



Bacchus Marsh  
Grammar

# BMG NEWS

16 August 2017

[www.bmg.vic.edu.au](http://www.bmg.vic.edu.au)

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*Doctrina Vitae*



## FROM THE PRINCIPAL

It was wonderful to see so many students participating and enjoying the Literacy Parade. The origins of the Literacy Parade at school arose in decisions by the Junior School staff some years ago in relation to develop a day at school which enabled students to celebrate the books and programs they are involved in, in a positive way. I would like to thank all Junior School and Music Staff for their work on the day and in particular to Harriet Madams and Imogen Murray for their organisation of the parade.

I have had a number of phone calls in relation to car parking today. Yes, the car park was crowded due to the number of parents wanting to view the Junior School Literacy Parade. I regard this as a good thing not a bad thing. Schools do not build facilities to cater for events that occur one or two times a year. Facilities sized in this way would be prohibitively expensive and distort the use of the site. The school does have one of the largest car parks of any school I know and on most normal days it is crowded but flows and drains quickly. Simply put, would people concerned about the size of the car park want money spent there or on new buildings for students or would they like fees to increase at a faster rate? (I think I know the answers that most parents would give). It is not correct that the school has "built over" staff car parks, some staff car parks have been closed as both a safety issue and to provide more space for students to play. It has been suggested that staff are not parking in the spaces designated for them. I will speak generally to staff about this. On special days like today whilst we have designated the least desirable parts of the car park for staff other members of the community should feel free to use empty spots in these areas.

I am writing to inform the Community that Mr Keith Currie has decided that, in light of pending changes to the structure of the school and the redundancy of the Assistant Principal - Special Projects role, it is an appropriate time in his career to return to the things that first drew him to be a teacher. As such, Keith has accepted the redundancy of his role and has decided to pursue other teaching opportunities outside Bacchus Marsh Grammar.

Keith came to Bacchus Marsh Grammar in 2008 after completing a number of years as the inaugural Head of Trinity Anglican School, Albury/Wodonga. Before that, Keith had served in a number of senior roles in schools in New South Wales and South Australia.

Keith's experience, both as an administrator and as a senior mathematics teacher, has been of great value to our growing school. Keith has also been a significant force in the general life of the Bacchus Marsh community through his roles in both Rotary and the Moorabool Light Orchestra.

I wish Keith and his family well for the future and thank him warmly for his contribution to the growth of the school.

**Andrew A. Neal**

Principal

**Reminder to parents and guardians  
Mid Term Break - Friday 18 August  
The school is closed for Students and Staff**

### News in this Edition

**From Acting Head of the Senior School – Mrs Jennifer Jovanovic;** *Mid-Term Break, VCE Interim Reports and Parent Teacher Interviews, Subject Selection Years 9&10 2018, Principal's Awards and Senior School Colours.*

**From Head of the Junior School – Mrs Elizabeth O'Day;** *Prep A Farm Excursion, Book Week Incursion-Alpha Shows and Footy Day Fundraiser.*

- *Hubs Information and Contact numbers*
- *Premiers Reading Challenge, Alpha Shows, JS Story Writing Competition and Scholastic Book Fair*
- *Developing Reading Skills*
- *Positive Parenting*
- *Junior School Sport News*
- *Music News*
- *LOTE News*

### General News

- **Health Centre – Direct contact number 5366 4873.**
- *Conveyance Allowance*
- *Bus Reminder*

### Key Upcoming DATES

17 Aug	Senior School Parent-Teacher Interviews
17 Aug	Prep A Farm Excursion
17 Aug	Incursion – John Marsden
17 Aug	Year 11 Drama Excursion
17 Aug	Year 9/10 Geology Excursion
18 Aug	BMG Snow Camp – Mt Buller
<b>18 Aug</b>	<b>Mid Term Break – No School Students and Staff</b>
22 Aug	Alpha Show "The Snow Queen" Prep – Year 4 Incursion
23 Aug	JS Footy Day Fundraiser
24 Aug	JS Assembly - <i>Gymnasium 9.00AM</i>
24 Aug	Year 9 2018 Information Night – Gym @ 6.45pm
25 Aug	Year 5/6 Hoop Time
25 Aug	VET Hospitality & VCE Food Studies – <i>The Langham</i>

