



Student Wellbeing

Self-Care and Wellbeing During Times of Uncertainty

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control such as taking care of our physical health, safety and emotional wellbeing. Adults can play a vital role in supporting children and young people through the experience of change.

For Wellbeing tips and ideas to support your child through change, please see the fact sheet at the bottom of this newsletter or visit the [Good Grief website](#).

Student Wellbeing Team

2022 Scholarship Program

Applications for the Callow Scholarship and Indigenous Scholarship close on **Friday 17 April**. For further information and to review the eligibility criteria, please refer to the [School's website](#).

The 2022 Scholarship Program for the John Leaver and van den Hende Scholarships has closed. Results have been forwarded to registered candidates.

Mrs Michelle Graham – Executive Assistant to the Principal

School Administration

Grammarian – Issue 1, 2021

Please be advised that the latest issue of the Grammarian is available on the [school website](#).

School Photo dates Term 2 2021

- **17 to 18 May** – Maddingley Year 9 to 12
- **24 to 28 May** - Maddingley Prep Reception – Year 8
- **1 to 3 June** – Woodlea Prep to Year 8

More information regarding school photos will be available in Term 2.

Maddingley Car Park

A reminder to parents that there are dedicated zones designed for quick drop off or pick up and these areas are not to be used for extended parking. We also remind parents that there is no drop off or pick up on South Maddingley Road.

The parking conditions which are not onerous are designed for the safety of students and ease of access for all. We ask parents to be patient and mindful of their behaviours in the car park.

2020 BMG Yearbook and Graduation Booklets

The 2020 BMG Yearbook and Year 6 & 12 Graduation Booklets are still in design and production. When completed these publications will be distributed to students who were at BMG in 2020. Distribution will occur either at school or posted to students who have graduated and left.

Maddingley Year 6 Captain Introductions

Olivia Karcoushkas



I was very honoured to be given this role and intend to be a great role model for all students, especially the younger ones, and I will represent the school in a positive way. The thing I like most about Bacchus Marsh Grammar is the many opportunities it has to offer.

I enjoy sport especially Netball and rollerblading, I also love playing the piano and learning about history.

I have a love of animals and would one day like to study to become a veterinarian. Spending time with family and friends is very important to me and I am extremely lucky to be surrounded by such good people.

I am a caring person and believe that you should never take anything for granted. I enjoy helping others and understand the importance and benefits of charity work.

Throughout this year I would like to build on my leadership skills and get to know more teachers and students. I am looking forward to a great year.

Alyssa Walton



I am really grateful that I am able to take this opportunity to be a Year 6 Captain for 2021. I am looking forward to working alongside Olivia and the rest of the leaders to make this year amazing.

I came to Bacchus Marsh Grammar in Year 4 and since then I have joined the SRC, the school choir, and many other co-curricular activities. I really enjoy trying different activities and clubs because I believe it makes you a stronger and more well-rounded individual.

Last year I won Dux of Year 5, and was awarded the role of Year 6 Captain. I am extremely grateful that I have had such great teachers who have pushed me to reach my full potential. Without them I wouldn't have been able to reach these achievements.

Outside of school I am a ballroom dancer and a field hockey player. In 2019, my hockey team won grand finals and we all believe it was because of our teamwork and friendship. Playing hockey has taught me that your team is always there for you no matter what, and I would love to see that in this year's Leadership Team. I also do ballroom dancing in which I have recently achieved 2nd place in Victoria. Ballroom dancing is an individual sport but you always need to rely on your partner to get you through and I would love to see that relationship between Olivia and I.

My main goal as Year 6 Captain for this year is to get many Junior School students into co-curricular clubs and get them involved in various activities. I am so thankful that I am able to work with this large group of leaders to make 2021 amazing!

Junior School News

End of Term 1 – Autumn Break & Easter Bonnet Parade

Students, staff and families thoroughly enjoyed our Easter Bonnet Parade this week. It was a lovely sunny day and a fun way to end the first term of 2021. We were all very excited to welcome family members into the school to watch as students proudly modelled their bonnets.

The Junior School staff would like to wish all of our families a fun and safe Autumn break. We look forward to seeing all of our students rested and ready for a productive Term 2, beginning Monday 19 April.

Junior School Teams – Maddingley & Woodlea

Maddingley – Junior School House Athletics Age Champions

Congratulations to the Age Champions from the Junior School House Athletics Carnival.

