



## Woodlea's Winter Soiree

On Thursday May 30, a cohort of 79 talented students from the Middle and Senior School performed in the Gym at Woodlea as part of the Winter Soiree.

Emerging, secure and accomplished performers graced the stage, with a wide array of musical instruments such as Drum Kit, Violin, Voice and Bass Guitar, being highlighted.

For the Middle School Band, it was their first performance and they certainly entertained the audience with a seamlessly executed rendition of 'I ain't Worried' by One Republic, with the ensemble boasting four vocalists and two pianists.

The camaraderie and support from students really stole the show on the night, with an inclusive and enthusiastic atmosphere prevailing for the two-hour long event.

To conclude the soiree, the Middle and Senior School Choir sang the gorgeous song 'Exile' by Taylor Swift and Bon Iver to a backdrop of gentle rain, capping off a truly enjoyable and inspired event.

Woodlea instrumental music staff members are to be congratulated for their tireless preparation and guidance of our young musicians.

To view all photos from this event, please [click here](#).

**Ms Suzanne Kinsella – Head of Music: Woodlea**

## Maddingley Instrumental Concert Series

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Over the past fortnight, the Music Department at Maddingley hosted four instrumental concerts featuring our talented students from Prep to Year 12. Nearly two hundred students showcased their skills on a variety of instruments, demonstrating a wide range of musical abilities.

A huge thank you to all the students who bravely took the stage, gaining invaluable performance experience. We also extend our gratitude to the friends, family, and staff who came to support the events.

Special thanks to our emcees, Hayley Evers, Aashi Goregaonkar, Madelyn Hunter, and Georgia Waite, for their excellent hosting. Appreciation also goes to the Music and Performing Arts staff who played a crucial role in making the concert series a success. To view all photos from the Middle School Concert, [click here](#).



Mr Troy Westgarth – Deputy Head of Faculty: Music and Performing Arts

## Maddingley Campus School Photos

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### Sibling and Catch-up School Photos – Friday 19 July

A BMG Sibling photo date has been confirmed for the Maddingley Campus. Information relating to BMG Sibling and catch-up School photos was sent to families via Edsmart.

**Families must register via the Arthur Reed Photos booking link: [BOOKINGS FOR MADDINGLEY CAMPUS SIBLING PHOTOS](#).** Failing to register may result in your children not being photographed.

Students who were absent during the scheduled School Photo days may also attend to have their photos taken at the scheduled dates and times below. *Catch-up photos do not require a booking.*

Please note School photos are exempt from the “Exclusion from Multimedia”. If you have any concerns, please contact Jess Thorpe or Cathy Perconte on 5366 4800.

If you have any other queries in relation to school photographs, please contact Cathy Perconte.

**Mrs Cathy Perconte - Community Development Coordinator**

## Administration News

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### Last Day of Term 2 – Friday 21 June

As per [Term Dates](#), the last day of Term 2 is Friday 21 June. Normal finish time.

### Term Break - Office Hours and Start of Term 3

All BMG students commence Term 3 on Tuesday 16 July.

#### MADDINGLEY CAMPUS OFFICE HOURS

Please be advised of the following office hours over the term break:

Monday 24 June to Friday 28 June – 9.30am to 3.30pm

Monday 1 July to Friday 5 July – Maddingley Campus is closed.

Monday 8 July to Friday 12 July – 9.30am to 3.30pm.

Normal office hours resume on Monday 15 July.

#### WOODLEA CAMPUS OFFICE CLOSURE

The Woodlea Administration Office will be closed for the entire term break and will reopen on Monday 15 July, with students returning on Tuesday 16 July.

### School Letters / Edsmart Notifications

Parents are encouraged to contact the school if they believe that they are not receiving school letters relating to their child's excursions, class activities or school events.

There have been many instances recently where communication via Edsmart notifications have been blocked from an inbox and considered 'spam' or a parent's mailbox is full and the information is not received.

You can view Edsmart communication for your child via Schoolbox under the Quick Links / Edsmart or under School Letters.

Parents are reminded that all main excursions/school events are listed in their Schoolbox calendar.