### Key Upcoming DATES Continued

28-30 Aug	Junior Instrumental Concert Series – Wilson Hall
29 Aug	Year 3-6 Dad's Sports Fun 3.05-4.00pm
29 Aug	Year 3/4 Hoop Time
29 Aug	Year 10 Presentation Evening Dance Practice
31 Aug	SS House Performing Art Competition
1 Sep	Prep A – Year 2 Fun Run and Dad's Day Activities (9.15-10.30am)
1 Sep	JS Father's Day Stall
1 Sep	Year 10 Presentation Evening
5-6 Sep	Junior School Musical – Bacchus Marsh Public Hall
7 Sep	Year 7 Immunisations
8 Sep	BMPSSA Summer Sport
11-15 Sep	Positivity Week
13 Sep	BMG in Concert – Wyndham Cultural Centre
13 Sep	JS Division Athletics
14 Sep	JS Assembly - Gymnasium 9.00AM
14 Sep	SS Theatresports
15 Sep-2 Oct	2017 Senior School Japan Trip
15-26 Sep	JS Vietnam Trip 2
18-22 Sep	Year 9 D&E Duke of Ed Expedition (The Otways)
18-22 Sep	Year 9 Leadership Program
18 Sep	Year 10 Keys Please Incursion
22 Sep	<b>End of Term 3 Earlier finish time JS – 2.05pm, SS – 2.15pm Public and Private busses will coincide with the early finish times.</b>
10 Oct	Students resume Term 4

**FROM THE DEPUTY PRINCIPAL**  
– HEAD OF SENIOR SCHOOL

#### MID-TERM BREAK

A reminder that **Friday 18 August is the Mid-Term Break**. Students will be dismissed at the regular time on Thursday 17 August.

#### VCE INTERIM REPORTS and PARENT-TEACHER INTERVIEWS

Interim reports for VCE students have been posted out. If concerns have been raised in these, or during Parent-Teacher interviews, and further discussion is required, please contact your child's Year Level Coordinator and/or teacher to arrange a time for a more detailed interview.

#### SUBJECT SELECTION FOR 2018 YEAR 9 and 10

An information evening for students entering Year 9 or 10 in 2018 and their parents will be held on **Thursday the 24 August at 6:45pm** in the **Gymnasium**. The evening will focus on the subjects offered for the Year 9/10 years, the pathways to VCE and the use of Web Preferences to select subjects.

#### STUDENT ACHIEVEMENT:

##### PRINCIPAL'S AWARD

At Senior School Assembly this week, a Principal's Award Certificate was awarded to **Joshua Lappin 12F** and **Cooper Stevanov 11G**. Both students were awarded the Certificate for representing Victoria in the National Frisbee Championships. The team won both the championship and also the Spirit Award for their conduct during the competition.

**Alejandra Camacho 9G** was presented with a Principal's Award for winning the Rostrum Voice of Youth State Final and then representing Victoria in the National Final. Alejandra was presented with an individual award from Des O'Shanassy from

Wynspeak and two shields that will be on display at the school for the following year.

#### SCHOOL COLOURS

Congratulations to the following students who were presented with **Double School Colours** at this week's assembly:

**Jennifer Ly 11A**  
**Eve Rampley 12E**  
**Joseph Earnshaw 11A**

#### Jennifer Jovanovic

Assistant Principal - Acting Head of Senior School

**FROM THE DEPUTY PRINCIPAL**  
– HEAD OF JUNIOR SCHOOL

**MID TERM BREAK - FRIDAY 18 August**  
**No school staff and students**

#### Prep A Farm Excursion

On Thursday 17 August the Prep A students will be going on an excursion to The Animal Land Children's Farm in Diggers Rest. We will be leaving school at 9:00am and returning to school at approximately 2:45pm.

Students will need:

- Snack and disposable drink in a **named** disposable bag.
- Lunch and a disposable drink in a **named** disposable bag.
- To **wear their sports uniform**, including their school anorak.
- To bring a pair of gumboots in a **named** plastic bag.

#### Book Week Incursion



On Tuesday 22 August, **ALPHASHOWS** will be performing 'The Snow Queen' as a celebration of Book Week. This is an interactive stage show which will expand on the basic story, exploring the topics of friendship, family, and being true to who you are without fear.

**ALPHASHOWS** is one of the many touring companies that brings the arts into schools. They specialise in bringing real, quality theatre to people who may not normally have the opportunity to see a full production musical. For more information, please visit

<http://www.alphashows.com.au/shows/snowqueen/>

Each P-4 grade will attend the performance on Tuesday 22 August 2017.

### Footy Day Fund Raiser

On Wednesday the 23 of August, the SRC will be holding a FOOTY DAY!

