



Student Wellbeing

This week saw students in Prep through to Year 12 being asked to complete short surveys regarding how they were feeling. Having students provide this information not only gives us another tool to monitor the students' mood and general wellbeing, but allows us to be responsive to changing needs and provide support where appropriate. Whilst many students are noting that they are feeling relaxed, motivated and optimistic, a large number of students are also feeling tired.

Of the 842 students across Years 5 to 12 who responded to the survey, it was fairly consistently reported that in each year level, around 30% of students, mostly felt tired. Across all but one year level, more than 60% of students cited that being on their computers or devices was the cause of this fatigue. Whilst we cannot significantly reduce time on computers and other learning devices in our current circumstances, there are certainly ways to make some reduction to these feelings of fatigue.

Our Prep to Year 4 students who responded to their surveys have told us that whilst the majority of them felt as though they are in the 'Green Zone', happy, calm and ready to learn, some students felt they were in the 'Blue Zone', sad, tired, or moving slowly. In last week's BMG News, the Junior School Team spoke about parents and guardians being the best judge of when their child would benefit from a break from the expectations of on-line learning.

Having a movement break during learning times is an effective way to increase oxygen levels and feel re-energised quickly and simply. Ensuring the learning space set up at home is comfortable and encourages good posture is essential to reduce muscle fatigue. Eye strain is particularly common at the moment as well, making regular 'focus breaks' essential. Make sure your child has a bottle of water at their workspace as staying well hydrated is also important and can help reduce feelings of fatigue. Maintaining a consistent sleep routine and getting the right amount of sleep is very important for health and wellbeing as well. According to the [Sleep Health Foundation](#), generally speaking, children aged 6 – 13 years should ideally be sleeping for around 9 – 11 hours, while young people aged 14 – 17 years of age benefit from around 8 – 10 hours of sleep per night.

Resources referring to all of these strategies are available in the Student Wellbeing and Parent Resource sections on the [Remote Learning Resources](#) page on School Box.

Mrs Rosalind Pittard – Deputy Principal & Student Wellbeing Team

A message from our School Captains

We wish to share some insights into how we are managing in these uncertain times and to hopefully help you navigate your way through the new learning and social environment. Everybody copes with change and adversity in different ways, and the current situation is really putting our resilience levels to the test. Being able to embrace change and persevere is very important. We understand this is easier said than done, however, we hope that by sharing a couple of ways we are handling the current situation, we can all keep on track and continue striving towards our goals.

In terms of productivity and your studies, it is helpful to keep your day as structured as possible; taking breaks for recess and lunch, getting some fresh air, continuing to use your school diary, and setting up a study space all helps to create a positive learning environment. Drawing up lists is very underrated. In the morning, before you begin your day, grab a piece of paper and write down what you wish to achieve, whether it be your assigned homework, study or personal tasks. Setting goals and keeping them visible can help keep you on track throughout the day; not to mention the great feeling you get at the end of the day seeing all you have achieved. It is also valuable to limit the number of distractions in your study space whilst completing schoolwork. This can be as simple as leaving your phone outside your room.



It is very easy to find yourself pondering what this school year should have and could have looked like. It is important to acknowledge these thoughts, but not to dwell on them. This toxic mindset can negatively impact your productivity as well as your mental health and wellbeing. We have now realised that it is important to focus on what we can control rather than what we can't. You still have control over the level of effort you put into your studies, maintaining social relationships and participating in activities that you enjoy, although this does look a little different at the moment. The ability to strive to overcome adversity is a lifelong skill that you can carry with you along life's uncertain path. Your mindset is very powerful. Tell yourself that you can get through this, and don't forget that some days will be better than others, and although the current situation can be difficult, it is only temporary.

With no club sports running at the moment, it is important for both your physical and mental health to continue exercising. It does not need to be anything massive like a 10km run, just small, simple activities that can be done throughout the day. Going for a walk around the block during recess or lunch can give you a chance to stretch your legs and get some vitamin D. If it is cold and rainy outside, core exercises like push ups, sit ups and planks are great to get your heart rate pumping. We both find that doing some form of exercise each day helps take our minds off the pandemic as well as the stress of schoolwork. Exercise should also be complemented with a good diet. Eating healthy and nutritious food can provide you with the energy and focus required for learning.

A benefit of learning from home is having extra time throughout the day. It is surprising how much time we spend travelling to and from school. You can potentially have a couple of extra hours in the day to use to your advantage. This can amount to more time to study and keep on top of school work, do things you enjoy but don't normally have the time to do on a school day, or get some extra sleep. Talking about sleep, it is criminally undervalued. Adequate sleep gives your brain the chance to consolidate what you learned during the day, as well as ensuring it is functioning optimally for the next day. It is important to maintain a balance between school and hobbies. If you spend all this extra free time studying you will burn out quickly. Your mental health should always be your number one priority.