Please contact the Administration staff at Maddingley Campus via email [administration@bmg.vic.edu.au](mailto:administration@bmg.vic.edu.au) or call 03 53664800 to discuss any issues with receiving communication.

**Mrs Casey Ryder – Executive Assistant: Maddingley**

## Camps Sports & Excursions Fund (CSEF)

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### Final Applications Due

This is applicable to families who hold a valid Centrelink pensioner concession or Health care card number (CRN).

If you are yet to return your CSEF form, please ensure this is returned to the Administration Office no later than 17 June 2024 to ensure ample time for your application to be processed.

Further information and the CSEF application form can be downloaded from the School's website: <https://www.bmg.vic.edu.au/community/camps-sports-excursions-fund-csef/>

Enquiries and soft copy forms should be directed to Sharon de Vries at [accountsrec@bmg.vic.edu.au](mailto:accountsrec@bmg.vic.edu.au)

**Ms Sharon DeVries – Senior Finance Officer**



## Junior School News

### Maddingley

#### Year 2

During Term Two, the Year 2 students have been actively engaged in a diverse range of enriching activities. In their English lessons, they have been delving into the captivating world of insects; the largest group of animals on Earth. Through research and exploration, students gained insights into the intricate life cycles of insects, their distinctive features such as antennae, thorax and abdomen, as well as their fascinating exoskeletons. They also explored the behavioural differences between social and solitary insects.

This week, the students had the privilege of participating in an engaging incursion hosted by Wild Action which provided them with a deeper understanding of insects. During this event, they had hands-on experiences holding and observing various insects including the spiny leaf stick insect, giant burrowing cockroaches and millipedes. This interactive session allowed them to closely inspect insect body parts and apply their classroom knowledge. Additionally, they had the unique opportunity to encounter insect eating creatures such as the tarantula, Mountain Pygmy Possum and the Boobook owl, discovering intriguing facts such as the owl's 14 vertebrae compared to a human's 7. This was a fantastic hands-on learning experience for our students and the presenter was very impressed with the depth of knowledge, insightful observations and the curiosity demonstrated by the Year 2 students.

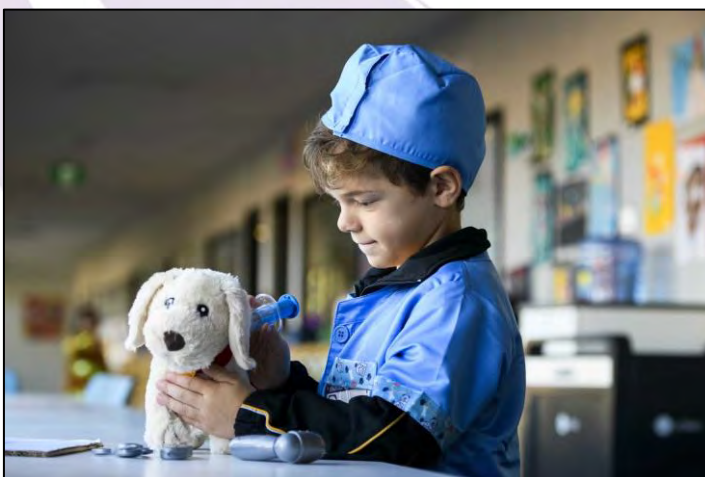


Maddingley Year 2 Team

### Woodlea

#### Junior School Ambition Day

Woodlea Junior School recently hosted a truly inspiring Ambition Day, an event that captured the spirit of our students' dreams and aspirations. Students arrived dressed as their future selves, embodying a wide range of professions from doctors and lawyers to astronauts, teachers, and even famous singers. The sight was both heartwarming and motivating, as the children confidently showcased their ambitions.



The day was filled with engaging activities designed to help students envision their dreams and set both long and short-term goals to achieve them. Under the theme Dream Big, the students participated in discussions and workshops that encouraged them to think about their futures in a tangible and actionable way. They were taught the importance of planning and perseverance, understanding that every great journey starts with a single step.

A special highlight of the day was the afternoon session featuring guest speakers. Parents were

invited to share their personal stories of how they achieved their dreams. These sessions provided valuable insights and real-world perspectives, showing the students that with dedication and hard work, their aspirations are within reach. The parents' stories were both inspiring and educational, reinforcing the day's theme and giving the students tangible examples of success.

