



## Fine Dining with Year 9/10 Hospitality Students

On the evening of Thursday 7 November, students from the Year 9/10 Hospitality Functions class hosted a fine dining evening, serving their parents and a number of staff. Throughout the semester, students have been exploring different function types, suitable service styles and developing their ability to design functions for a range of clientele.

This event, led by function manager Alana Keating of 9G, centred on the monochromatic theme of black, white and red. The class developed a three-course menu, highlighting red elements in each dish and designed a simple table d'hôte table setting to round out their theme.

Throughout the evening, students undertook different front and back of house roles, ranging from preparing meals and desserts, waiting tables, and operating bar equipment to prepare a range of mocktails and espresso based beverages. The students all exhibited a professional standard of preparation and service and were highly commended on their efforts by patrons of the event.

As a department, we would like to acknowledge the efforts of two BMG alumni students, Hannah Dunn and Lachlan Derby, who led the kitchen operations for this event. It was fantastic to develop a partnership between current students within Food Studies and Hospitality and former students who now work within the food industry. Connections such as these are invaluable for the authentic learning of our students and we are very grateful for the time and effort they have put toward this event. We would also like to thank the parents and staff for their attendance on the evening!

**Mr Jaike Ludewig**



## Important information regarding Friday 22 November

- Exam Correction Day (STUDENT FREE DAY) for current Year 7 to Year 11
  - Orientation Day for Maddingley 2020 Prep, Prep Reception and Year 7 – refer to [Events Calendar](#) for detail.
  - Orientation Day for Woodlea 2020 Prep and Year 7 – refer to [Events Calendar](#) for detail.
- The car parks will be busy. Please be patient.

## Class of 1999 - Reunion



BMG hosted past students from the graduating class of 1999 on Friday 8 November. In 1999 there was only one class at Year 12.

Mr Neal and Mr Richardson guided our guests through the school grounds and facilities, highlighting that the only original buildings left at Maddingley are the Science Technology buildings in O Block, the Junior Library and Wilson Hall.

Our guests were treated to a glimpse of the new Senior Study Complex which opens in Term 1, 2020.

Our talented Year 9 Music class provided entertainment. These up-and-coming musicians despite their young ages established a wonderful atmosphere for old schoolmates and their teachers.

A sincere thanks goes to Kendra Fergusson, Kate Farnacio, Natalie Henley-Smith, Leanne Kha, Meenas Abbay, Tristen Lindner and Patrick Binks for their excellent performances.

Additionally, our Hospitality team, including Charli Jilbert (Year 10), provided catering and warm beverages, which was ideal given the terrible weather conditions.

We would like to thank all staff and students for their contribution to this event, which will hopefully become an annual celebration for our past students going forward.





## Animal Land Children's Farm Excursion – Prep Reception

On Wednesday 30 October, the Prep Reception class visited Animal Land Children's Farm. We learnt so much about life on the farm. Favourite experiences included, milking Pip the cow and churning the milk into butter, nursing the baby animals, riding the pony, feeding the sheep and alpacas, seed planting, going on a tractor ride and even shovelling the horse pool! There are some really hard working potential farmers in Prep A, and a wonderful day was had by all.

**Mrs Dani Kiriazis – Prep A Teacher**



## Maddingley – Year 3 Camp



This year, the Year 3 classes attended Lake Dewar for an awesome camp. The activities that we did included: riding a dual flying fox, stand up paddle boarding, amazing race, kick biking, the survivor challenge, geocaching, adventure tunnelling and archery. Two favourite activities were the dual flying fox and stand up paddle boarding.

For the dual flying fox we had to walk to a gorge where there was a small building containing harnesses and safety equipment. When we were going down we went backwards.

The sights were amazing! For the stand up paddle boarding you had to wear a life-jacket and a helmet. If you fell in you were attached to an ankle strap, so you stayed close to the board. The YMCA staff member that were running the activity kept splashing us.

Over all we had an awesome time.

**Beau McKerrow and Abbie Adami-Beer – Year 3**



## Year 1 Day Camp to Staughton Vale

On Monday 11 November, the Maddingley and Woodlea Year 1 students went to Staughton Vale for their day camp. After so much rain, we were extremely lucky with the weather and it was a beautiful day. The classes participated in four activities which included learning about recycling and putting our food scraps in the worm cafes, weeding and learning about the vegetable garden. We also walked up a steep hill where there was a fantastic view. The students drew some amazing landscape pictures and also participated in a range of ball and hoop games. The students all agreed that they had an excellent day and it was great fun.