- 9 Year Old Girls – Ava Bens
- 9 Year Old Boys – Harrison Lovett
- 10 Year Old Girls – Myah Estlick
- 10 Year Old Boys – Lachlann Roberts

Mr Nick Sher - Coordinator: Sport Years 3-6

Woodlea - Year 4 Staughton Vale

The Year 4 cohort braved the damp conditions last Wednesday to gain some valuable knowledge and inspiration for their poetry writing. Students participated in three activities, two of which were all about inspiring the students and giving them an opportunity to create a word bank to bring back to the classroom and use during poetry writing lessons for the rest of the term. The third lesson was learning about Limericks and giving students the opportunity to write their own. Although the weather wasn't great, the students enjoyed the change of scenery for the day and the experiences in which they participated.



Miss Angela Price - Year 4 Coordinator - Woodlea

Student reflection:

On Wednesday 24 March 2021, the Year 4 students went on an excursion to Staughton Vale. Firstly, we went on a nature walk to find things like leaves and flowers and we also met Sean the Sheep who lives at Staughton Vale. Then we learnt about Limericks which are rhyming poems. Lastly, we were meant to climb the hill and draw what we could see but it was raining so we sat inside and drew what we could see out of the window. It was very fun!

Aashi Nair 4WC

Limerick Poem:

There was an asteroid loving clown
He always wore a gown
He loved a good beat
He had long feet
He was an awkward old clown.

Abhijot Gill 4WC

Maddingley – Year 2 and Year 4 - Beautiful Butterflies

During Term 1, as part of their Biology unit in Science Years 2 and 4 having been studying the life cycles of butterflies and the process of metamorphosis. During the term, we were lucky enough to be able to watch a caterpillar in a chrysalis transform into a Monarch butterfly. Having 10 individual chrysalides, students were able to watch the chrysalis in its early stage (bright green with gold flecks) slowly change colour to transparent, as the butterfly was developing inside. As the butterfly developed, the chrysalis “looked” black, but this was actually the wings of the butterfly taking shape and colour. Some of the students were lucky to see the butterfly eat its way from the chrysalis and hatch during their Science lesson. Students learnt that butterflies are born with a “fat tummy” as this is where all the fluid it needs to pump into its wings is stored. Only after the butterfly has pumped all the fluid around its wings, is it able to fly. Students thoroughly enjoyed watching these beautiful creatures develop. Before setting them free into nature, each one was named and given a very enthusiastic send off.

Mrs Samantha Alexander – Junior School Science Teacher

It was fun to see a life cycle of a butterfly in real life. My favourite part was when we got to see the different stages in a butterfly’s life and when we named him “Dan Butler” and let him go.

Gurbani Nehal, 4C

I liked having the butterflies in class. Before that I had never seen a chrysalis in person, and the butterflies were very pretty.

Hamish Mason, 4C

I liked having the butterflies in class because they were good to look at and see them develop. I liked releasing one because it was really cool seeing it fly, but also sad that we have less butterflies. Other than that, I really enjoyed it.

Audrey Newman, 4C



Woodlea Co-Curricular



BMG Woodlea successfully launched its Middle School afterschool classes/ clubs for 2021 in Term One. There has been excellent attendance at the Monday afterschool classes for Maths and English. In Term Two, these classes will move to the new Middle School building providing more space for learning and collaboration.

Thursday's co-curricular opportunities in chess, sport, art and community service have been incredibly popular. Our chess students are currently being coached by Melbourne Chess Academy coaches. Our Art Club is being overseen by Ms Lou Callow. The work being completed around the school grounds is amazing! The sports attendees have been participating in

numerous activities, including cricket and table tennis. There has also been Futsal training conducted by the Woodlea Soccer Academy. Finally, the community service club has worked hard to re-establish the vegetable gardens at Woodlea, as well as make fundraising items for the Good Friday Appeal.

We look forward to another great term of co-curricular activities in Term Two.

Mrs Sarah Hunter – Deputy Head of Woodlea Campus



Middle School News

This term has brought its challenges for students across the Middle School. With this said, it has been pleasing to see the resilience, grit and determination many of our students have displayed to rise above these challenges and succeed.

Many students have made up for their missed opportunities from last year and taken advantage of a range of activities offered - these include camps, sporting contests, excursions and trips to Staughton Vale.

Countless students have been also rewarded for their hard work and effort throughout tests and assessments in their studies. Their diligence completing their homework on time and keen preparation has seen them perform to the best of their ability.

I would also like to congratulate all of our new students who joined the Middle School this year. Their enthusiasm and willingness to get involved in school life has made them positive and endearing members of our Middle School community.