We extend our heartfelt thanks to the parents who participated, offering their time and experiences to make Ambition Day truly memorable. Their contributions were invaluable, and we are grateful for their support and involvement.

Ambition Day was a resounding success, leaving students more motivated than ever to pursue their goals. Their enthusiasm and determination were profound, as they took the first steps towards their dreams. We are incredibly proud of our students' ambitions and look forward to supporting them on their journeys to achieving great things.

To view more images from Ambition Day, [click here](#).



**Mrs Sally Savic – Head of Junior School and Mrs Courtney Williams – Deputy Head of Junior School**

### Year 3 Science

We're excited to share the wonderful journey our Year 3 students have been on as they explore Earth's natural resources. Over the past weeks, our students have been discovering the world of soil, rocks and minerals, investigating how their characteristics vary depending on where they're found in the environment.

In class, our Year 3 scientists have been hands-on with samples of rocks, soil and minerals. They've conducted experiments, tested their characteristics using various methods, made predictions and carefully recorded their observations. It's been an engaging and insightful experience for them; many students even brought in samples from their own collections to share.

Beyond the classroom, our students have had the chance to see in action how our school uses Earth's resources. They've eagerly watched the builders working on the new building at BMG, gaining firsthand knowledge of how these resources are used and managed in construction projects.

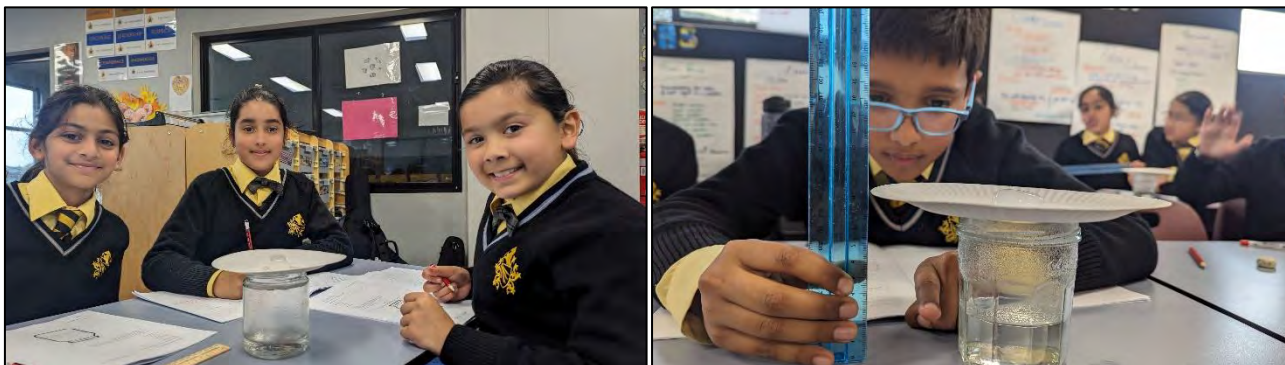
This journey has deepened our students' understanding of Earth's resources and increased their appreciation of the environment and the importance of responsible resource management. Well done to our Year 3 Geologists!



**Mrs Marina Buatti – Teacher**



## Year 4 Science



The students have been exploring how the world's water moves between lakes, rivers, oceans, the atmosphere, and the land in an ongoing cycle. Experiments pictured here have been teaching students how water goes through this continuous system, it can be a liquid (water), a gas (vapour) or a solid (ice). The students have been developing their understanding of words like; evaporation, condensation and precipitation.

Some fun facts you can think about while you pour yourself a glass of water and take a sip. Did you know that the water you've just swallowed is the same water that woolly mammoths, King Tutankhamun and the first humans drank? That's because Earth has been recycling water for over 4 billion years!

Here are some of our budding young Grade 4 Scientists learning some splashing new facts about the different stages of the wonderful water cycle.

Ms Lisa Crossley – Teacher

## Physical Education, Health and Sport News

### Edsmart

We would like to advise that the school will no longer be accepting paper copies of Parent Permission Forms for **Sporting Events**.