Do not forget we are all in this together. If you need any assistance throughout this time, reach out to family, friends or staff. Do not be afraid to send an email to your teachers letting them know that you need clarification of content, require some additional resources or simply are up for a chat. They truly want what is best for you, and are more than happy to help.

This is a new and uncertain time for everybody. Remember that it is okay if not everything gets ticked off on your to do list, or that you are not as productive as you usually would be. Take each and every day as it comes, reach out if you need support, and don't be too harsh on yourself!

Wishing you all the best.

Callum Thomson and Mia Stanley – School Captains

Jump Rope for Heart 2020

Jump Rope for Heart has been a program at Bacchus Marsh Grammar for over 15 years and has always been a very successful community event. The program aims to raise funds for the Heart Foundation to assist them in the prevention of cardiovascular disease, (one of the leading causes of mortality and morbidity in Australia.) The Junior and Middle School students thoroughly enjoyed the program in 2019, and it will be running again this year under slightly different arrangements.

With the current isolation and remote learning we are experiencing, Bacchus Marsh Grammar is encouraging all Junior, Middle and Senior school students to get involved, get active and raise some much needed funds for the Heart Foundation. The focus of this year's event will be to coordinate the fundraising as a House event. This will also combine the Woodlea and Maddingley campuses in a joint venture. The program will conclude with a celebratory "Jump off Day" at school (or remotely) which will see students demonstrating their skills in a House event.

As part of the program students will be able to earn prizes for the school, by raising as many funds as possible. As the Jump Rope for Heart program is a coordinated House event the House that raises the most amount of funds will earn House points, which will contribute to the end of year House Shield.

Students will be encouraged to get creative with their fundraising efforts, from skipping a certain number of jumps in a week to challenging family members or friends to a jump off! Skipping is a great form of exercise and activity that will raise your heart rate and get you feeling energised. Another bonus of this program is that it can be done remotely and anyone can join in: how about setting up your own jump off with a friend over Skype or Zoom? This allows you to keep active and keep socially involved, whilst following social distancing measures.

Bacchus Marsh Grammar is encouraging all students to get involved in this great program, get active and raise as many funds as possible for the Heart Foundation.

Please click on your House link to make a donation. Only electronic donations will be accepted in 2020.

[BACCHUS](#)

[BRAESIDE](#)

[HILTON](#)

[PENTLAND](#)



<https://www.heartfoundation.org.au/jump-rope-for-heart>

Any questions please contact contact Mr Gill (Woodlea) or Mr Long (Maddingley).

Mr Liam Gill (Woodlea) & Mr Evan Long (Maddingley) – PE Departments

National Consistent Collection of Data

Every year, Bacchus Marsh Grammar must take part in the National Consistent Collection of Data (NCCD) for Students with a Disability Process.

This process involves all staff collecting data on students with an educational adjustment or disability over a minimum of one term or at least 10 weeks, in the 12 months leading up to the national data collection submission date. This is currently occurring at Bacchus Marsh Grammar.

The data collection process is linked to Federal funding for students and programs linked to disability and all information is kept private and confidential.

Student Services Team

Junior School News

As we reach the end of week three of Term 2, we would like to thank everyone for their response to COVID-19 and take the opportunity to celebrate the successes that we have achieved. It is really pleasing to see the work that students are completing and the conversations taking place on Microsoft Teams between parents, students and their classroom teachers.

Obviously, COVID-19 has dramatically impacted schools, teachers, students and families around the globe. While we continue to learn online, our teachers have been working tirelessly to plan engaging lessons, support their students and keep them learning at home by preparing learning packs that were sent home to families at the end of last week. In addition, the school is committed to providing students with take home readers to support their development in reading by using the leading digital library called Epic!

Epic gives students access to 40,000 of the best books, learning videos and quizzes and allows your child's classroom teacher to allocate individual texts based on your child's reading and interest level.

Students will have anywhere, anytime access to the full Epic library on all devices (including web browsers, the iOS app and the Android app), and teachers will stay connected to their students by assigning books and collections and tracking reading activity and progress.

All parents should have received the online Parent Guide and access code from their child's teacher and we encourage you to access the digital library and start accessing the readers. Please note that a copy of the Parent Guide is also accessible under the Remote Learning Resources section in Schoolbox.

Another important area we prioritise during this uncertain time is the wellbeing of students. We have introduced a brief student survey that students in the Junior School complete twice each week as part of their pastoral care program. The feedback will provide an overview of how year level groups are feeling which will enable us to put support in place in areas that are highlighted. We encourage parents to make contact with their child's classroom teacher if they have any concerns about their child's wellbeing.

Junior School Team

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 on the MyBMG Parent Portal. Alternatively, a form can be obtained by contacting Kerryn Browne. 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

The Student Representative Council: ANZAC Day 2020

Mrs Humphrey, Mrs Hunter and I would like to thank our wonderful SRC members for contributing to our ANZAC Day reflective blog in lieu of us having students speak at a service on campus or at local services over the weekend. We also asked BMG students to stand at the ends of their driveways with a candle, homemade wreath, or other commemorative craft to acknowledge the occasion.