This footy day will consist of:

- students are permitted to wear a football jumper, scarf or beanie with their school sports track pants or shorts. Students who partake in this activity do so for a 'gold coin donation'. The money raised will go towards Loc Tho Pagoda, our sponsored orphanage in Vietnam.
- football competitions/games on the oval at lunchtime

The September Year 6 study tour is preparing to travel, and as one of their goals is to teach the children of the orphanage how to play AFL, we thought a football day would be an appropriate activity to raise some funds for us to purchase some sports equipment for the Orphanage and Charity School. Please come in your team's colours, be involved in the lunchtime competitions and help support the SRC and Vietnam study tour group.

### Elizabeth O'Day

Deputy Principal - Head of Junior School

### HUBS PROGRAM

Please remember that we have a **No Hat No Play** policy for all children attending the Hubs Program who must have a spare hat to wear outside. Students participating in ball games in the Learning Hub must bring a spare top to wear over their uniform.

### Reminders for the Hubs Programs:

- Students attending Sports Hub are reminded to pack a healthy snack such as fruit, vegetables or sandwiches to have after school and a named water bottle.
- **If your child is unable to attend either program please contact us via email, phone or text.**
- Parents must ensure to sign their child/children out when collecting from either the Learning or Sport Hub.

### The Learning Hub and Sports Hub

For each of these programs it is important and the parent/guardians responsibility to notify the program coordinators if there are any changes to your children's attendance on the day that they are to attend. This may be done by SMS to either related program on the following numbers:

**The Learning Hub - 0408 548 058**  
**The Sport Hub - 0428 315 081**

**Please note these mobile numbers are not attended prior to 2.00PM each day.** Prior to 2.00PM confirmation of absentees may be phoned through the main school number on  
**5366 4800.**

or  
email the Learning Hub  
[hubprograms@bmg.vic.edu.au](mailto:hubprograms@bmg.vic.edu.au)

### Term Three 2017 Sports offered:

Day	Dates	Activity
Monday	Monday 21 Aug Monday 28 Aug Monday 4 Sept Monday 11 Sept Monday 18 Sept	<b>AFL</b>
Tuesday	Tuesday 22 Aug Tuesday 29 Aug Tuesday 5 Sept Tuesday 12 Sept Tuesday 19 Sept	<b>All Ball Sports</b>
Thursday	Thursday 17 Aug Thursday 24 Aug Thursday 31 Aug Thursday 7 Sept Thursday 14 Sept Thursday 21 Sept	<b>Dance</b>

### DEVELOPING READING SKILLS NEWS

## Children's Book Council of Australia Book Week, 2017 19 - 26 August Theme: 'Escape to Everywhere'

The theme for this year's CBCA book week is fitting when you consider what happens when we read, we escape and enter other worlds which have been cleverly created by authors. Roald Dahl has enabled us to experience the wonders of a chocolate factory owned by an eccentric chocolatier; Andy Griffiths and Terry Denton have taken us on the journey of a fun and imaginative treehouse; Aaron Blabey has introduced us to Pig the Pug, a dog who is struggling with the notion of sharing; Mem Fox has taken us around Australia to find a magic potion allowing a baby possum to be visible again; Doris Pilkington gave us insight into Australia's history from the perspective of three Aboriginal girls' brave attempts to return to their family.

These authors have created opportunities for readers to escape into wondrous worlds, laugh and cry with the vast array of characters, learn important lessons in life as well as true reflections of Australian history. When reading with our children, regardless of age, it is an ideal time to discuss the strategies authors use to draw us into the worlds they are creating. Questions you could ask include:

- What emotions was the character feeling?
- As you've been reading, what pictures have been in your mind?
- If you were in the story, what would you hear, taste, smell or feel?
- What does the character/setting look like in your mind?
- What were you imagining in your mind as you read that page/paragraph?

- What is the main message of this book?
- What does the author want you to think about?

Book week will be a perfect time to escape into reading with your children and enter imaginative worlds full of humour, drama and many exciting journeys.

**Alison Cummins**

Director of Reading Enhancement

## **POSITIVE PARENTING NEWS**

### **Positive Parenting: How mother's and father's parenting styles can impact a child's behaviour**

The sex of a parent may influence the relationship between parenting and children's behaviour and the sex of the child may also play a role.