These are stored on Schoolbox in the sub-schools 'School Letters' section. Going forward, letters will still appear on Schoolbox within the stated location, but now without the additional paper slip section that Parents/Guardians could sign.

All permissions need to be provided only via EdSmart; we also won't be accepting notes in diaries from Parents/Guardians for these Sporting Events as well.

### Muscular Skeletal Screening for BMG Athletes

Last week, scholarship holders from the WestVic Academy of Sport and participants in the BMG Elite Sport program at the Maddingley campus underwent musculoskeletal (MSK) screenings as part of their prehabilitation regimen. These assessments were carried out by a team of physiotherapists and strength and conditioning coaches from the RAD Centre in Ballarat. RAD is a well-regarded group of expert practitioners serving all Western Victoria, dedicated to enhancing athletes' physical performance and aiding in injury recovery.

The MSK screenings are crucial for providing the program with data that enables coaches to design and implement precise strength and conditioning plans. These assessments allow coaches to identify current body misalignments or muscle weaknesses and imbalances which could potentially lead to future injuries.

## ICCES Winter Tour – Shepparton

The ICCES Winter Tour will round out the sporting calendar for Semester One, taking place on the last two days of the term, June 21 and 22. Students are actively trialing to be selected in teams for the following sports:

- Basketball
- Soccer
- Hockey
- Netball

The Winter Tour features two days of competition, with teams staying overnight in Shepparton. Teams are nearing final selection and notices for selected athletes will be distributed soon, with a full BMG tour meeting to be held in the week before the competition.

**Mr Bryce Durham – Head of Faculty: PE and Health**

## Western Ranges Division Cross Country Championships

Congratulations to all 20 BMG Maddingley students that qualified for the Western Ranges Division Cross Country Championships and represented the school proudly.

The below students finished in the Top 12 of their respective age group:

11 YO Boys: Harry Holland (5C) – 2<sup>nd</sup>.

12/13 YO Girls: Iyla Robinson (6B) – 2<sup>nd</sup>, Ruby Longmuir (6B) – 6<sup>th</sup> and Jayde Coady (6B) – 11<sup>th</sup>.

A big congratulations to these students who have qualified for the Western Metropolitan Regional Cross Country Finals which will take place on Thursday, 20 June.

**Mr Matt Harris – Administrative Assistant PE and Health**

## Woodlea Sport

### Woodlea 3-6 Athletics Carnival

Congratulations to these students for a fantastic effort finishing in the top 12 at the Divisional Cross Country event last Thursday at Mason's Lane.

Samuel Proudfoot (5WB), Yadish Prasanna (5WD) and Arnav Avinash (6WA)

These students have qualified for the Regional Cross Country to be held on Thursday 20 June at Brimbank Park. We wish them all the best for the next level of competition.

**Mr Evan Long – Head of PE: Woodlea**

## Middle School News

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### Maddingley – Battle of the Houses has begun!

The Inter House Middle School Basketball Competition teams from every House pit their skills and teamwork against each other every lunchtime, with our Year 8 teams battling it out on Thursdays and our Year 7 teams on Fridays. It has been great to see all our teams taking part, representing their new Houses. It's an explosion of colour and action every week! It has also been great to see the students using our new sports precinct with all the new courts being fully engaged with players. *(Continued over page)*

So far, all our teams have played nearly four games each, although some have had a bye. At the moment it's really close, but leading the way are:

- Year 7 Parwan
- Year 8 Parwan

However, it is only Week 2 so far, so it's all to play for. I would also like to thank the students, especially our student leaders, Year 9 Peer Support leaders and quite a few Year 7 & 8 students who have helped support the running of these games every week.

All our games are advertised with times and opponents etc on the year group page as well as our family engagement pages.