Ms Helen Saunders – Maddingley - Year 1 Coordinator



## Sport Updates

Congratulations to the following students on their sporting success:

**Lachlan Walton** (Year 10) from the Elite Sports Program, who shot a personal best in the State Field Rifle Competition on the weekend. Lachlan shot 87/100 at 50m.

Across the four shooting positions, two of which are very challenging, standing rapid fire offhand and standing offhand /unsupported, Lachlan scored 300/400, an average of 75 which earned him a Junior Medal Award. Congratulations Lachlan on a super performance.

**Luca Kraljik** (Year 8) has made the Central Highlands Representative U/16 Cricket Team. This is an outstanding achievement as Luca is still a bottom age athlete. We wish him the best of luck in the upcoming competitions.

**Jessica Slattery** (Year 7) has been chosen to represent the Invictus Bacchus Marsh Muay Tai Club at the upcoming National Championships on the Gold Coast. This is an amazing effort by a young lady who has only been competing in competitive Muay Tai for three years.

Mr Andrew Perks – Director of Sport, PE & Health

## Sport updates continued.....

### SSV Basketball Regional Finals

On Wednesday 6 November the Year 6 Boys' Basketball Team participated in the School Sports Victoria Regional Finals held at Altona Basketball Stadium. This prestigious tournament showcases the finest of basketball talent across the Western Region. The boys dropped one game only in their pool games and progressed through to the finals, winning both the semi and grand final in two thrilling games. The proud boys will now compete at the State SSV Finals on Monday 18 November at Melbourne Sports and Aquatic Centre.

Wishing the team all the best of luck at State Finals: Kade Hilton, Lachlan Bens, Dillon Manning, Will Coleman, Archie Greenshields, Dallas Handy, Jayde Mauriohooho, Xavier Evan, Riley Williams, Anton Failla.

**Mr Trevor Hilton – Year 5 Coordinator**

## BMG Exhibition

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### CARJACKED CULTURE: BMG Exhibition

Carjacked Culture is a joint enterprise between Deakin University and Bacchus Marsh Grammar. As 2019 is the United Nations Year of Indigenous Languages, this was a perfect opportunity to participate in a project that explored the appropriation of language and culture through design. The project aimed to enhance students' awareness of the use of Indigenous iconography, language and artwork in many areas, such as the local and international car industry. The project was initiated by a conversation between Dr Russell Kennedy, joint author of the International Indigenous Design Charter and Course Director of Visual Communication and Design at Deakin, and staff at Bacchus Marsh Grammar. This project coexists with the established 'Deakin University Inspired Minds Project' allowing visually creative students to extend their skills and develop their awareness of Indigenous issues.

#### The project

Students involved in the project were required to create a visual artwork that makes a statement regarding the appropriation of Indigenous culture or their learnings from the project. The project commenced with a lecture by Deakin University staff on the history of appropriation from Indigenous communities around the world. This then instigated research by participating students. Students worked closely with their teachers, as well as having the additional support and critique from a local Aboriginal Elder, Joanne Layton. This has culminated in their amazing artworks to be accompanied by an artist statement, which explores their inspiration and learnings from their participation. These artworks will be exhibited online, as well as formally exhibited at Deakin University's Phoenix Gallery.

#### Project Goals

The project goals are linked to the successful completion of VCE outcomes in VCD, Studio Art and Art. Students had access to industry leaders in design and have been able to better equip themselves with vocational experience. They also have an expanded awareness of Indigenous issues impacting Australian society, as well as internationally.

Congratulations to staff and students for their hard work in the lead up to this amazing exhibition and good luck for a successful exhibiting period at Deakin University.

**Mrs Sarah Hunter - Director of Service Leadership**

## Music

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### Woodlea Campus – Co-Curricular Concert

Congratulations to all students who performed at our inaugural Co-Curricular Concert on Friday 8 November. It was wonderful to note some excellent music making and most importantly, plenty of fun being had by all. A warm thanks goes to Mr Troy Westgarth and his Year 11 VCE/VET Music class for their fantastic contributions to the event. Mackenzie Kelly did a fine job emceeing the event - well done Mackenzie.