Next term, I encourage all students to involve themselves in the life of the school. There are so many different opportunities for Middle School students and their involvement will only benefit their academic and social and emotional well-being. Participation could involve taking part in House athletics, House cross-country, art clubs, robotics, choirs, bands, board games clubs, Maths Olympiad competitions, drama clubs, academic competitions, chess and interschool sporting teams to just name a few.

Until then, I wish all of our students and families a happy and safe holiday break.

Mr Dean Peplinkhouse – Head of Middle School

Triathlon Club



This term has seen Bacchus Marsh Grammar form a triathlon club. Students have been training hard throughout the term, attending two training sessions per week as well as conducting their own training on weekends. The dedication students have shown throughout the term paid off on Sunday, 28th of March when Bacchus Marsh Grammar sent a team of students to compete at St Kilda as part of the final 2XU Triathlon Series race. Students completed either the FunTri event (300m/13km/3km) or the TriKids event (100m/3km/500m).

It was a brisk start to the morning with students braving a swim in some cold water to begin their race. From there, the race heated up as students completed their bike leg along Beach Road. Lastly, they completed a fast run course along the St Kilda

Foreshore to finish their race. Edward Richards (7J) and Lyla Hewitt (8F) competed admirably in the Victorian Schools Championships (FunTri). Zara Brigham (7C), Beau McKerrow (5C) and Vaughn D'Rozario (5D) participated in the TriKids event with enthusiasm. A special mention goes to Gus O'Donnell (7I) who showed up to support his club-mates despite not racing himself. Well done to all who came down on the day!

Whilst this triathlon season has come to an end, we look forward to training throughout the winter to prepare for a strong summer next season!

Mr Nicholas Armstrong

Swinburne Early Leaders Program starts Term 2

Our Year 11 students will be participating in the Swinburne Early Leaders Program, which will run in Terms 2 and 3 this year.

The program provides Year 11 students from across Victoria with the opportunity to explore their interests, hone their strengths and fill out their CVs, in preparation for a smooth transition to university.

As part of the program, students will complete two units (one core and one elective) across the areas of academic skills, creativity, community engagement and career development, and will have the opportunity to participate in a variety of seminars and learning experiences both online and in-person.

Upon successful completion of the Early Leaders Program, students will receive an ATAR adjustment when they apply to study at Swinburne. Swinburne will automatically award one aggregate point for each completed unit with up to a maximum of two points.

To help our students and their families get ready to start the program, Swinburne is holding an online Welcome Event on Thursday 22 April, 6pm AEST. The event will include a detailed run-through of the program by the program facilitators, a first-hand account by Zoe, a 2020 program participant, and a live Q&A with current Swinburne students. [Join via Zoom here.](#)

Find out more about the Swinburne Early Leaders Program [here](#).

Mrs Alice Wu-Tollis & Mrs Natalie Desira – Year 11 Coordinator



Creative and Critical Thinking

Creative and Critical Thinking is a new subject offered at BMG in 2021. The subject is taught across all year levels from Years 5 to 10. Students in Years 9 and 10 have recently been discussing human rights in Creative and Critical Thinking. These discussions were reflected in some outstanding written responses. Below are some excerpts from the writing tasks. Congratulations to all students in CCT for an excellent Term One. We look forward to more wonderful discussions, deep thinking and challenging debates in Term Two.

Student responses:

People all over the world are exposed to some of the most unimaginable situations where they can be traumatised, injured and harmed. These horrible circumstances can easily violate human rights laws. Human rights laws are put in place so that every single person has the same opportunities as each other and are protected. These laws make sure that if people do violate these rules, then they would be punished. Human rights laws are vital in order for everyone to live a safe, happy life with as many possibilities and opportunities as they like.

Ella Closter 9G

In a similar vein, human rights laws maintain individuality. Human rights allow people to have their own identity. These rights give you the freedom to support whichever political party you want to, practise which ever religion you believe in, participate in the activities you enjoy, and so much more.

Lauren Arlaud 9G

All things considered, human rights and laws must be essential. Without the right of education and employment opportunities, this will majorly affect our next generation's future. Not having the ability to live freely and make our own decisions will leave us all in doubt in future years.

Summer Wray 9H

Human rights laws are essential as they ensure that all humans are given their basic needs and are not treated poorly. An example of this is the Geneva Convention which states that if in a war a wounded enemy soldier is found, they must not be killed but brought back to a medical facility for treatment.