Mr Scott Bayne – Head of Middle School

## Senior School News

### It Was Sixty Years Ago Today – Upcoming important dates

To all of our Performing Arts students: Middle and Senior School Choirs, Percussion Ensemble, Senior Strings, Senior Guitar Ensemble, Year 6, 8 and 10 Band, Stage Band, Funk Band, Unit 1 and 2 Dancers, Unit 1 and 2 Music students, Indian Dancers, Actors and Acapella singers, please note the following up and upcoming dates:

**Friday 12 July:** Holiday Rehearsal (schedule sent home via EdSmart permission slip)

#### PRODUCTION WEEK

**Tuesday 6 August:** full run at Bacchus Marsh Grammar.

**Thursday 8 August:** full rehearsal at the Clocktower Centre (students bused from BMG at 9am and returning at 6:30pm).

**Friday 9 August:** dress run at the Clocktower Centre (students bused from BMG at 9am and returning at 6:30pm).

**Saturday 10 August:** students arrive at 10:30am for 2pm and 7:30pm performances (own transport required). Students dismissed at approx. 9:15pm.



Mrs Narelle Pritchard – Teacher



## VCE Geography Students Embark on Fieldwork Adventure: Exploring Post-Bushfire Landscapes

In an exciting educational endeavour, VCE Unit 1 Geography students recently embarked on a memorable field trip, venturing into the natural landscapes of Toolangi State Forest and Kinglake National Park. The primary objective of the trip was to investigate the long-term impacts evident in the Kinglake landscape following the devastating 2009 bushfires.

These locations provided an ideal setting for hands-on learning, allowing students to engage directly with the natural world and witness the lasting effects of significant ecological events. The students engaged in various fieldwork activities, collecting primary data aimed at deepening their understanding of the landscape and the long-term impacts of bushfires. They conducted detailed transect sketches to document and compare vegetation, soil and topographical features across different sections of the forest, observing variations in regrowth and ecological resilience.

Additionally, they performed fuel load assessments to evaluate the combustible materials in the forest, learning about fire risk and the importance of managing forest fuel load to mitigate bushfire impacts. Students also considered the socio-economic impacts on the local community, including changes in land use and forest management practices adopted since the bushfires.

This field trip provided students with a unique opportunity to apply their classroom knowledge in a real-world context; fostering a deeper appreciation for the complexities of ecological recovery and the ongoing challenges faced by environments impacted by natural disasters. Through direct engagement with the landscape, students developed critical skills in data collection, analysis and interpretation.

As they reflect on their fieldwork adventure, these young geographers are now better equipped to contribute to future discussions and efforts in environmental conservation and sustainability. The lessons learned in Toolangi State Forest and Kinglake National Park will undoubtedly inspire their ongoing studies and future careers in Geography and related fields.



Ms Claire Higgins – VCE Geography Teacher



## Staughton Vale Competition

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### Calling all designers, farmers and gardeners, we need your help!

With the ongoing upgrades to the Staughton Vale Campus taking place, we welcome your thoughts on what we should put in the Kitchen Garden. So, if you have an idea on what should feature in this space, you simply need to sketch out a map of your ideas and submit it to Mr Gorton (via email), and you could be in line for a prize!

Your submission should be based on an A3 sized page, using the kitchen garden dimensions of 50m x 25m. The submissions will be judged by the team at Staughton Vale and all entrants will receive a certificate of participation.

The deadline for your submission is Friday 21 June.



**Mr David Gorton – Director of Student Engagement / Head of Staughton Vale Campus**

## Premier's Reading Challenge

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The Premier's reading challenge is open to all students from Prep to Year 12.

The Challenge ends on 6 September 2024.

Students who complete the Challenge must advise Mrs West either via an email from a parent or a signed printout of their completed Challenge list. The entry will then be verified. Please note that student names will not be published in the list below without prior parental consent.

Students who have recently completed the Challenge are: Akalvir Mand 3WD and Rhythm Deveshwar 6A

**Mrs Feona West – Teacher Librarian**

## Book Club News

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### Edition 4 Out Now!



Check out the latest edition and find out how to order from Book Club by [clicking here](#).

You can place your order online and have it delivered to your home. Commission from our sales goes towards new books and resources for the school.

**Scholastic Book Club Coordinators - Diane Dunn (Maddingley) and Feona West (Woodlea)**

## Bus and Transport Updates

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### End of Term 2 Bus Departure Times

Both the Maddingley and Woodlea Campuses' last day of Term 2 is Friday 21 June at 3.20pm. All buses will be departing at their timetabled times.