Thank you to the parents, friends and family members who attended in support of our young musicians, in addition to our committed Instrumental Music Teachers and Ensemble Directors for their work in preparing our young performers.

**Mr Steven Bell - Director of Music**



## Year 9/10 Hospitality – Code Black Coffee



On Friday 1 November, 16 students enrolled in 9/10 Hospitality Café travelled to Code Black Coffee in Brunswick. Here students were able to develop their understanding of the role they play within the coffee and hospitality industries, whilst also being exposed to processes that coffee undergoes prior to being sold for consumption.

All workshops were led by two of Australia and New Zealand's top competitive baristas. The knowledge shared by these experts provided students with an insight into the processes of sourcing and purchasing green coffee, roasting to develop different flavour notes, tasting as an industry practice and preparing coffee through a range of brewing methods. Students also received expert tuition on developing their ability to pour latte art,

before embarking on their own barista competition. Congratulations to Liam Richardson (10F) and Joshua Calleja (10C) who were the champions of the day!

The attending students are commended on their engagement and respectful attitude throughout the day.

Mr Jaik Ludewig

## LOTE – 'Concours Oral'

On Friday 8 November, the Year 10 students participated in a "concours oral" for French.

This was a fantastic opportunity for the students to practise their speaking skills and have a taste of what is to come in terms of the VCE oral examinations. We had Year 10 students from Braemar College visit Bacchus Marsh Grammar, and their teacher assessed our students and we assessed their students.

All students benefitted from this experience and our students now feel more confident speaking French. It was challenging for most of them to overcome the nerves when talking to an external assessor. I am extremely proud of all of my Year 10 students as they were polite, cooperative and most were well-prepared.

Mrs Fiona Erhardt - Learning Area Coordinator: LOTE

## Student Wellbeing

### Stress Management Techniques

Exam time is nearly here and it's a great time to revisit stress management techniques. Here are some that may help manage what can be a challenging time for some students.

- 1. Get some sunlight every day:** Anywhere from 5 to 15 minutes of sunlight per day will help to keep your serotonin levels in the healthy range.
- 2. Learn and apply time management techniques: Take a break after studying for 40 to 50 minutes.** For most students, working in blocks of 40 to 50 minutes helps them to be as productive as possible. **Complete assignments at least one to two days before they are due.** By doing this, you'll have time to check through your work thoroughly. **Block out time for studying.** Put it in your calendar and treat it as if it's a fixed appointment.
- 3. Write down the things you're worried about:** It's been proven that if you take a few moments to write about your fears just before you take an exam, it will help to reduce your anxiety and improve your grades.
- 4. Read something for leisure:** It's also proven that reading for pleasure can reduce stress by up to 68%. Reading relaxes your body by lowering your heart rate and easing the tension in your muscles.

## Student Wellbeing continued....

**5. Reduce your sugar intake:** Did you know that what happens in the morning has more effect on how your body manages stress than at any other time? This is because your body sets its blood sugar “clock” based on what you do after you wake up.

**6. Reduce your phone usage:** Check your social media feeds just once or twice a day. Turn off all notifications. Put your phone on airplane mode, or better still, switch it off in the evening.

**7. Listen to quiet, calming music:** Listening to music has a relaxing effect on our minds and bodies, slowing our pulse, lowering our blood pressure, and decreasing our levels of stress hormones.

**8. Get enough sleep: Try to go to sleep and get up at the same time every day.** This helps to set your body’s internal clock and optimises the quality of your sleep. **Avoid sleeping in, even on weekends.** Aim to keep your sleep schedule as regular as possible. If you have a late night, try taking a short nap the following day, rather than sleeping in. **Keep your electronic devices out of your bedroom.** The blue light emitted by your electronic devices (e.g. phone, tablet, computer, TV) is especially disruptive to sleep. **Wind down before you go to bed.** Turn off all your devices an hour before it’s time to sleep. Read a book, listen to some calming music or think of a happy memory.

**9. Use positive affirmations:** Here are some positive affirmations you can try the next time you feel those stress levels rising. Repeat them out loud to yourself several times a day: I’m becoming more focused. I’m continuing to work hard. I’m getting better at taking exams. I’m enjoying the process of learning. I’m going to perform well in this exam. Learning is meaningful and fun. I’m developing self-discipline. I love the challenge of taking exams.