#### **What we know:**

- Boys may benefit more from their father's involvement and be at greater risk for behavioural problems than girls in the absence of that involvement.
- Although father involvement was not significantly related to girls' problem behaviours, it has been shown to be related to other outcomes in both boys and girls, such as internalising symptoms (e.g. depression, anxiety, withdrawal, loneliness).
- There is some evidence that higher levels of paternal involvement are related to wives' increased marital satisfaction, which may influence their overall mood, and in turn, their children's behaviour.
- Maternal involvement is predictive of later behaviour problems in children who exhibited problem behaviours early on.
- For both mothers and fathers, higher levels of poor monitoring/supervision (i.e., less monitoring/supervision) were related to higher levels of externalising behaviour (e.g. aggression, violence, defiance), but only for girls.
- Results indicated that higher levels of parent depression were related to higher levels of child misbehaviour for both mothers and fathers with no differences in the relations as regards the sex of the child.
- Paternal involvement has been shown to be related to lower levels of child behaviour problems and may prevent the development of future behaviour problems in difficult children.

#### **What you can do:**

- **Pick a time that suits.** If homework has to be done at the kitchen table, make that the time when you're preparing a meal so that you're on hand for questions.
- **Refrain from stereotyping.** Parenting boys is different to parenting girls, but 'boys will be boys' or 'she's just a drama queen' are phrases best not used to excuse inappropriate behaviour.
- **Use daily routines for learning.** Breakfast together, driving to school and household chores are all appropriate times to incorporate one-on-one learning.
- **Break with routine and do things differently.** Weekends are a great time to make snap decisions about an outing, game of cricket in the park, time at the shopping plaza together.
- **Organise time to work as a team.** If you have a partner, team-tag responsibility, chores, down time and supervision time.
- **Ensure kids' boundaries are clear.** Regardless of sex or age, kids need clear limits and boundaries and know when they have crossed them.
- **Discipline with consistency.** Stand your ground with implementing consequences for bad behaviour or rule breaking and let kids experience these.
- **Create talking time.** There's never a better time than one-on-one with your child to discover what's going on in their world. Make the time special, exclusive to them, exchange confidences and secrets.
- **Make them feel needed.** Ask for small acts of assistance or help as often as you can. Remember please and thank you, and they will too.
- **Be a parent, but a person too.** Be real with your kids. Share their dreams and ideas. Apologise when you muck up.
- **Be part of the solution.** When the behaviour is feral, homework not done, chores not completed, and the iPad has been running hot despite the rules, take them aside, sit them down, and work together on why and how things have to change. Let them know it's as important to you as it is to them.

*Source: Gryczkowski, et al., Differential Relations between Mothers' and Fathers' Parenting Practices and Child Externalizing Behavior. J Child Fam Stud (2010) 19:539-546*

**Veronica Johnston**



ALPHASHOWS will be performing 'The Snow Queen'. This is an interactive stage show which will expand on the basic story, exploring the topics of friendship, family, and being true to who you are without fear.

ALPHASHOWS is one of the many touring companies that brings the arts into schools. They specialise in bringing real, quality theatre to people who may not normally have the opportunity to see a full production musical. For more information, please visit <http://www.alphashows.com.au/shows/snowqueen/>

Each P-4 grade will attend the performance on Tuesday 22 August 2017.



Congratulations to the following students have recently finished the Challenge:

**Joanne 4B**  
**Daniel 3D**  
**Tristan 6D**  
**Sofia 3A**  
**Angel 4A**

There are only six weeks left to complete the Premier's Reading Challenge! The Premier's Reading Challenge is open to all students from Prep to Year 10.

The Challenge aims to promote a love of reading and builds upon the literacy programs already in place at School, as well as providing a wonderful way for parents to encourage their child to read and improve their literacy skills. It is not a competition, but a challenge to each student. The Challenge also encourages students to read more frequently and more broadly, with a wide range of authors and books making up the booklist.

Prep, Year 1 and 2 students are challenged to read or experience 30 books. They can either read the books by themselves, with someone else or be read to. **All P-2 classes at Bacchus Marsh Grammar will do the Challenge together as a class.**

Students in Years 3-6 must read 15 books to meet the Challenge. Two-thirds of the books for all students need to be from the 2017 Challenge booklist.

Logon details will be provided to Year 3-6 students this week.

The Challenge ends on 8 September 2017. All students who complete the Challenge will receive a certificate from Victoria's Premier Daniel Andrews.

Students who have returned an online Honour Roll consent form will also have their names published on the online Honour Roll. Further details of the Challenge and the full list of books are available from the PRC website: [www.education.vic.gov.au/prc](http://www.education.vic.gov.au/prc)

**BMG Annual Writing Competition**

Theme:  
**"Abracadabra!"**  
said the strange little man!