SRC Committee

Student reflections

<p><i>On ANZAC Day we celebrate the human spirit. It is a day to commemorate the courage of our brave service men and women who gave so much so that we can live and prosper today. We take time on this day to honour the dead, remember those who valiantly served our country and to honour the sacrifices they made in our name.</i></p> <p>Ella Noorman</p>	<p><i>The ANZAC spirit is about true sacrifice. At the moment, many of us feel like we have had to make sacrifices to our way of life due to the COVID 19 health crisis. However, this is nothing compared to the thousands of men and women who willingly gave their lives for us, and their families who were left behind. They demonstrated the true meaning of sacrifice.</i></p> <p>Ella Beazley</p>
<p><i>ANZAC Day is a significant day. A day of celebration and a day to remember the lives lost during the long months of trench warfare. The ANZAC spirit means sacrifice, mateship, bravery and resilience. Today, we remember the brave men and women who gave up their lives to protect Australia and give it a hopeful future. We thank, and are grateful to, those who fought and risked their lives in order to ensure that we could enjoy ours. Lest We Forget.</i></p> <p>Victoria Ly</p>	<p><i>ANZAC day, is a day of tranquillity and a day that we look back on all of the brave people and animals that fought for us and this beautiful country of ours. We forget about the fighting and catastrophe and focus on the virtuous men and women who died or fought to save us. They gave us hope that there would be a brighter future ahead of us and indeed there was. Although in our current state we don't feel so bright, all we need is to let the ANZAC light shine through the world because we need to be hopeful again!</i></p> <p>Tanisha Peel</p>
<p><i>Remember all the men who have died. Remember all the battles fought. Remember all the tears families cried. Remember it was freedom the soldiers bought.</i></p> <p>Tavnoor Singh</p>	<p><i>ANZAC Day is a day of reflection. We reflect on the service both men and women provided for the welfare of our country. We reflect on the courage that both servicemen and women had to risk their lives in order to better ours. We are grateful for the people who have made our country what we know it as today.</i></p> <p>Samara Peel</p>





BMG Wreaths were presented to both the Bacchus Marsh RSL and Caroline Springs RSL.

ANZAC activities with Prep students

On Friday afternoon the Maddingley Preps were given the challenge to make an ANZAC Wreath from natural materials. The Prep teachers were blown away by their efforts. Well done!



Prep Team

ANZAC Day – Student Commemorations

Thank you to the School Community for sharing these special photos.



Madelyn & Lachlan Hunter



Sophia Conrado Lima



Tavnoor Singh



Abi Bhaduri



Ishnoor Dhillon and her father



Daniel Lee

Country Bus Information – Balliang East Route Update

The Department of Education and Training has endorsed the request for an extension to the Bacchus Marsh – Balliang East school bus service to the corner of Staughton Vale and Hannans Roads during Term 2, 2020 only (Friday 26 June, 2020) or until the State of Victoria announces that students should return to on-site schooling (even if on a rotational basis) – whichever comes first.

At the end of Term 2, 2020 or upon students being required to return to on-site learning, the service will revert to the Term 1, 2020 approved route only.

Please refer to the link for the amended [TERM 2 ONLY](#). This schedule will commence from Friday 1 May.

Mrs Leanne Robertson - School Bus Services Administrator

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

Out of School Hours Care (OSHC) – YMCA Ballarat

YMCA Ballarat continue to operate 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

Location: South Maddingley Road, Maddingley, Victoria 3340

Woodlea:

woodlea.oshc@ymca.org.au

0490 490 362

Location: 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

Middle School Lateral Thinking Quiz – Part 1

If you get more than 50% of these right you're strong on your lateral thinking skills (or maybe you're just good at quizzes!)

1. A man built a rectangular house, each side having a southern view. He spotted a bear. What colour was the bear?
2. If you were alone in a deserted house at night, and there was an oil lamp, a candle and firewood and you only had one match, which would you light first?
3. What can you put in a wooden box that would make it lighter? The more of them you put in the lighter it becomes, yet the box stays empty.
4. Which side of a cat contains the most hair?
5. How many birthdays does a typical woman have?
6. Divide 40 by half and add ten. What is the answer?
7. To the nearest cubic centimetre, how much soil is there in a 3m x 2m x 2m hole?
8. Is it legal for a man to marry his widow's sister?
9. If you drove a coach leaving Canterbury with 35 passengers, dropped off 6 and picked up 2 at Faversham, picked up 9 more at Sittingbourne, dropped off 3 at Chatham, and then drove on to arrive in London 40 minutes later, what colour are the driver's eyes?

Answers available in next week's BMG News.