**10. Be kind to yourself:** These are some ways to practise self-compassion: **At the end of each day, write down 3 of your achievements.** It doesn’t matter how big or small these achievements are, e.g. completing your Maths assignment, reading a chapter of your history textbook. What matters is that you acknowledge these achievements. **Talk to yourself kindly.** Speak to yourself as if you’re your own best friend. **Do something fun every day. Set realistic goals.** Don’t set yourself up for failure by setting impossible targets.

**11. Exercise regularly:** Do some form of exercise (jogging, biking, walking, callisthenics) 3 to 5 times a week for 30 minutes each time. Do exercise that’s enjoyable for you. If you simply don’t find any form of exercise enjoyable, distract yourself with music, audiobooks or podcasts while you’re exercising. Find an “exercise buddy”. It’s easier to stick to a routine when you have an exercise buddy. Take a short walk.

**12. Do deep breathing exercises: Belly breathing:** Sit or lie in a comfortable position and place one hand on your belly. Breathe in deeply through your nose, and feel your hand being pushed outwards as the air fills your lungs. Now exhale through your mouth, and feel your hand moving inwards. Repeat 5 to 6 times. **Morning breathing:** When you get out of bed, stand up straight, bend your knees slightly, and bend forward from the waist. Let your arms hang limply towards the floor. Breathe in slowly, returning to your original standing position as you do. Your head should be the last part of your body to straighten. Exhale slowly, returning to the bent position by the end of your breath. Repeat 5 to 6 times.

**13. Focus on progress, not perfection:** Set realistic goals and celebrate small and big successes. Make sure you take time out from studying to do things you enjoy. Invest in the relationships that matter the most to you. Find ways to contribute at home and at school, because this will shift your focus toward the needs of others. Learn to use words like “better” and “improved”, because if you always aim for “perfection”, you may not even make progress.

Adapted from: <https://www.daniel-wong.com/2018/09/10/beat-exam-stress/>

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.

Miss Caitlin Bowers

## Book Club News – November 2019

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Place your order in time for Christmas at: <https://mybookclubs.scholastic.com.au/Parent/BrowseCatalogue.aspx>

If you haven't ordered before you will need to register.

- Create an account - assign either to yourself or one of your children
- Your child's designated teacher is the Year Level Coordinator – we no longer have separate classes
- Orders will incur a postage and handling fee so, for convenience, place and pay for your total order under one account
- Your order generates rewards used for valuable school resources for our students

**WISHING YOU ALL A MERRY CHRISTMAS AND A SAFE NEW YEAR. SEE YOU IN 2020!**

**Mrs Diane Dunn - Scholastic Book Club Coordinator**

## 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 at 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.



## Conveyance Allowance continued.....

### 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 in 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 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

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.

#### 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](#).

**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

Located: South Maddingley Road, Maddingley, Victoria 3340

### Woodlea:

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

0490 490 362

Located: 111 Frontier Avenue, Aintree, Victoria. 3336

## Regular Contacts

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### 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)





# 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

# CARJACKED CULTURE

## POSTER EXHIBITION

A visual conversation about appropriation of Indigenous culture.  
2019: UNESCO International Year of Indigenous Language

### Carjacked sports

- Atlanta Braves (USA)
- Chicago Blackhawks (USA)
- Cleveland Indians (USA)
- Kansas City Chiefs (USA)
- Washington Redskins (USA)
- Seattle Seahawks (USA)

### Carjacked automotive

- Camira (Australia)
- Cherokee (USA)
- Comanche (USA)
- Indian (USA)
- Marloo (Australia)
- Monaro (Australia)
- Navajo (USA)
- Pontiac (USA)
- Thunderbird (USA)
- Torana (Australia)
- Tourag (Nth Africa)
- Winnebago (USA)



You are invited to the Carjacked Culture exhibition. Hosted by Deakin University, we acknowledge the UNESCO International Year of Indigenous Language. This cross cultural themed exhibition involves Victorian based, secondary school students from the Ecumenical Schools Australia network.

