

# BMG NEWS

3 September 2021

VOLUME 35, NUMBER 25



## From the Principal

### 2021 NAPLAN Reports

In the coming days, the 2021 NAPLAN Parent Reports will be posted to Years 3, 5, 7 and 9 parents whose children participated in the program this year.

I am pleased, that despite the disruption and challenges over the last year, our students performed above the State average in all areas. Students are to be congratulated for their resilience and commitment to their studies. Our aim with NAPLAN, as with all high stakes assessment, is continuous improvement. The School's results are currently being fully assessed to enable us to use the results to better structure learning and teaching.

If you have any questions regarding your child's report please contact:

- Mrs Danielle Copeman (Woodlea Campus)
- Mrs Emma Kannar (Maddingley Campus – Year 7 and Year 9)
- Mrs Lisa Foster (Maddingley Campus – Year 3 and Year 5)

**Mr Andrew A. Neal – Principal**

### Literacy Week 2021

A special thank you to all members of the Literacy Committee and all of the authors and special guests for their efforts in delivering a successful and engaging week of activities online. Thank you also to all staff, students (and parents) for helping to create a colourful and fun 'Dress Up Day'.

We look forward to reporting more about these activities in next week's Newsletter.

**Mrs Kelly Dilges – Director of Literacy Education & Development**

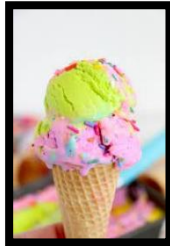
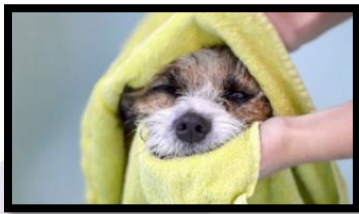
## The Podium – LOTE Faculty

Whilst the idea of having total freedom is but a distant dream for us now, **Year 8 French** students have been telling their teachers what they have been doing over the past few weeks. In remote learning, students have been studying how to use the past tense. Naturally, this led onto students preparing their own PowerPoint Presentations to show what they and their families have been up to in recent weeks. For LOTE, this is one of the most important aspects of language learning – making the topic in class relevant and linked to students' own lives.

Here are some sample sentences that the Year 8s created:

**Ayah Abdalla** - J'ai fait du vélo avec mon père et acheté de la glace. J'ai regardé la télé et mangé du pop-corn.

**Giovanna Emanuelle Da Silva** - J'ai joué aux jeux vidéos avec mes frères. J'ai regardé un film avec ma famille.



**Ishita Gupta** - J'ai aussi lavé mon chien.... et j'ai parlé à mes amis au téléphone.

**Emily Marchington** - Pour le déjeuner j'ai mangé une pomme. Après le dîner j'ai joué de la guitare. aussi après le dîner nous avons joué à un jeu de monopole.

All the Year 8 teachers found it a pleasure to see what our students do outside of the virtual classroom.

Félicitations à tous nos élèves d'année 8.

The Year 6 Japanese students completed computer models of Japanese houses early in the term. Many students were very creative with their projects and put lots of time and effort into building their 3D models virtually. The final products ranged from very basic to very detailed, and it was great to see how some students really rose to the task. Well done Year 6!

Can we also spare a thought for our wonderful Year 12 language students? We are conducting speaking practice via Zoom which is not ideal and not without glitches, but it is the only way we can prepare them for their oral exams in early October. Good luck and keep persevering – all the language teachers are here to support you!

