporary road closure at Parwan Road level crossing

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All parents need to be aware of the temporary road closure at Parwan Road level crossing in Maddingley. This is effective from Wednesday 13 November until Sunday 17 November.

This will impact all traffic to and from school including buses. Please refer to the information/map from Regional Rail Revival Victoria at the end of the newsletter.

## Sport Updates

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### Victorian Institute of Sport - High Performance Experience

On Wednesday 6 November, fifteen Bacchus Marsh Grammar athletes will take part in the Victorian Institute of Sport (VIS) Performance Experience hosted by FedUni WestVic Academy of Sport. The experience will give athletes a chance to be inspired, tested and educated on what it is like to be an elite athlete.

The day kicks off with a keynote presentation by Olympian, dual Paralympian and Commonwealth Games Gold medalist (TT6-10) Melissa Tapper.

Following the keynote presentation athletes and students will undertake four practical sessions with VIS staff, including; a strength and conditioning gym session, talent ID testing, nutrition workshop and a pilates session. This will be an outstanding opportunities for those students selected.

### Sporting Achievements

Congratulations to the following students on their sporting success:

**Rye Penny** (Year 9) and **Joshua Gerolemou** (Year 10), both from the Elite Sports Program have been selected in the Calder Cannons and Western Jets respectively U/16 TAC Cup AFL Football Programs. This is a fantastic reward for two athletes that have been training extremely hard, not only on the football field but also in the Strength and Conditioning rooms.

**Alexia Todorovic** (Year 8) has been selected to attend the North Melbourne Next Generation U/16 AFLW Football Academy. Once again this is just reward for an athlete who has had an outstanding season this year.

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

**Mr Andrew Perks - Director of Sport**

## Music News

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### Woodlea – CoCurricular Music

Parents, friends and family members are invited to enjoy a morning of musical entertainment from our Woodlea CoCurricular Music ensembles and choirs, in addition to special guest performances from our Year 11 Music students.

A concert will be held in the Woodlea Gymnasium between 10am - 11am on Friday 8 November and will feature the groups listed below. Please join us to enjoy and celebrate the hard work and talents of our young musicians:

- **Years 3-6 Choir, Percussion Ensemble, Guitar Ensemble, Junior Strings**

**Mr Steven Bell - Director of Music**

## Student Achievements

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### Support for Isaac Busuttil – Edge Pledge

As part of Edge Pledge, Isaac is wishing to raise funds and awareness for the Orange Clownfish, which is suffering from depletion of their habitat. To try understand the feeling of this traumatic displacement he has come up with three challenges around this issue which includes:

1. Camp outside for a night (symbol of loss of habitat)
2. Hike over 20km to the Green Australia office (symbol of travelling long distances to find a new home)
3. Volunteer at Eat Up, making sandwiches for Aussie kids who don't have lunch (symbol of loss of food source)



All people have to do is visit the weblink below and vote for the challenge they wish for him to do.

<https://www.edgepledge.com/pledges/isaac-busuttils-pledge-b45a2eff-9420-4321-88e6-469126fae7f7>

All donations are tax deductible and go straight to Green Australia Reef Aid.

## Student Wellbeing

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### Stress relief from laughter? It's no joke .....

When it comes to relieving stress, more giggles and belly laughs are just what the doctor ordered. Here's why.

By Mayo Clinic Staff from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

Whether you're laughing out loud at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

A good sense of humour can't cure all ailments, but data is mounting about the positive things laughter can do.

#### Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

#### Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Laughter can help lessen feeling down or anxious and may make you feel happier.

#### Improve your sense of humour

Humour can be learned. In fact, developing or refining your sense of humour may be easier than you think.

- **Put humour on your horizon.** Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office. Keep funny movies, books, magazines or comedy videos on hand for when you need an added humour boost.
- **Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.
- **Share a laugh.** Make it a habit to spend time with friends who make you laugh. And then return the favour by sharing funny stories or jokes with those around you.
- **Knock, knock.** Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends.
- **Know what isn't funny.** Don't laugh at the expense of others. Some forms of humour aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.

#### Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

Student Wellbeing Team



## SRC News

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During Term 4 we are running two different fundraising events: Breadtags for Wheelchairs and The Neighbour's Place Food Train.

We are collecting breadtags at the Administration Office and donating them to a charity that uses the plastic to create market items that are then sold to raise funds for wheelchairs. More information can be found at the following website: <http://www.breadtagsforwheelchairs.co.za/collections.html>

We are also collecting non-perishable items for the annual Christmas Food Train that is then donated to The Neighbour's Place here in Bacchus Marsh to help those in need: dried pasta, pasta sauce, canned fruit, canned fish, rice, soup, etc.

Any questions please see Miss Bowers or Mrs Humphrey.

**Miss Caitlin Bowers**

## Library News

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Louise Park, author of many books for children including Zac Power, Boy vs Beast, Harriet Clare and Star Girl, visited Bacchus Marsh Grammar Maddingley campus on Monday 28 October. She spoke to the Year 4 cohort and two Year 6 classes about writing. The time spent with Louise was particularly helpful for those classes practicing their narrative writing at this time. She was inspirational for both students and teachers. Louise's visit has ended our author visits for the year on a very high note.

- "I loved the workshop with Louise Park today. Her work is very inspirational." Aleeza Tufail 4D
- "I liked how Louise Park gave us some tips on how to write well, like: make lots of problems for your character and imagine yourself as that character and describe what they feel and their senses." Lake Harrison 4A
- "Louise Park had really good tips for narrative writing such as to write stories scene by scene, and she explained how to use your character's weakness against them. We also did this writing session where we talked about if you could go anywhere in time where would it be, then we had to write about it. She also said to use things you know about and make them fake." Elijah Jewell 4B
- "Louise Park talked about making your character have strengths and to make sure you identify their weakness." Mustafa El Chal 4B
- "I really enjoyed listening to Louise Park speak about story writing. I learnt a lot on how to plan narratives and write narratives. She gave us lots of strategies that we would use in our everyday writing and that would help us in tests." Imogen Davie 6D
- "On 28 October 2019, an author called Louise Park came to our school. She was very helpful for me because she taught us techniques about writing that I had never heard about. She also told us what some of her books were about. The books she wrote sound very good so I think I may have to read them." Matthew Dennett 6D
- "An author came from New South Wales to talk to us about her life as an author and how to improve our narrative writing. I really enjoyed this experience because we learnt about how to publish a book, the editing process and ways to come up with ideas. My favourite part was writing a paragraph about time-travel. Louise made us close our eyes and she said things about 'How does your place smell? What does it look like?' then we had to write all of the ideas we came up with, even the silly ones. Then we had to use those ideas and write a paragraph or two using all of those ideas." Alisha Conway 6D

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

## School Administration

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### Parent Contact Details

The way the School will be communicating with families will be changing to an electronic communication system. Please ensure that your email and mobile telephone details are updated on the [MyBMG Portal](#).

**Mrs Michelle Graham – Executive Assistant to the Principal**

## School Bus Information

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### VCE students travelling on buses

Public/private buses are not recommended for VCE Unit 3/4 exams that begin at 9.00am.

Students should aim to arrive thirty minutes before the commencement of all Unit 3/4 examinations.

The Victorian Curriculum And Assessment Authority (VCAA) state that students arriving late will not be given allowance for reading time.

Students arriving after 30 minutes of writing may not have their responses accepted by VCAA.

There will be NO private buses to Bacchus Marsh Grammar on Monday 4 November due to the mid-term break. Students sitting an exam that day will be required to make their own arrangements to and from School.

### Late Bus

Any Year 12 students needing to catch the Late Bus during Term 4 are required to pay \$15.00 per trip to Reception upon signing up for the bus.