**This must be the focus of your story.**

**The rest is up to your imagination!**

**All BMG students in Years 2 – 6 can enter.**

**You can type or handwrite your stories.**

**All hard copies of submission must be submitted to Mrs West by 4pm 10<sup>th</sup> August 2017.**

**Emailed entries will not be accepted.**

**Don't forget to include your name and grade!**

**Good Luck!**

**Feona West**  
Head of Junior School Library

SCHOLASTIC BOOK FAIR  
NEWS

BOOK FAIR SUCCESS!



Thank you to all our BMG families who supported Book Fair this year. The Fair sold over \$19,600.00 of books and other items which gave us a commission of approximately \$3800.00. This is our most successful fair ever. What an amazing effort!

I would like to thank Mrs Feona West for all her tremendous work to make our Book Fair the success it was. We are also grateful for the help and support of our Junior Class teachers and assistants with our Book Looks. Thanks also to Emma Perconte, our parent volunteers, Mrs Jeanette Trethowan and

Mrs Margaret Cassar, our Senior student volunteer, Lily Trethowan, and our Library Captains, Sophie Bill and Ethan Marchington.

All back orders have been distributed. If your child has not yet received their order please let me know through their class teacher. Thank you.

### BOOK FAIR WILL RETURN IN 2018!

Diane Dunn  
Book Fair Coordinator

## JUNIOR SCHOOL SPORT NEWS

### Victorian Interschools Snowsports Championships



We wish Bacchus Marsh Grammar's Snowsports team good luck as they head to Mt Buller for the Victorian Interschool Snowsports Championships next week. Our students will be competing in a range of events, including Alpine Giant Slalom, Snowboard Giant Slalom, Freestyle Ski – Moguls, Skier Cross and Boarder Cross.

Students competing are Flynn and Jesse Trembath, Summer, Kaylee and Taylah Wray and Kaeden Lussetti. Watch this space in the coming weeks for results.

### PREP TO YEAR 2 FUN RUN

This year's Fun Run will be held on Friday 1 September, beginning at 9:00am. With Father's Day only two days later, we are dedicating the morning to all the fathers in our school community.

We will begin the morning with the Fun Run, and welcome all families to be involved by either running with their kids or cheering them on.

After the Fun Run, there will be a variety of sports activities for all to enjoy.

We hope to see you there.

**Nick Sher**  
Junior School Physical Education

Congratulations to the following BMG students who have recent success in their sport outside of school:

**Emily Attard** 6A recently competed in the Australian Team for Karate and competed in Europe over the school holidays.

**Maxx Nuspan** competed on the 5 and 6 of August 2017, in the U11B Victorian Junior Road Championships in Wangaratta and Glenrowan, Victoria.

This was one of the harshest conditions Maxx has experienced in a road event, some competitors pulling out of the event, suffering hypothermia or just fingers too frozen and unable to change gears. Maxx successfully came away with a 3rd in the time trial and Bronze medal in the road race for U11 Boys.



### **Rachel McMahon**

Head of Junior School Phys. Ed, Camps and After School Programs

## MUSIC NEWS



### **BMG In Concert**

The annual Senior Music concert 'BMG In Concert' is taking place on Wednesday 13 September at the Wyndham Cultural Centre at 7pm. The evening will be a showcase of various ensembles and VCE soloists including students from Years 5-12. All are welcome.

Tickets are now available from the Wyndham Cultural Centre Box Office for \$8 if booked via phone on (03 8734 6000), or in person. An additional fee of \$1.95 will be charged per ticket for online bookings. The Box office will be open 1 hour prior to the performance for ticket collection and sales.

Booking information may also be accessed via the 'news and events' section of the school website.

If you have any queries about the event, please don't hesitate to contact Mr Dean Thomas at the school.

## 2018 Instrumental Program

All students currently enrolled in the instrumental music program in 2017 will be required to re-enrol for 2018 if they wish to continue lessons.

Re-enrolment forms for the Instrumental Music Program for 2018 will be sent home to existing students on 4<sup>th</sup> September. These must be completed even if you are wishing to cancel out of the program. This form **MUST** be returned to the Music Administrator Fran Raynor by Friday **13 October 2017** to secure your child's place in the 2018 Instrumental Music Program **or to cancel** from the program. If no notice has been received by this date, students may lose their current place in the program and will be added to the waiting list until further notice.

Students wishing to enrol into the 2018 instrumental program who are not currently part of the program, are required to complete an expression of interest form which can be found at the following link on the school website;

<http://www.bmg.vic.edu.au/uploads/ppage/files/Music%20-%20Enrolment%20Form%20Gen%202018%20SEM%201.pdf>

Formal letters of offer will be sent to parents in Week 5 of Term 4.