**Mr Duncan Malcolm & Mrs Fiona Erhardt**

## 2021 Annual BMG Story Writing Competition

Congratulations to the following students who have won the 2021 Annual BMG Story Writing Competition:

### STORY WRITING COMPETITION 2021 WINNERS

|        | Winner                | Honourable mention                             |
|--------|-----------------------|--|
| Year 8 | Alessia Riepsamen 8C  | Alisha Rizvi 8D                                |
| Year 7 | Maddison Weeks 7A     | Ori Daniel 7F                                  |
| Year 6 | Geet Mata 6WA         | Aarya Sahu, Naisha Guraja & Prabhnoor Kaur 6WD |
| Year 5 | Madeleine De Vera 5WB | Devshree Gohil 5WD                             |
| Year 4 | Elise Holland 4A      | Stefania Robu 4C                               |
| Year 3 | Jayde Coady 3B        | Yuvraj Singh Walia 3WA                         |
| Year 2 | Sathvika Saikumar 2WD | Aira Sharma 2B                                 |

## Student Wellbeing

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### RUOK? Day

Thursday 9<sup>th</sup> September is RUOK? Day, a day when we're reminded to ask, "Are you ok?" and remember that every day of the year we can support people who may be struggling with life's ups and downs. This year the key message is, 'Are they *really* ok? Ask them today'.

At Bacchus Marsh Grammar, we know that regular, meaningful conversation can make a difference. You don't have to be an expert to ask how someone is going - just a good friend and a good listener.

This year, the RUOK? Initiative continues to shine a light on the times we should be asking our friends and loved ones this important question. We want everyone in our school community to know that if something is up with someone you know, there's something going on in their life or you notice a change in what they're doing or saying, it's time to trust your gut instinct and ask them, "Are you OK?" To help people keep the conversation going when someone says they're not OK, we encourage everyone to learn what to say after R U OK?

We continue to foster and facilitate activities that promote these supportive connections within our school community with students and staff from Prep right through to Year 12.

RUOK? is a national charity dedicated to inspiring all of us to have those regular, meaningful conversations to support someone who may be struggling.

You can learn more about the signs and how to ask RUOK? at [www.ruok.org.au](http://www.ruok.org.au)

Student Wellbeing Team

## Junior School News

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It has been fantastic to see some of the creative work that the students have been sharing throughout Literacy Week. We look forward to sharing some of these in the future.

While we remain in lockdown, we thought it a great opportunity to provide some ideas for activities that your children can do at home to practise skills they have learnt.

Some ideas for you to consider:

- Play a board game with family members.
- Create a picture of items you find in the yard.
- Make play doh.
- Paint a picture.
- Cook with an adult.
- Draw.
- Make up a game to play.
- Water play – use buckets, straws, bubbles.
- Read a book.
- Write a letter to a family member.
- Create a Scavenger Hunt for your family members.
- Have a picnic lunch outside. Take your books and toys with you.
- Gardening.
- Build a hotel for a bug.
- Learn to finger knit or braid wool into friendship bracelets.
- Have a disco with your family. Include musical chairs and have a dance off!

We hope you enjoy these activities and encourage you to share this with your extended family.

**Mrs Danielle Copeman – Head of Woodlea Campus & Mrs Lisa Foster – Head of Junior School: Maddingley Campus**



## Food Technology News

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Despite our School Community being in remote learning, our budding foodies continue to produce a wonderful array of food products at home as part of their Food Technology studies.

Food Technology students in Year 7 have been practising their hygiene and safety skills within the kitchen by undertaking independent cooking tasks at home. Throughout this unit, students have been encouraged to use a range of kitchen tools, including the stove top, oven and microwaves to produce a range of dishes.

We love seeing the cooking creations of all students while at home, so please feel free to share what you have cooked with one of our Food tech staff!

**Mr Jaike Ludewig - Learning Area Coordinator: Food Technology**



## Photograph submissions for use in School publications

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With the school operating via remote learning, some teachers are receiving images of their students' artwork/projects or images of them participating in activities.

The school is open to receiving images from parents/guardians relating to tasks/projects/events to be stored and used in school publications.

We request that images be sent to [newsletter@bmg.vic.edu.au](mailto:newsletter@bmg.vic.edu.au)

The following is required:

- Only parents/guardians can email images to the school, not students.
- The email must include student name, year level and most importantly written permission granting the school authorisation to use images.
- Images must only be of your own child/ren and not include other children.
- Images must be of a suitable resolution and quality – 2MB and above. Contact the school for more information.