**Mrs Leanne Robertson - School Bus Services Administrator**

### Conveyance Allowance

Families in rural and regional Victoria can get help with the cost of transporting their children to their nearest school or campus. This is known as the conveyance allowance.

The conveyance allowance is available to students travelling by:

- public transport
- private car
- private bus
- or to students whose nearest school is not serviced by a free school bus.

The conveyance allowance is a contribution towards transport costs and is not intended to cover the full cost of transporting children to and from school.

### Eligibility

The conveyance allowance is available to families who meet certain criteria.

Students attending a school must:

- attend their nearest government or non-government school/campus appropriate to their year level at which admission is permissible
- be enrolled at a school/campus outside Melbourne's metropolitan conveyance boundary
- reside 4.8km or more by the shortest practicable route from that school/campus attended
- be of school age at the time of application, and reside in Victoria.

**Please note that a Private Bus or Private Car conveyance allowance is not available if the journey could have been made using a free school bus or public transport service**

Following a recent decision by the Student Transport Unit of the Education Department, it appears that there may be some movement the way the Department makes a judgement on what is the nearest appropriate school. This comes after considerable work by the school on your behalf.

If your decision to send your children to Bacchus Marsh Grammar was because you felt that it was the nearest appropriate school that both respected ecumenical values but did not require your child to participate in religious instruction or religious celebration; then you may (subject to other Conveyance Allowance rules) be eligible for the Conveyance Allowance. If this statement applies to you, whilst I can make no guarantees, I believe it in your interest to submit a Conveyance Allowance Application for 2019. The application should be **accompanied by a simple letter** stating the reasons why you believe Bacchus Marsh Grammar is the nearest appropriate school because of its values and its lack of a requirement to participate in religious instruction or religious celebration of any particular faith.

Please contact Kerryn Browne for an application form or for further information.

## BMG Cafe

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BMG Café is our very own, on-site hospitality training centre for students in Years 9-12.

Opening from 7:30am to 8:30am each morning, allows our student baristas to prepare your favourite beverage with friendly and professional service.

Supporting our café provides the hospitality students with an authentic learning experience, mirroring the typical workload and responsibilities of employees in small cafés and restaurants, and allows our students with opportunities to further develop and reinforce the skills learnt in class.

Parents, staff and students are all welcome, so we hope to serve you soon!

Mr Jaike Ludewig – Food Technology

## BMG Community Contacts

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### Bacchus Marsh Grammar On Campus Uniform Shop

#### Blazer needed for Year 5 - 2020

Yes, it's that time of year for Year 4 students and parents. Your child will need a blazer for Year 5 in 2020.

Please be forward thinking and drop into the On Campus or Werribee Uniform Shop to try on and lay-by a blazer for next year. We fit with some growing room and you can always exchange in January if you need to.

#### Open times and days

<b>Monday</b>	<b>12.30pm – 4.30pm</b>
<b>Wednesday</b>	<b>8.00am – 12.00noon</b>
<b>Friday</b>	<b>12.30pm – 4.30pm</b>

#### 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.

#### Handy Hints

- If I don't answer the phone, please leave a message and I will call you back.
- Please know the item and size you want.
- Please know your child's tutor group.
- Please have your credit card ready.
- Please expect next day delivery.
- Please put a note in your child's diary to alert their teacher that you are expecting a delivery from the uniform shop.

*These tips will make the ordering process run smoothly THANK YOU. Trish Shilton.*

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

YMCA Ballarat operate the Out of School Hours Care at Bacchus Marsh Grammar.

Enrolment is now completed online. For full information please visit the [school website](#).