Thomas Morton 9C

Human rights violations can indeed test our faith in humanity. Hearing about such incidents on the news can truly lead one to question the society one lives in. I am constantly left dumbfounded as to how one human being can be so outwardly cruel to another. This leaves all to question where their emotions or sense of faith are.

Joselyn Bennetts 10C

Even in developed nations, evidence of race inequality can still be found. The recent BLM protests in the United States were sparked by people witnessing blatant racism and brutality by police officers. In Australia, there is a noticeable gap between the quality of life of Indigenous children and non-Indigenous children. Indigenous incarceration rates are shockingly high and there is no foreseeable solution in the near future.

Andrew Jenks 10C

Everyone has the right to freedom of opinion and expression. Each person has a different opinion on the world. It is in no doubt that we should all have the right to express our beliefs without fear of judgement. The only problem we face with freedom of opinion and expression is that many people have conflicting ideologies and refuse to take on new ideas.

Tyra McDonald 10G

Mrs Sarah Hunter – Deputy Head of Woodlea Campus

Moorabool Young Writers' Awards

Bacchus Marsh Grammar would like to encourage all students who love creative writing to submit a narrative to this year's [Moorabool Young Writers' Awards](#). Students who live in the Moorabool Shire and/or attend the Maddingley Campus are eligible to enter this competition. If you require support with your entry, please contact Mrs Clark at clarkje@bmg.vic.edu.au.

Good luck!

Bus Information

Student ID Cards

ALL students have now been issued with the student ID card. Many students are continually travelling without the student ID card. Any student travelling without their student ID card on their allocated private bus will be sent to their Year Level Coordinator. If a student has misplaced their Student ID card or it is damaged, a replacement can be printed by the ICT department.

Student Afternoon Bus Arrangements

A reminder to parents that if you require someone else to collect your child from the bus a **Student Afternoon Bus Arrangement & Permission Notice** is required to be completed **PRIOR** to the day of the authorised person collecting your child/ren.

This relevant form can be downloaded from the myBMG Parent Portal, under Documents - Whole School – Bus Forms.

Notes in a child's diary or a phone call on the day of the journey will not be accepted.

Private Bus Allocations

Students allocated to a private bus must only travel on their allocated bus. Private bus travellers cannot swap between private bus routes without prior approval. Any student who is not a private bus traveller and requires travel on a private bus must have pre-approval from the School Bus Service Administrator and be allocated a private bus before boarding.

Mrs Leanne Robertson - School Bus Service Administrator

Financial Arrangements

Please notify the Schools' Accounts Receivable Department as soon as possible if you are having difficulty meeting the instalments of your payment plan so alternative arrangements can be made. If you need to change the bank account or credit card that your fees are deducted from, you can do this at any time by accessing the "Manage Store Cards" tab in the drop down menu under Finance on the myBMG Parent Portal.

A reminder to families who are still experiencing the economic impacts of COVID-19 and feel that they are needing assistance with fees in 2021 to please make contact with us as soon as possible.

The Accounts Receivable team can be contacted by phone or alternatively email any enquiries to accountsrec@bmg.vic.edu.au.

Mrs Kylie Cooper – School Accountant

Camps, Sports & Excursions Fund (CSEF) Information

Information was emailed to families this week in relation to the CSEF. This is applicable to families who hold a valid Centrelink, Pensioner, Concession or Health Care Card number (CRN). The CSEF application form can be downloaded from the [School website](#).

To encourage people to make an application, the School will provide a rebate equivalent to the Building Levy for those families who submit applications which are approved by the Education Department.

The form which outlines eligibility requirements needs to be returned to the School by 18 June 2021 (last day of Term 2). Parents must meet the eligibility requirements by:

- Eligibility Date: 27 January 2021
- 2nd CRN validation date (for failed CRNs only): 19 April 2021

Parents who received the CSEF at Bacchus Marsh Grammar in 2020 do not need to complete an application form in 2021, providing there has been no change to their family circumstances.

Enquiries should be directed to Ms Sharon de Vries at accountsrec@bmg.vic.edu.au.

Ms Sharon de Vries – Finance Officer

Conveyance Allowance

We request that parents who have emailed their Conveyance Allowance application to the School, also submit the original copy of their application to the office.

Please contact Kerryn Browne on 03 5366 4800 if you have any questions.

Ms Kerryn Browne - Risk, Compliance and Policy Manager

Events Calendar

Dates for upcoming events/excursions and day camps can be viewed via the events calendar on the [school website](#).

BMG Community Contacts

Bacchus Marsh Grammar On Campus Uniform Shop

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.

Uniform information and shop business hours are listed on the [school website](#). Dates have been added reflecting operating hours during the school holidays.