*Please note that allocated teachers may change from year to year due to a number of factors. Every effort is made for students to retain their existing teachers, but this is not always possible.*

In the instance that a student is enrolled in a **shared lesson** format and a suitable partner to share with is not available, students will continue to be enrolled in a shared lesson format but will receive a reduced private lesson of 20 minutes.

Parents are encouraged to contact the Director of Music, Dean Thomas, if they have any queries about enrolment, lesson format, instrument purchase/hire or any other general music enquiries.

**Dean Thomas**  
Director of Music

### Junior School Instrumental Concert Series

Entries for this event have now closed

**The deadline for submitting backing tracks to Mr. Westgarth is this Friday 18 August.**

[westgartht@bmg.vic.edu.au](mailto:westgartht@bmg.vic.edu.au)

We look forward to a wonderful showcase of our up-and-coming young musicians.

**Mr Steven Bell**  
[bells@bmg.vic.edu.au](mailto:bells@bmg.vic.edu.au)

### **Bass Guitar Tuition at BMG**

At the foundation of every good band there lies a silent hero, a musician of great strength and fortitude – The Bass Player.

We are now taking enrolments from any students who might be interested in learning how to play the bass guitar.

If you have always wanted to learn an instrument but you have not been sure which you would like to learn then now is the time to try the bass guitar. If you have been learning guitar but dislike having to use a plectrum, come and try bass. If you enjoy the rhythm of the drums but seek the satisfaction of playing a melody, pick up a bass.

Mr Rourke is the bass tutor at BMG and teaches at the school each Thursday. Students or parents interested in finding out more about the bass guitar and lessons at BMG are invited to contact Mr Rourke [rourkec@bmg.vic.edu.au](mailto:rourkec@bmg.vic.edu.au)

### **LOTE NEWS**

A big thank you to all the host families for another wonderful and memorable visit for our sister school in Kumamoto. Thank you so much for welcoming them into your homes. They have returned to Japan with so many memories and experiences to share with their family and friends.

Thank you also to the students and staff in our LOTE classes for creating the opportunity to talk about and share the Australian lifestyle with our Japanese friends. Until next year. Thank you again.

**Michael Love**  
LOTE Department

### **HEALTH CENTRE NEWS**

**Please see the attached health flyer relating to the flu!**

#### **HEALTH CENTRE**

The Health Centre is open between 8:30am and 5:30pm Monday to Friday. The direct phone number for the Health Centre is: **5366 4873**.

### **BUS NEWS**

**Attention parents of junior school bus travelers:**

Can parents/guardians please ensure that when you are collecting your child/ren from the bus in the afternoon that you make yourself clearly visible to the bus drivers.

This will require parents / guardians to leave their cars and proceed closer to the bus so the driver can confirm that junior students have been collected.

**Kerryn Browne**  
Bus Coordinator

**Conveyance Allowance**

The conveyance allowance is a form of financial assistance to help families in rural and regional Victoria with the cost of transporting their children to their nearest appropriate school/campus. The conveyance allowance is available to eligible students travelling by public transport, private car and private bus. The conveyance allowance is also available to eligible students whose nearest school is not serviced by a free school bus.

To be eligible to receive a Conveyance Allowance, students must:

- attend their nearest government or non-government school/campus appropriate to their year level at which admission is permissible;
- be enrolled at a school/campus outside Melbourne's metropolitan conveyance boundary;
- reside 4.8km or more by the shortest practicable route from that school/campus attended;
- be of school age (5 to 18 years old at time of application) and reside in Victoria.

A Private Bus or Private Car conveyance allowance is not available if the journey could have been made using a free school bus or public transport service.

Please contact the School for further information or to obtain an application form. Forms must be completed and returned to the office no later than Friday 25 August 2017.

**Kerryn Browne**  
Administration

**UNIFORM SHOP  
NEWS**



**"ON CAMPUS" TRADING HOURS**

Mon & Fri: 12:30p.m. to 4:30p.m.

Wed: 8a.m. to 12noon

Bacchus Marsh Grammar "On Campus Shop"

Phone: 5367 4072



**RUSHFORDS TRADING HOURS**

Mon-Fri: 9a.m. to 5.00 p.m. Sat: 9a.m. to 1p.m.

Shop1/13 Barnes Place, Werribee.

Phone: 9741 3211 Fax: 9741 3155

Email: [rushfords@noone.com.au](mailto:rushfords@noone.com.au)



**Father's Day Stall  
Friday 1 September 2017**

BMG is hosting a Father's Day stall for Junior School Students. There will be a range of gifts to choose from for the special men in their lives.