## Boarding /Disembarking at Correct Stops

A reminder to parents, if your child/ren have changed their allocated stop in either the AM or PM, please make contact with the School Bus Services Administrator to have this information updated within Roll Call. For safety reasons, students are required to board and disembark at their allocated stop as recorded in roll call.

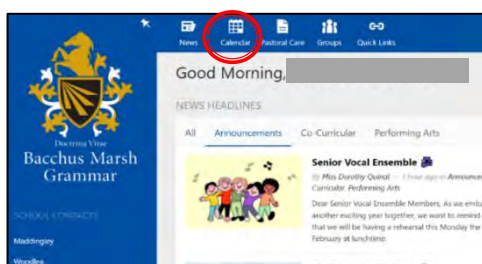
**Mrs Leanne Robertson - School Bus Services Administrator**

## 2024 & 2025 Term Dates

Both the 2024 and 2025 Term Dates are published on the [school's website](#).

## Events Calendar

All upcoming events feature on the Schoolbox Calendar for both students and parents/guardians to view.



## Uniform Shop

Uniform information and shop business hours for both the Maddingley Campus Onsite Shop and Rushfords in Werribee are listed on the [school's website](#). Please note that uniforms can also be purchased online via <https://www.noone.com.au/>.

## Out of School Hours Care (OSHC) – The Y Ballarat

The Y Ballarat operates the Out of School Hours Care at Bacchus Marsh Grammar. Enrolments are completed online. For full information please visit the [school's website](#).

**Email:** [chrissie.ashmore@yballarat.org.au](mailto:chrissie.ashmore@yballarat.org.au) **Phone:** 0490 178 638 **W:** <https://yballarat.org.au/>

**Maddingley:**  
[maddingley.oshc@yballarat.org.au](mailto:maddingley.oshc@yballarat.org.au)  
0438 154 842

**Woodlea:**  
[woodlea.oshc@yballarat.org.au](mailto:woodlea.oshc@yballarat.org.au)  
0490 490 362



## Regular Contacts

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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**  
111 Frontier Avenue  
Aintree VIC 3336  
P +61 3 5366 4999  
F +61 3 5366 4850

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)



# midseason entry

It's not too late to join NAB AFL Auskick.  
Try it out - 5 weeks and exclusive goodies for \$55!

## AINTREE AUSKICK CENTRE

Frontier Reserve, Aintree

Friday 14th June



[play.afl/auskick](https://play.afl/auskick)



