

BMG NEWS



Doctrina Vitae

Bacchus Marsh
Grammar

24 April 2020

VOLUME 34, NUMBER 10



From the Principal

We are moving to try to get as greater degree to normality as possible. Please note the following:

- i) Absences – Absences will be marked for students at home and onsite as they are normally during AM Tutor Group and Period 5. We will be notifying parents of absences from those activities. This will commence on Monday 28 April. If your child is unwell and will not be attending their online class please contact the Absentee Line: Maddingley: 5366 4888 or Woodlea: 5366 4988.
- ii) Staughton Vale – in line with AHPPC recommendations to conduct lessons, “where possible ... outdoor” the school will make the Staughton Vale program available to students who are *currently* attending their online classes on the school site. This will occur one day a week. The program will run using appropriate distancing and other precautions to limit virus transmission. Parents whose children have been attending the school onsite have been emailed with details of the program.

Mr Andrew A. Neal – Principal

Junior School News

We would like to thank all our parents and guardians for their support and encouragement as we have moved to a remote learning program during this period of the pandemic. We have found that overwhelmingly our students in Prep to Year 4 have engaged positively with the program and we are very proud that they have managed the change so well.

During the normal school day, often both classroom teachers and students recognise when they need a short break from the task at hand. The children might ask for a toilet break or be sent to run a special errand that gives them a quick break and a chance to stretch their legs. You might also find this is the case whilst learning at home. Please feel free to give your child a break during scheduled learning sessions. All we ask is that you let the classroom teacher know.

Of course, you are the best judge of what your child needs to ensure their continued mental and physical well-being. You may find you need to be flexible in relation to what your child can manage and we absolutely support this. We encourage you to communicate with your child's classroom teacher if you feel it is in your child's best interests to modify their participation and accommodate their changing needs as we move through this process together.

Junior School News continued.....

It is also important to ensure you are planning some self-care of your own. If this means that you feel it is more beneficial for your own well-being to enjoy a tea break in the garden or go for a walk after lunch, rather than engage in the afternoon learning session, this will certainly also be of benefit to your child. Again, please make sure you communicate this with your child's classroom teacher.

Looking after yourself, as well as your child, will assist in being able to sustain positive engagement with the remote learning program as the term progresses.

We look forward to continuing to work with you as we all work toward keeping our loved ones safe and well.

Please note that on Wednesday 22 April, the next round of home learning packs were posted to families in Prep to Year 4 for both campuses.

Junior School Teams – Maddingley & Woodlea

Middle and Senior School News

Maximising Study at Home

As we now find ourselves in the time of remote learning, things may feel very different. Assessments may have been pushed back, the delivery of lessons may be slightly different – and if you are used to the face-to-face camaraderie of school life, all this self-isolation might start to feel really.....isolating.

So what can you do to maximise your study while stuck at home?

- Make sure you have set up your work space. Make sure it's the kind of space you WANT to be in, and that it feels nice to study in. If you need motivational quotes stuck up everywhere, go for it.
- Being disciplined with your routine becomes even more important when you are stuck in the house and don't have the bookends of your commute to school. Stick to your timetable, but ensure you schedule in regular breaks to stretch, take a short walk, do some yoga or go for a run, or simply make a cuppa (stay hydrated).
- Make a list of goals for the day in your diary and see what you can get through. Prioritise your work load.
- Maybe start a group chat with your friends to share tips and motivation, and encourage each other.
- We are all just taking it one day at a time right now. Make sure you are getting enough sleep and time away from the screen before bed.
- Practise gratitude – it can do wonders for your mental health and keeping a calm head in these uncertain times. Just write down three things you are grateful for every day. It can be anything: your health, your loved ones, a fast internet, or access to toilet paper.
- Try to get your body moving every day, especially in the morning, to get your blood flowing.

Things might be uncertain for a while, but we will all get through it. Don't worry about what you can't change, worry about what you can change. Speak with your loved ones or contact your teachers or Year Level Coordinator if you need support.

Senior School Team

Sleep

In these unusual times of online learning, changed routines, cancellation of sport and the compulsion for increased social connectedness the ability to sleep is becoming hard to master. This is especially the case for adolescents.

Why is sleep so vital in schooling?

In brief, a well-rested brain, which processes new classroom learning into short-term memory, needs consolidated R.E.M. sleep on subsequent nights to file this learning into long-term memory banks. Along with optimising learning, building resilient sleep protects teens from mental health problems, particularly at times of stress. This will help the deal with stressful and anxious situations effectively.

Middle and Senior School News continued...