**Maddingley Campus:** South Maddingley Road, Maddingley, Victoria 3340

**Woodlea Campus:** Frontier Avenue, Aintree, Victoria. 3336

**Email:** [chrisie.ashmore@ymca.org.au](mailto:chrisie.ashmore@ymca.org.au) **Phone:** 0490 178 638 **W:** [www.ballarat.ymca.org.au](http://www.ballarat.ymca.org.au)

#### Maddingley:

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

#### Woodlea:

[woodlea.oshc@ymca.org.au](mailto:woodlea.oshc@ymca.org.au)  
0490 490 362

## Regular Contacts

### Student Absentees

#### Maddingley Campus

Absentee Line 5366 4888 or Absentee Email – [maddingley\\_absentees@bmg.vic.edu.au](mailto:maddingley_absentees@bmg.vic.edu.au)

#### Woodlea Campus

Absentee Line 5366 4988 or Absentee Email – [woodlea\\_absentees@bmg.vic.edu.au](mailto:woodlea_absentees@bmg.vic.edu.au)

#### Maddingley Campus

South Maddingley Road  
Bacchus Marsh VIC 3340

P +61 3 5366 4800

F +61 3 5366 4850

#### Woodlea Campus

111 Frontier Avenue  
Aintree VIC 3336

P +61 3 5366 4900

F +61 3 5366 4950


#### Woodlea Early Learning Centre

5-7 Quarry Road  
Aintree VIC 3336

P +61 3 5366 4999

General School Email: [school@bmg.vic.edu.au](mailto:school@bmg.vic.edu.au)

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



CLASS OF 1999

DOCTRINA VITAE

Class of 1999

# CLASS OF 99

## BACCHUS MARSH GRAMMAR

### 20 Year High School Reunion

**FRIDAY, NOVEMBER 8TH 2019**

INCLUDES A TOUR OF BACCHUS MARSH GRAMMAR FOR PAST STUDENTS & TEACHERS AT 4.30PM

FOLLOWED BY FINGER FOOD AND DRINKS AT THE COURTHOUSE HOTEL ON MAIN STREET BACCHUS MARSH

## \$50 PER PERSON

RSVP BEFORE THE 30TH OF SEPTEMBER VIA THE FACEBOOK PAGE OR CALL AIMEE 0400 740 861

FEEL FREE TO INVITE PARTNERS, OLD CLASSMATES, TEACHERS, ANYONE YOU ARE STILL IN CONTACT WITH FROM THE OLD DAYS.



# FOOD TRAIN

FOR: NEIGHBOURS PLACE  
CHRISTMAS DRIVE

## Non Perishable Items

PASTA



CANNED GOODS



OTHER SNACKS



ALL DONATIONS ARE GREATLY APPRECIATED!!  
PLEASE TAKE TO ADMIN OFFICE





### WORKS NOTIFICATION

## Temporary road closure at Parwan Road level crossing, Bacchus Marsh

Major works are continuing on the Ballarat Line Upgrade to enable more frequent and reliable services as well as better stations, for thousands of passengers every day.

From Wednesday 13 November until Sunday 17 November, the level crossing at Parwan Road in Bacchus Marsh will be temporarily closed.

Traffic management and detour routes will be in place.

#### WHAT WE ARE DOING

From **12.01am Wednesday 13 November to 11.59pm Sunday 17 November**, we'll be temporarily closing Parwan Road between the Grant Street roundabout and South Maddingley Road.

Work on Parwan Road level crossing will include:

- Laying new track across the level crossing to tie into the new second rail track between the station and Kerrs Road in Maddingley
- Rebuilding and asphaltting the road approaches to the level crossing
- Painting new line markings.

These works will occur day and night.