These images will be reviewed and considered for publishing on Schoolbox and for school publications including the Yearbook, BMG eNews (newsletter), the website and Grammarian (not Facebook).

**Mrs Casey Ryder**

## Woodlea SRC

The Woodlea SRC has been continuing to meet while online and has been focusing its attention on organising activities that promote community togetherness and engagement. They have decided to organise a weekly 'Spotlight on Community'. The aim of this 'spotlight' is to create unique activities for our families to be involved in, while also promoting the valuable work of charitable organisations.

This week is Literacy Week, so the 'spotlight' activity combines the love of reading with our community's love for their pets!

Students were invited to pose their pet, stuffed toy or teddy bear reading a good book. In addition to having some fun at home, students and their families were encouraged to consider the wonderful work of charitable organisations supporting animals through this difficult time.

The Woodlea SRC would like to advocate for the amazing work of charitable organisations: Lort Smith Animal Hospital, RSPCA and Guide Dogs Australia. Information on how you can support their work can be found on their websites. Links are available on Schoolbox in the Woodlea Community News.

Congratulations to Aarya Sahu and Naisha Guraja (6WD) for organising this great Spotlight activity.

**Mrs Sarah Hunter – Deputy Head of Woodlea Campus**

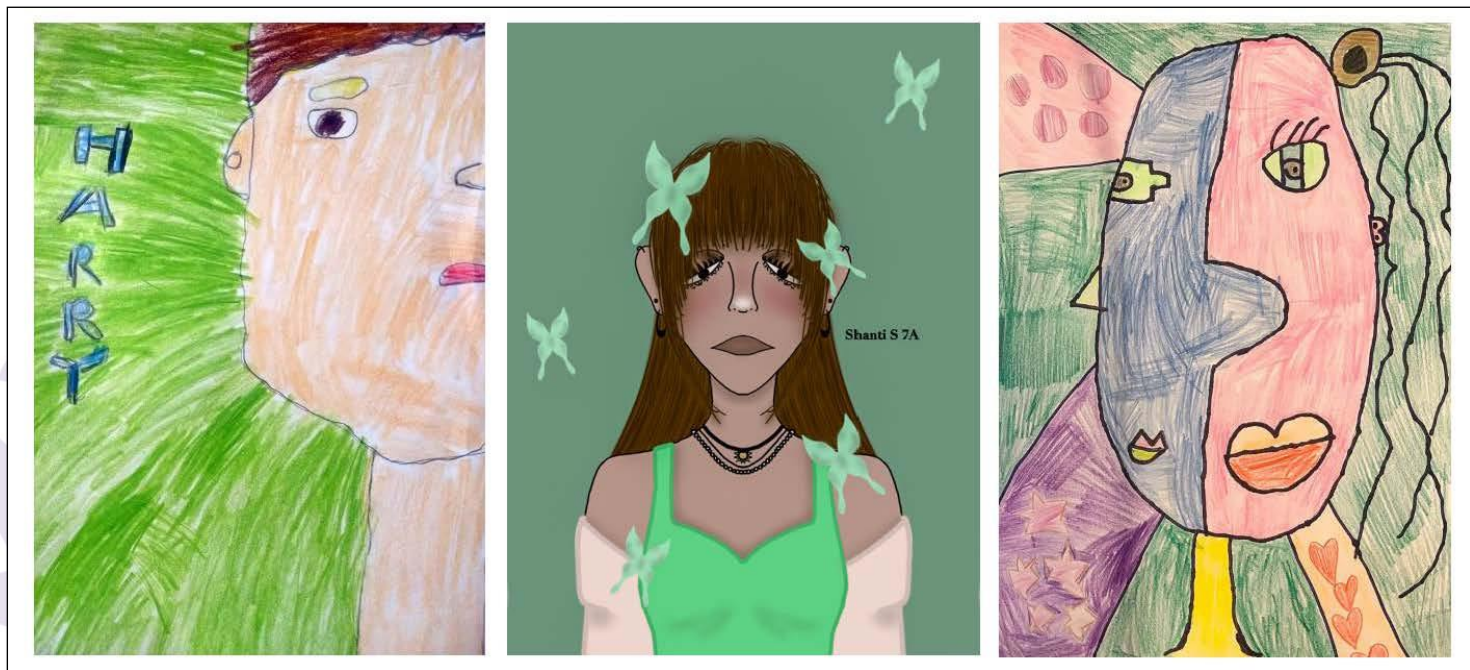




## Portrait Competition

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The Prep to Year 8 Portrait Competition has created a lot of interest and many artists are working hard to produce some wonderful portraits. Please note that the due date for the portraits will align with the time that all students return to campus. We will happily wait for students to be able to submit portraits in person. No digital submissions are required and students do not need to make a special trip to school to submit. Here are some wonderful, creative portraits of student work already submitted.



Mrs Nicole Heywood - Head of Art - Prep to Year 8

## From the Health Centre

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This September BMG is a 'Body Kind School' with the focus on being "body kind" to your body and others.

Parents can have a really positive influence on the way their young person thinks, feels and behaves when it comes to their body and appearance. Body Kind Families, a new initiative from the Butterfly Foundation for eating disorders, is for parents of teenagers. It provides FREE resources and important tips on supporting positive body image and being body kind, to our own body and to others.

Of the recently advertised webinars, there is still one FREE Zoom webinar next week. Please click the link below to register:

- 9 September: [Let's talk "Body Image in Boys"](#)