How sleepy are Australian teenagers?

The current statistics collected on our most chronically sleep deprived age group in Australia are interesting to say the least:

- 70% of teens are chronically sleep deprived on school days.
- This amount has doubled in the last 15 years.
- Australian adolescents are the third worst globally.
- There is a close link to a nation's rate and speed of uptake of new digital technology and sleep problems.

“Screenagers” – The use of screens at night and its effect on sleep

To assist in gaining a deeper understanding into sleep patterns it is important to recognise that poor sleep for adolescents is a combination of multiple factors that collude to sabotage sleep.

Although remote learning does involve a lot of screen usage, it is in fact nocturnal screen use that is one of the most influential conspiring factors.

To tackle sleep deprivation I would like to offer some research based tips on how to best monitor nocturnal screen use.

1. Use the bed for sleep only (studying, playing games or connecting to social media while on the bed conditions the teen brain that the bed is not the venue for rest).
2. Keep bed times the same each night. Routine is important for the mind and body to get ready for sleep
3. Ideally screens should stop being used up to one hour before lights out.
4. All electronic devices should be removed from the bedroom at night. Phones should be charged elsewhere in the house at a designated “landing strip”. Statistics have shown that on average a teenager receives 36 notifications per night. To experience this simply place your adolescents’ phone next to your bed for one night.
5. If the above cannot be achieved then place limits on screen use through screen limiting devices, apps or adjusting your Wi-Fi settings. Sometimes, the threat of a screen limiting device is enough to change nocturnal screen behaviour. The Circle Home app is an example of such a screen limiting device.
6. Understand that as a parent you can make a big difference, but you need to be proactive.

In summary, when you have an unhappy, grumpy, lazy, or moody teen who has limited engagement in learning you can almost bet that they are sleep deprived.

Middle School Teams

Managing routines

The transition to an online learning program has presented significant changes to the lives of those in our school community. Navigating such changes can sometimes feel uncomfortable and stressful, but the good news is that there are strategies that can be put in place at home to manage these changes. Routines help both children and adults feel safe and secure, particularly when they are going through a challenging time or are experiencing heightened levels of stress and anxiety.

Ensuring a routine is established helps manage the disruption we are all currently experiencing. It's a great way to exert some control when our usual ability to do this has been somewhat compromised. Establishing a daily routine that allows for work, rest and play provides stability and predictability. The Australian Parenting website, raisingchildren.net.au offers some great advice about establishing family routines and tips to manage physical distancing or self-isolation. [Beyond Blue](#) has also published information about the importance of establishing a routine as we try and look after our well-being during this pandemic. The organisation which leads the National Workforce Centre for Child Mental Health, [Emerging Minds](#), has addressed the importance of a daily structure with a video focusing on managing routines for children during the COVID-19 pandemic.

We encourage you to consider these resources as you explore strategies to ensure your family's well-being during this challenging time.

Student Wellbeing Team

Gratitude

Gratitude is not only the greatest of virtues, but the parent of all others.

Cicero

This last week has been one to remember for as many positive reasons as there are challenges during the Covid 19 crisis. Many of our staff have said to me that they are acutely aware of how much they are missing their students; one of our wonderful Art teachers spoke online to her Junior Primary class and said, "You fill my cup every time I see your faces". The same sentiment is being universally expressed by students who miss their friends, their teachers and the variety in their normal school day.

In these historic and unique times, attitudes and sentiments will vary, and we need to be mindful to practise positivity and gratitude where and when we can, and reinforce the same with others: family members, teachers, leaders, shop keepers, trades people, medical staff, the police, and the list goes on.

Finding the positive, even in an apparent negative, is an important way of coping, putting things into perspective and moving forward. After all, a life of rich fulfilment comes to those who are also thankful for the setbacks. Rather than being daunted or scared of new challenges, we need to teach young people to be thankful for each new challenge, because it will build their strength and character; challenges are what life is all about!

Robert Emmons is a renowned scientific expert on gratitude, and argues that gratitude has two key components. First, he writes, ..."it's an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received."

The second, he explains is to recognise that the sources of this goodness are outside of ourselves. ... "We acknowledge that other people or even higher powers, if you're of a spiritual mindset, gave us many gifts, big and small, to help us achieve the goodness in our lives".

During the Covid19 remote learning period, I have spent a great deal of time in classrooms and staff rooms, observing classes and listening to our teaching staff as they plan, adjust, navigate and deliver in innovative and engaging ways. I am thrilled that parents are taking the time to email and say thank you. It is richly deserved praise and it is greatly appreciated. Equally, I say thank you to our fabulous students at all year levels for the way they have adapted, and how they have shown dedication, maturity and resilience. I say thank you to parents and other family members for supporting your children in so many ways, often in challenging work spaces.