**All gifts are \$5.00 each with a maximum of four gifts per student. Gift vouchers will be available to purchased from Tuesday 15 August through to 11.00am Tuesday 29 August.**

Gifts are required to be paid for online through the **Qkr App, Father's Day Stall Tab.**

Information on how to set up the Qkr App is included with this newsletter.

Students will visit the stall at allocated times during the school day.

Don't forget to send along a bag to ensure the gifts make it home safely.

**Any questions please contact  
Cathy Perconte on 5366 4800**

**COMMUNITY  
NEWS**



We are excited to be taking part in the 2017 Woolworths Earn & Learn program.

During the previous campaign, we were able to purchase some great resources with the points we earned, thanks to you.

From 26 July 2017 until September 19 2017, you can collect stickers at Woolworths that go towards Earn & Learn points. For every \$10 you spend at Woolworths (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. These stickers can then be given to your children to collect on a special sticker card. Once it is completed, they can simply bring it back here to school or you can drop them into your local Woolworths collection box.

The more points we earn, the more we can redeem from a choice of over 10,000 educational resources including mathematics and English resources, art & crafts materials and much, much more!

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at School.

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## Flu (influenza)

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### Summary

- Influenza is a viral disease that causes widespread illness every year.
  - Immunising people who are at risk of complications from the flu is the most important way we have to reduce the number of flu infections and deaths.
  - Influenza immunisation is recommended for people in known high-risk groups.
  - People who work or live with people who are at risk of serious complications should also be immunised to avoid spreading the flu.
  - The vaccine cannot give you a dose of flu because it does not contain any live virus.
- 

The flu is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. The flu is spread by contact with fluids from coughs and sneezes.

It is estimated that flu contributes to over 3,000 deaths in Australia each year.

The "swine flu" virus – also known as influenza A (H1N1) – emerged in 2009 and caused the first influenza pandemic in more than 40 years. However, it is now a regular human flu virus that continues to circulate seasonally worldwide. The current seasonal influenza vaccine has been designed to include protection against the swine flu virus.

### Do I have the flu?

The most common symptoms of the flu are:

- sudden appearance of a high fever (38 °C or more)
- a dry cough
- body aches (especially in the head, lower back and legs)
- feeling extremely weak and tired (and not wanting to get out of bed).

Other symptoms can be:

- chills
- aching behind the eyes
- loss of appetite
- sore throat
- runny or stuffy nose.

Having the flu is even more likely if you have been in contact with someone who already has it, or have had some other type of exposure such as overseas travel to areas where flu outbreaks are occurring.

Whether you have the flu or another kind of virus can only be confirmed by a doctor after a nose or throat swab has returned positive results. The treatment is similar for any 'flu-like' illness, but a diagnosis is useful in helping health officials track disease patterns and frequency and will be required where complications have developed.

### What to expect with the flu

Symptoms of the flu hit very quickly and may last for several weeks. A bout of the flu typically follows this pattern:

- Days 1–3: Sudden appearance of fever, headache, muscle pain and weakness, dry cough, sore throat and sometimes a stuffy nose.
  - Day 4: Fever and muscle aches decrease. Hoarse, dry or sore throat, cough and possible mild chest discomfort become more noticeable. You may feel tired or flat.
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- Day 8: Symptoms decrease. Cough and tiredness may last one to two weeks or more.

### **What about flu complications?**

In some cases of the flu, severe illness and complications such as pneumonia and bronchitis can develop, which can result in hospitalisation and even death. The flu can also make some existing medical conditions worse.

Some people are at higher risk of severe complications associated with the flu. They include:

- pregnant women
- people aged over 65
- Aboriginal and Torres Strait Islander people
- children younger than five, particularly those younger than two years of age
- people with chronic medical conditions.

Annual immunisation against the **flu** is recommended for these people, many of whom are eligible for free flu vaccination each year (in autumn) under the National Immunisation Program.

The vaccine is not 100 per cent effective but it does provide a high level of protection and can reduce symptoms in those still getting sick.

Anyone in these at-risk groups with flu-like symptoms should see their doctor as soon as possible.

### **I think I have the flu – should I see a doctor?**

Most people who are generally healthy won't need to see their doctor for the flu. Their immune system will fight the infection and their symptoms will usually clear up on their own.

If you think you have the flu, try to rest, maintain a good fluid intake, and manage your symptoms. This will help you recover and prevent dehydration.