Parents/guardians of teenagers can visit [www.butterfly.org.au/bodykindfamilies](http://www.butterfly.org.au/bodykindfamilies) for further information and resources on supporting positive body image and being body kind. See also the posters at the end of the newsletter.

Health Centre Team

## Bus Information

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### 2022 Country Bus Travel

Application forms to travel on the Country Bus services in 2022 were emailed to parents via Edsmart. New BMG families who will require this service next year need to register their child by completing the relevant form. Existing families are required to re-register annually. These forms determine seat availability for travel in 2022 and must be received by **Friday 3 September**.

### Face Masks

It is compulsory for ALL students aged 12 and over to wear a fitted face mask whilst they are travelling on a school bus, (this includes to and from school, excursions and camps), unless they have a medical exemption.

### 2022 Private Bus Travel

As we begin to look at private bus capacities for 2022 this is a reminder to parents that should your child's travel arrangements be changing in 2022 (eg – moving house, new address, will not require private bus service), please contact the School Bus Services Administrator on 5366 4800 to discuss.

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

## Book Club News – Catalogue for Issue 6 is out now

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Visit the [school website](#) for more information regarding the latest catalogue and how to order.

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

## BMG Community Contacts

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### An update to Noone Uniform shopping:

**We will manage online and click and collect orders from the retail stores, but will leave the campus shops closed.**

[www.noone.com.au](http://www.noone.com.au)

### 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](#).

The Spring Holiday program conducted at Woodlea Campus is open for bookings. Please see find the details at the end of the newsletter.

**Email:** [chrissie.ashmore@ymca.org.au](mailto:chrissie.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.

## BMG Contacts

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#### 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)

# BodyKind FAMILIES

Butterfly understands how tough it can be for teenagers to feel accepting and confident in their bodies. We also know it can be hard for parents to know what to say or how best to support their teen.

Body Kind Families offers a range of resources and important tips for parents of teenagers on supporting positive body image and being BodyKind.

#### TO FIND OUT MORE:

[WWW.BUTTERFLY.ORG.AU/BODYKINDFAMILIES](http://WWW.BUTTERFLY.ORG.AU/BODYKINDFAMILIES)



Free  
WEBINARS  
VIDEOS  
TIPS & MORE  
FOR PARENTS.