Inevitably, people revert, at times in the day, to lamenting what they are missing and reflecting on how things were. The positive side of this reflection is that they will appreciate and be grateful for those activities, the environment and people that they may have, in the past, taken for granted.

Practising gratitude researchers say has proven to be one of the most reliable methods for increasing happiness and life satisfaction; it also boosts feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions.

So here is an exercise for all, young and not so young! Take 2-3 minutes each day to give thanks to whom ever or whatever you're grateful for. You don't have to do anything other than make a mental list, or better still, write a note of thanks, make a call or ZOOM someone to say thank you for what they do, how they make you feel or for just being there. Stay safe.

Acknowledgement:

Zen Habits: why-living-a-life-of-gratitude-can-make-you-happy

Mr Bruce Simons - Associate to the Principal

ANZAC DAY – Saturday 25 April 2020

Bacchus Marsh Grammar would like to encourage students and their families to pay their respects to our past and current service men and women by participating in the RSL sanctioned 'Light Up the Dawn' service. Everyone is encouraged to stand in their driveways at 5.55am on Saturday April 25th and light a candle or lay a wreath. Bacchus Marsh Grammar students are encouraged to wear their full uniform and participate in this service.

The media has highlighted sharing images using #STANDTO on social media platforms. Parents may consider this and upload images online. Given students are in school uniform, the Principal has approved this, provided families understand the public forum in which they are sharing these images.

Additionally, if you wish to send images to the school for use in school publications – newsletters, weblogs (website) and Yearbook, you may do so via newsletter@bmg.vic.edu.au. Please ensure you include in the email, the student's full name, year level and that you consent to the school using the image. Only high resolution images are suitable for school publications.



Mr Sarah Hunter – Deputy Head of Campus – Woodlea & SRC Teams

A message from Ballan RSL President, Rick Campey:

Saturday 25 April will mark ANZAC Day 2020, a significant day as we pause and reflect on the service and sacrifice of all those who have served and are currently serving.

ANZAC Day 2020 will not look like the ANZAC Day that so many of us are used to participating in. There will be a Dawn Service, wreaths will be laid, the last post will be played, a minute of silence in memory of the fallen will be observed, but the service community and the public will be asked to stay at home.

This does not mean that ANZAC Day is cancelled. It just means that ANZAC Day will be different.

In 2020, on April 25, while you are unable to go to the Shrine of Remembrance or a local Dawn Service, the RSL is asking that instead you #STANDTO.

As the Last Post is played during the ANZAC Day Dawn Service walk outside, stand in your yard, driveway, or on your balcony and observe a minute of silence in respect of our veterans.

This year, while there are no public gatherings due to COVID-19 restrictions, there will be three, private Dawn Services held.

- 05.30am – Australian War Memorial in Canberra
- 05.50am – Shrine of Remembrance in Melbourne
- 06.30am – State Memorial in Adelaide

The half hour Dawn Service at The Shrine will be streamed live from [RSL Victoria's](#) Facebook page - with wreaths laid, the Last Post played and a minute of silence in memory of the fallen.

For the first time, Channel 9 will broadcast the entire service from 05.50 to 06.20. (The ABC, Channel 7, ABC Radio and 3AW will be broadcasting from 06.10, after the Canberra service has concluded).

Anzac Appeal

The ANZAC Appeal, as you will all know, looks very different this year. While our dedicated volunteers who would usually be out selling badges must stay safe at home, we are calling on all Victorians to get behind this year's ANZAC Appeal by donating online at anzacappeal.com.au.

Emergency Bus Services

An emergency bus service is in place for both the Maddingley and Woodlea Campus for those students who are accessing their online classes on campus.

Routes for the emergency service have been combined with our previous private bus routes, in some cases parents may be required to travel a little further to stops than their usual bus stop.

If you require a seat for your child/ren a request via email is required to be sent to the School's Bus Services Administrator. For social distancing, buses are set at a capacity of 26 students only per 57 seater bus.

A reminder for students who are using this service, they are required to tap on and off on Roll Call with their Student ID Card. With much less traffic on the roads, if parents can please arrive at stops approx. 5 minutes prior to timetabled times and to monitor roll call in the PM routes, as buses may arrive at stops in the afternoon a little earlier than timetabled scheduling. Buses will not depart stops in the AM until their schedule time noted on the timetables.