#### DETOUR ROUTES AND TRAFFIC IMPACTS

Detour routes and traffic management will be in place:

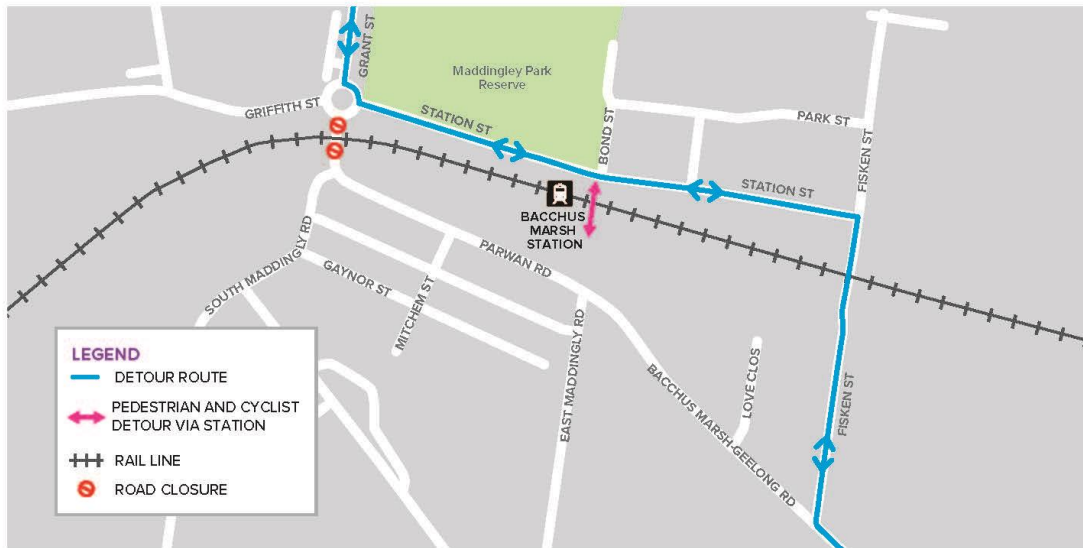
- **Southbound traffic:** Station Street to Fisken Street
- **Northbound traffic:** Geelong-Bacchus Marsh Road to Fisken Street
- **Pedestrian and cyclist access:** via ramps on the Bacchus Marsh Station pedestrian overpass

During this time, we encourage you to plan ahead by allowing extra travel time and considering alternative routes.

#### WHAT TO BE AWARE OF

- Machinery and workers near level crossings, on local roads and within the rail corridor
- **Reduced speed limits, signs and traffic management staff**
- Dust generation. Where necessary, water carts will be used for dust suppression
- Increased lighting and noise at the level crossing and in the rail corridor

Access to homes and businesses will be maintained at all times on either side of the level crossing.



## PLAN YOUR JOURNEY

During the road closure, school children are encouraged to plan ahead and leave earlier to ensure they get to school on time.

The Ballarat Line Upgrade is also working with event organisers of the annual Strawberry Festival so that people visiting Bacchus Marsh from the south can access the weekend festival via Fiskien Street, Woolpack Road or Bacchus Marsh-Balliang Road.

Between Saturday 9 November and Sunday 1 December, coaches will replace trains on the Ballarat line as construction continues. Please plan ahead by visiting [vline.com.au](http://vline.com.au) or calling **1800 800 007**.

## CONTACT US

For more information about the Ballarat Line Upgrade:

	<a href="http://regionalrailrevival.vic.gov.au/ballarat">regionalrailrevival.vic.gov.au/ballarat</a>
	<a href="mailto:regionalrailrevival@railprojects.vic.gov.au">regionalrailrevival@railprojects.vic.gov.au</a>
	1800 105 105 (24 hours a day, 7 days a week)
	<a href="https://www.facebook.com/ballaratlineupgrade">facebook.com/ballaratlineupgrade</a>

Interpreter Service  
**(03) 9209 0147**

Arabic	العربية	Russian	Русский
Cantonese	廣東話	Serbian	Српски
Greek	Ελληνικά	Sinhalese	සිංහල
Italian	Italiano	Spanish	Español
Korean	한국어	Turkish	Türkçe
Macedonian	Македонски	Vietnamese	Tiếng Việt
Mandarin	普通话		

## Project Partners



Member of the Surbana Jurong Group