See your doctor if you are concerned, and seek **immediate medical attention** if you experience any of the following symptoms:

- difficulty breathing
- chest pain
- sudden dizziness
- confusion
- severe vomiting
- fever with a rash.

### **How can I avoid giving the flu to other people?**

Most (otherwise healthy) adults will be able to infect other people up to seven days after becoming sick, so the best way to avoid spreading the flu is to stay at home while you are unwell. In particular, avoid going to work or school or visiting busy public places. Avoid sharing linens, eating utensils and dishes.

Perform good cough etiquette at all times. This includes coughing into a tissue and disposing of it immediately, or coughing into your sleeve.

Good hand hygiene is also important. Wash your hands regularly using soap and water, particularly if you cough into your hands.

### **What medications should I take for the flu?**

The flu is a viral infection so **antibiotics won't help at all** and should not be taken.

Antiviral medications, if started in the first two days after your symptoms start, can shorten the length of your illness. These will need to be prescribed by your doctor.

Decongestants and simple pain relievers can help you feel better while your body's immune system fights off the infection.

Follow these tips for buying over-the-counter medication for the flu:

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- Buy a remedy that treats only one symptom; this way you are not taking in substances that you do not need, or that may trigger an adverse reaction.
- Read the label to check:
  - whether the active ingredient treats your symptoms
  - any possible side effects of the medication
  - any possible interactions the medication may have with any other medications you are taking, including over-the-counter, prescription, and alternative medicines (for example, herbal medicines)
  - if the medication is safe for you to take with any other health conditions you have.
- If you are unsure if a medication is suitable for you to take, or if you have any other questions, talk to your doctor or pharmacist. They can suggest a medication that is appropriate and safe for you to take.

### Looking after yourself when you have the flu

The best things you can do to look after yourself when you have the flu are:

- Rest – you will probably feel very weak and tired until your temperature returns to normal (about three days), and resting will provide comfort and allow your body to use its energy to fight the infection
- Stay at home – stay away from work or school and avoid contact with others as much as possible while the infection is contagious. The period during which adults are contagious is usually around 3–5 days from when the first symptoms appear, and up to 7 days in younger children.
- Drink plenty of fluids – extra fluids are needed to replace those lost because of the fever (through sweating). If your urine is dark, you need to drink more. Try to drink a glass of fluids, such as water, every hour while you are awake.

### Other useful tips for flu recovery

Other useful flu recovery tips include:

- Take simple pain-relieving medication such as paracetamol or ibuprofen, as directed on the packet, to ease muscle pain and bring down your fever (unless your doctor says otherwise).
- Do not give any medications that contain aspirin to children under 18 years of age with flu. The combination of the flu and aspirin in children has been known to cause **Reye's syndrome**– a very serious condition affecting the nervous system and liver.
- Antibiotics are not effective against the flu because the flu is a virus, and antibiotics fight bacteria. However, your doctor may prescribe them if you develop a bacterial infection on top of your flu.
- Gargle with a glass of warm water to ease a sore throat. Sucking on sugar-free lollies or lozenges also helps.
- A hot water bottle or heating pad may help relieve muscle pain. A warm bath may also be soothing.
- Use saline nose drops or spray to help soothe or clear a stuffy nose. These decongestants help shrink swollen blood vessels in the nose. Talk to your doctor or pharmacist about which medication will be the best one for you.
- Do not smoke – this will irritate your damaged airways.
- Try warm, moist air inhalation. Boil a kettle and put the water in a bowl on a table. Put your head over the bowl with a towel over your head and inhale the warm air for up to 20 minutes. Don't put anything in the water.
- Ask for help if you live alone, are a single parent, or are responsible for the care of someone who is frail or disabled. You may need to call someone to help you until you are feeling better.
- Remember, if you buy medicine at the pharmacy to treat your symptoms (over-the-counter medications), check with the pharmacist to see if it is the best one for you. Mention if you have a chronic illness or are taking any other medication.

### Where to get help

- Your doctor
- Your pharmacist
- **Immunise Australia Program**

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## Things to remember

- The flu is a highly contagious viral infection, spread by contact with fluids from coughs and sneezes.
- The most common symptoms of the flu are sudden high fever, a dry cough, body aches, and feeling very tired and weak.
- In some cases of the flu, complications can lead to pneumonia, bronchitis and even death.
- Some people are at high risk of flu complications. Consult your doctor to see if you are eligible for a free flu vaccination.
- Talk to your doctor or pharmacist about appropriate over-the-counter medication.

## This page has been produced in consultation with and approved by:

Department of Health and Human Services - RHP&R - Health Protection - Communicable Disease Prevention and Control Unit

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