Out of School Hours Care (OSHC) – YMCA Ballarat

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

Enrolments are 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

Student Absentees

Maddingley Campus

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

Woodlea Campus

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

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

Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- Worried, clingy and uncooperative
- Sad and angry one minute, okay the next
- Frightening thoughts and nightmares
- Regression to earlier behaviours
- Stomach aches and headaches



Adolescents may react in similar, but different ways:

- Mood changes
- Tired and distracted
- Retreating from social networks
- Sleep problems and headaches



Helpful Hint – children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Help Your Child or Young Person

- Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Other Ways to Help

- **Maintain daily routines** as much as possible
- **Stay social** – create ways to connect with special people and loved ones
- **Get active** – go for a walk, listen to music, sing, play with a pet
- **Be curious** – learn a new skill or research an interesting topic together
- **Help others** – encourages social connections and an "I Can" attitude
- **Plan fun activities** to look forward to

Find helpful resources, updates and training dates at goodgrief.org.au



"I think the most significant learning for children in the group was knowing they are not alone and not the only ones that experience change, loss & grief"

Companion, Seasons for Growth Program, 2019

A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

“The only thing in life that is permanent is change.
Change is the one constant in life”

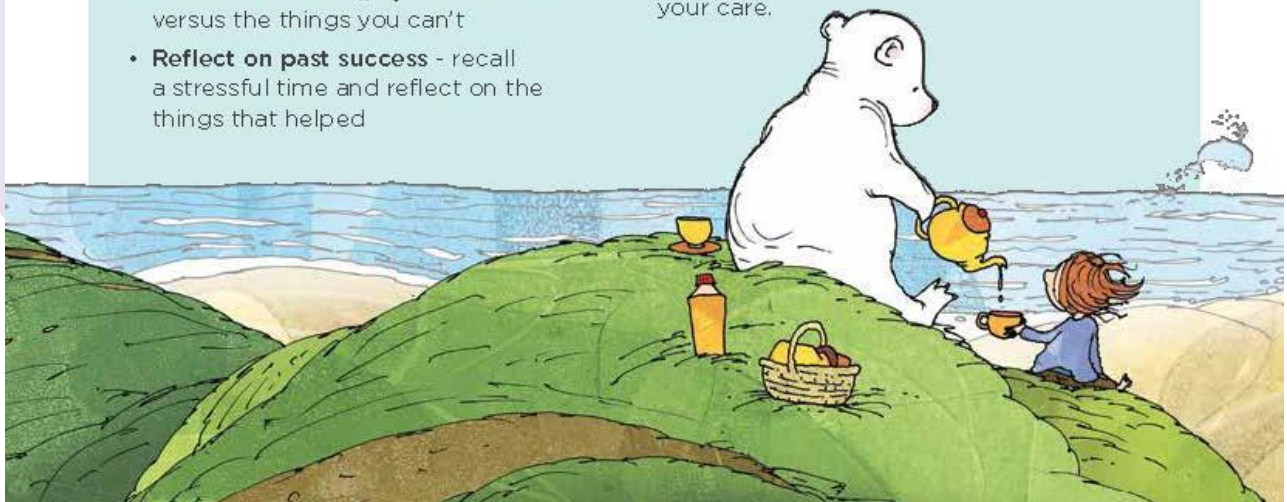
(Fallin, 2013)

Steps for Self-care

There are things you can do to support yourself, your friends and your family:

- **Listen** - to your needs and your own advice
- **Offer kindness** - for yourself and others
- **Stay connected** - with others by phone and online
- **Keep informed** - just enough information from reliable sources
- **Maintain a healthy routine** - diet, activity and sleep
- **Focus on the things you can control** - versus the things you can't
- **Reflect on past success** - recall a stressful time and reflect on the things that helped
- **Learn a new skill** and make plans for the future
- **Help others** - if and when you can
- **Seek support** - It's okay to ask for help and advice
- **Build hope** - Focus on 3 things you are grateful for.

You can't pour from an empty cup.
Look after yourself so you are better able to help the children and young people in your care.



Would you like to make a difference in your community?

**Meals on Wheels volunteers are currently
needed to deliver well balanced three
course meals to the elderly or ill
within the Moorabool Shire.**



Contact the Volunteer Coordinator
on (03) 5367 9403
or email volunteer@djhs.org.au
to discuss volunteering with
Djerriwarrh Health Services.

Djerriwarrh Health Services is proud to be an
Equal Opportunity Employer and encourages people
of indigenous background to apply.