Please email the Schools Bus Services Administrator for any queries at bus@bmg.vic.edu.au.

Conveyance Allowance

If you live more than 4.8 km from the School and there is not a free bus service in your area, you might be able to apply for a Conveyance Allowance.

Following a recent decision by the Student Transport Unit of the Education Department, it appears that there might be some movement in the way the Department makes a judgement on which 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 respected ecumenical values and did not require your child to participate in religious instruction or religious celebrations, then you could be (subject to other Conveyance Allowance rules) eligible for the Conveyance Allowance.

If this statement applies to you, whilst I can make no guarantees, I believe it in your interests to submit a Conveyance Allowance Application for 2020. The application should be accompanied by a simple letter stating the reasons why you believe Bacchus Marsh Grammar is the nearest appropriate school i.e. because of its values and its lack of a requirement to participate in religious instruction or religious celebrations of any particular faith.

Please ensure that you complete the form that applies to your child's travel. Forms are available from the main office at the Woodlea and Maddingley campuses. Please be aware that no allowance is payable if the journey to and from school can be made using a free bus service.

Please contact Kerryn Browne for more information on 03 5366 4800.

Ms Kerryn Browne - Risk, Compliance and Policy Manager

Uniform – Noone

The campus uniform shop will re-open on Wednesdays only from 8.00am to 12.00noon. Rushfords in Werribee will be open from 10.00am to 3.00pm Monday to Friday.

Uniform orders can be placed online through the Noone website (www.noone.com.au) and can either be collected in store or home delivered via Australia Post. Customers are also able to email their requirements to sales@noone.com.au.

<i>Uniform Shop: Maddingley Campus – entry via Gate 1 Main Car Park Phone: 5367 4072</i>	<i>Rushfords Schoolwear: Shop 1/13 Barnes Place, Werribee Phone: 9741 3211 Fax: 9741 3155 Email: rushfords@noone.com.au</i>
--	---

Book Club News – April 2020

ISSUE THREE IS NOW OUT ONLINE

In these unprecedented times, we are aware that our BMG parents are keen for their children to improve their reading skills and the school wants to support the school community in this. Scholastic Bookclub offers a range of titles selected to cater for all age ranges and reading abilities. Some titles are also included on the Premier's Reading Challenge list.

Issue 3 catalogue is now out and ready to accept orders until the end of Term 2. Your Scholastic order will be delivered to your home (postage & handling \$5.99).

Scholastic has also altered it's ordering platform to ease the ordering process.

Here is the new link to the online catalogue.

https://issuu.com/scholastic_australia/docs/aus_issue_3?fr=sMTQ2ZTEExOTgzNjE

If you have not ordered before, you will need to register.

- Create an account - assign either to yourself or one of your children. You are advised to just set up one account and place your orders for all your children under this account. As orders will incur a postage & handling fee of \$5.99 this will reduce your overall cost.
- Your child's designated teacher is the Year Level Coordinator as we no longer have separate class teachers listed.

Maddingley:

Prep: Kylie McKerrow/ **Year 1:** Helen Saunders/ **Year 2:** Sian Rawlinson/ **Year 3:** Jodie Taniguchi-Muston/ **Year 4:** Lisa Stephens/ **Year 5:** Trevor Hilton/ **Year 6:** Wes McLaughlin. Senior School orders can be placed under Diane Dunn as designated teacher.

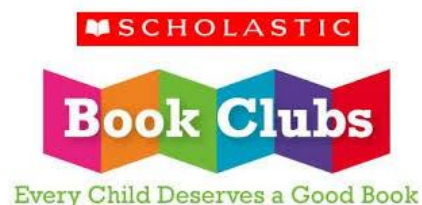
Woodlea:

Prep – Year 7 orders nominate Feona West as designated teacher.

Your order also generates rewards used for valuable school resources.

Thank you for your support.

Diane Dunn (Maddingley Campus) & Feona West (Woodlea Campus) - Scholastic Book Club Coordinators



BMG Community Contacts

Out of School Hours Care (OSHC) – YMCA Ballarat

YMCA Ballarat continue to operate the Out of School Hours Care.

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

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

Maddingley:

bacchusmarsh.oshc@ymca.org.au

0438 154 842

Located: South Maddingley Road, Maddingley, Victoria 3340

Woodlea:

woodlea.oshc@ymca.org.au

0490 490 362

Located: 111 Frontier Avenue, Aintree, Victoria. 3336.

Regular Contacts

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

School Website: www.bmg.vic.edu.au