**When:** 20 November 2019, 6.00pm  
**Where:** Phoenix Gallery, Building B, Level 1, Room 70  
221 Burwood Highway, Burwood  
**RSVP:** 1 November 2019 at [inspiredxdesign.com.au/carjacked](http://inspiredxdesign.com.au/carjacked)



[deakin.edu.au](http://deakin.edu.au)

Deakin University CRICOS Provider Code: 001138





# CHRISTMAS TREES

1st & 2nd WEEKEND  
DECEMBER ON SALE AT

SES Headquarters Gisborne f  
Bacchus Marsh

Pre-Orders : 0452 587 97



## Christmas Tree Pricelist 2019

SMALL 5'- 6' \$60.00

MEDIUM 6'-7' \$70.00

LARGE 7' Plus-from \$80.00

(7'-8' \$80.00, 8'-9' \$90.00, 9' Plus:by **Special Order only**-\$100.00)  
(larger trees subject to seasonal availability)

### STANDS

Small: \$30.00 (suit 4' to 6' trees)

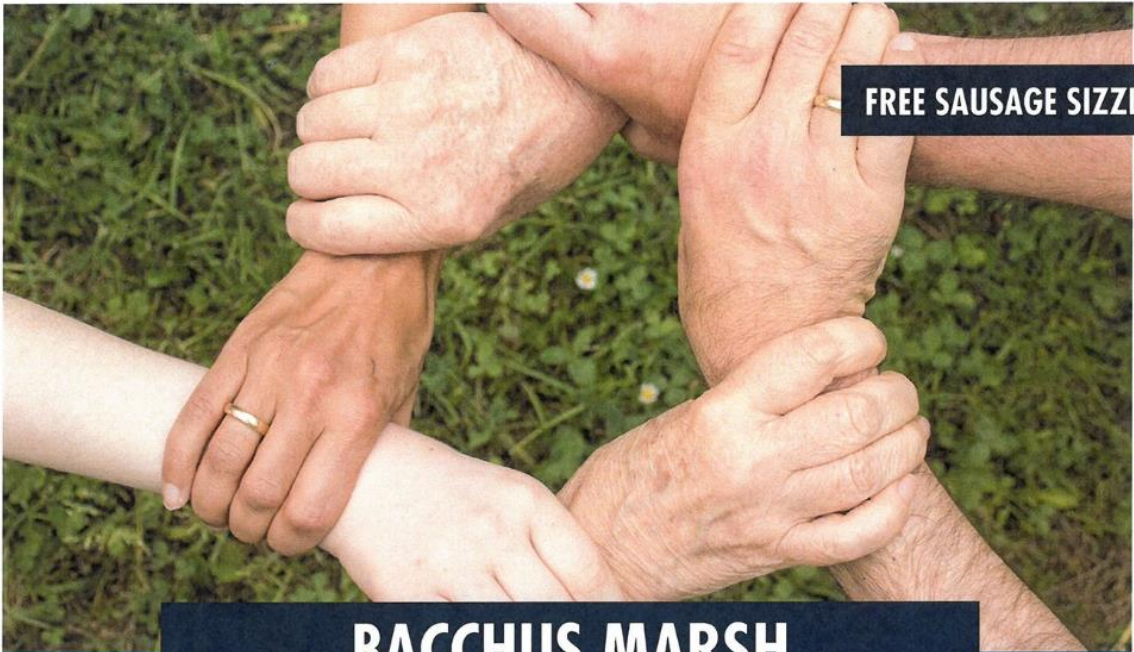
Large: \$40.00 (suit 6' to 10'+ trees)

HOME DELIVERY: \$10\* HOME Curb side PICK-UP:\$10\*\*

\* Same day home delivery-approximate times will be given.

\*\* Pick-up on Saturday 4th Jan. 2020- tree curb side prior to 7a.m.

Pre-orders: Call Bacchus Marsh ROTARY 0452 587 973



**FREE SAUSAGE SIZZLE**

# **BACCHUS MARSH COMMUNITY WELLBEING NIGHT**

**WHEN**

Wednesday, 20 November 2019

**TIME**

7:00pm – 9:00pm

**WHERE**

Bacchus Marsh Public Hall  
207 Main Street, Bacchus Marsh

**FREE EVENT**

Join local police from Bacchus Marsh for a community wellbeing evening. Hosted by a panel of experts to discuss mental health, family harmony and provide advice to assist community members on how and where to get help when needed.

For more information visit

 [facebook.com/eyewatchmoorabool](https://facebook.com/eyewatchmoorabool)



VICTORIA POLICE