Includes practical tips and information to help with:



Responding to your teen's  
negative body talk



Building resilience to  
social media pressures



Talking to your teen about  
appearance and weight



Encouraging healthy eating  
& exercise behaviours



What to do if your  
teen is struggling

In a world where we can be anything, let's be **BodyKind**

*Concerned about someone?*

Butterfly's free and confidential  
National Helpline can support you.

Phone Email Webchat  
1800 33 4673  
[www.butterflynationalhelpline.org.au](http://www.butterflynationalhelpline.org.au)



[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

### Body Image Tips for Parents

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem.

Here are some tips on ways you can be a good body image role model for your child:

**Love and accept your own body.** This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

**Don't talk about diets.** Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

**Talk to your child about the way they feel about the way they look.** Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Even with the best of intentions, sometimes life throws us a curve ball. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some **warning signs** to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent weight changes or rapid weight loss
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. If you want to talk to an experienced counsellor about your own body image issues Butterfly can support you. Call our **Support Line on 1800 ED HOPE (1800 33 4673)** or email us at [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)



**Butterfly**  
Foundation for Eating Disorders

# Bacchus Marsh Spring Holiday Program

Woodlea Campus

September 20 - October 1 2021

(7am - 6:30pm)

## HOW TO BOOK

All new families are required to enrol first. Enrolments are made through Xplor Home, payment via direct debit. See [yballarat.org.au](http://yballarat.org.au) or call 0490 490 362 for details.



SCAN QR CODE FOR  
PROGRAM DETAILS  
or visit [yballarat.org.au](http://yballarat.org.au)





# Bacchus Marsh Holiday Program

**\$100\* per day, less your CCS entitlement**

(\*Includes excursions and incursions. The times of excursions may vary due to circumstances out of our control)

|             |   |
|-------------|---|
| MON SEPT 20 |  Environmental Day - Plant seedlings in your very own biodegradable planter to take home     |
| TUE SEPT 21 |  Kids in the Kitchen - Make & bake a yummy treat for a snack                                 |
| WED SEPT 22 |  World Dance - Enjoy a culturally diverse workshop, with vibrant sounds & traditional dress  |
| THU SEPT 23 |  Frontier Park (10am - 3:30pm) - Have fun on the adventure playground & enjoy a picnic lunch |
| MON SEPT 27 |  Royal Botanic Gardens (10am - 3:30pm) - Enjoy the scenery as we go on an adventure         |
| TUE SEPT 28 |  Rhythm of Life - Learn to play a traditional West African drumming song in this workshop  |
| WED SEPT 29 |  Clay Sculptures - Create a masterpiece using clay. Paint, decorate & take home            |
| THU SEPT 30 |  Commando Kids - Join teams & work your way through some exciting challenges               |
| FRI OCT 1   |  Werribee Zoo (10am - 4:30pm) - Take a guided tour as we search for our favourite animals! |



Venue



Incursion



Excursion

Scheduled activities and bus times may change due to circumstances beyond our control. Please confirm with the venue if needed.

## WHAT TO PACK

• A wide brimmed hat – caps are not accepted for outdoor play • A labelled water bottle • Sunscreen (if allergies are present) • Suitable footwear to access the outdoors – strictly NO thongs are to be worn at the program • SunSmart Clothing- strictly no singlets will be accepted • A change of clothes

## FOOD

**NUT FREE ZONE!** - This means strictly NO Peanut Butter or Nutella in sandwiches please; this could be potentially life threatening to a child who suffers from anaphylaxis.

Unhealthy foods such as potato chips, lollies and chocolate will not be permitted to be consumed. These foods will be required to stay in the child's bag until they are collected.

Healthy Lunch Box Examples to pack  Fruit  Vegetable sticks  Cheese  Tuna  Sandwiches  Crackers  Wraps  NUT FREE bars  Eggs  Salad  Rice Crackers  Dips  Yoghurt & fruit or cereal, fruit salad or kebabs

**For more info visit >** <https://heas.health.vic.gov.au/schools/healthy-lunchboxes>

\*\*Please note: It is always best to pack more into your child's lunch box, if children run out of food families will be notified.