# Winter Holiday Program

Woodlea, June - July 2024 | 7am - 6.30pm

\$110 per day\*  
Includes  
Excursions  
& Incursions  
\*less your CCS

<p><b>Monday June 24</b></p> <p><b>Winter Warmers</b> Come along and enjoy these winter warmers. Enjoy a hot chocolate and warm food along with winter themed games and crafts.</p>	<p><b>Tuesday June 25</b></p> <p><b>Blast From The Past</b> Let's travel back in time and discover interesting facts from the past. You could also bring something to place in our time capsule to be opened in the future.</p>	<p><b>Wednesday June 26</b></p> <p><b>Communication Day</b> How well can you communicate? Today we will test our communication skills with fun AUSLAN activities, sound games and how to be safe online.</p>	<p><b>Thursday June 27</b></p> <p><b>Lego Masters</b> Do you have what it takes to be a Lego master? See what amazing things you can build out of Lego.</p>	<p><b>Friday June 28</b></p> <p><b>Educators Vs Children</b> Today children and educators will battle it out in different challenges. From mini games to sports. Weather permitting, we will head to Frontier Park for some games. Excursion: Frontier Park, 10.30am - 1.45pm</p>
<p><b>Monday July 1</b></p> <p><b>Indoor Adventures</b> To beat the cold, today we will be bringing the adventures indoors.</p>	<p><b>Tuesday July 2</b></p> <p><b>Incredible India</b> Collect your boarding pass and discover the incredible country of India. We will eat some Indian cuisine, explore the culture and take part in fun craft activities.</p>	<p><b>Wednesday July 3</b></p> <p><b>Eco Warriors</b> You will be helping the planet with these eco activities. We will have a recycling workshop, plant our own seeds in a biodegradable pot and even make a rain gauge. Incursion: 10am-11.00am</p>	<p><b>Thursday July 4</b></p> <p><b>Acts of Kindness</b> We will be spreading kindness with these fun activities. From friendship bracelets to kindness rocks and letter writing.</p>	<p><b>Friday July 5</b></p> <p><b>Showbusiness</b> Today will be sure to entertain as we head to the movies to check out the latest flick. Excursion: Reading Cinema, 10.00am - 12.45pm</p>
<p><b>Monday July 8</b></p> <p><b>NAIDOC Week Activities</b> Today will be about recognising and celebrating the culture, and achievements of Aboriginal and Torres Strait Islander peoples as part of NAIDOC week.</p>	<p><b>Tuesday July 9</b></p> <p><b>Mini Olympics</b> Today we will be meeting up with OLHC and Alfredton OSHC for a swim. Don't forget to bring your bathers, towel and goggles. Excursion: Y Learn and Swim - Ballarat, 8.30am - 2.30pm*</p>	<p><b>Wednesday July 10</b></p> <p><b>The Human Body</b> Discover interesting facts about the human body. Learn about anatomy and how to stay healthy. We will also head to the park for some physical challenges. Excursion: Frontier Park, 2.30pm - 4.00pm</p>	<p><b>Thursday July 11</b></p> <p><b>Artist for a Day</b> Come discover the world of art with these fun art activities. Try paint blowing or collaborate with your friends to make a poster to display.</p>	<p><b>Friday July 12</b></p> <p><b>Music Mayhem</b> A day for music lovers. Every music day needs a disco. You can also learn some new dances and join in with our music themed games.</p>

Venue Incursion Excursion

For more information and to book call 0490 0490 362 or visit [yballarat.org.au](http://yballarat.org.au)

\*Please ensure that children come prepared with swimmers under their clothing and towel, goggles and underwear in a separate named bag. Scheduled activities and bus times may change due to circumstances beyond our control. Please confirm with the venue if needed.



## Winter Holiday Program

**Bacchus Marsh Grammar (Woodlea Campus)**  
11 Frontier Avenue, Aintree  
June/July 2024 | 7am - 6.30pm

The Y Ballarat Holiday Programs provide children with a safe and friendly care environment with opportunities to make new friends, develop their self-esteem and participate in exciting activities during the holidays.

All children must be booked in and enrolled for attendance prior to the commencement of the program. Enrolment is required to be completed by all families using the service.

To enrol visit: [yballarat.org.au/oshc/vacation-care-program](http://yballarat.org.au/oshc/vacation-care-program)

\*Please note that bookings cannot be removed after 7am on the first morning of vacation care and there are no credits or refunds on school holiday programs (vacation Care). Please refer to the parent handbook for further information.

For more information call 0490 0490 362 or visit [yballarat.org.au](http://yballarat.org.au)



### 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

\*\*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.



## Community News



**OUT DOORS INC.**

### GROUP RESPITE CARERS PROGRAMS

Government-funded respite programs for carers in Moorabool and Macedon LGAs. Offering carers a much-needed break immersed in the tranquility of nature.

**VICTORIA**  
State Government

[www.outdoorsinc.org.au/carers](http://www.outdoorsinc.org.au/carers) | 0434 421 244

## REFRESH, CONNECT, & GROW.

Our programs are a sanctuary where carers can unwind, connect, and grow. We understand the demands of caregiving, and our group-based outdoor activities are designed to offer much-needed respite.



### Benefits at a Glance:

- ✓ **Respite:** A peaceful getaway to recharge.
- ✓ **Connection:** Build bonds with fellow carers in a supportive environment.
- ✓ **Personal Growth:** Experiences that boost wellbeing and social skills.



### Simple Eligibility: For Every Carer

Informal carers in Moorabool and Macedon LGAs can access our fully funded, rejuvenating programs designed for fun and ease of participation.



### Partner With Us:

We invite health partners and local community groups to collaborate with us. Together, we can provide a holistic approach to providing nature-based experiences to carers.



### Join Us: Reach Out Today!

Contact us for more information or to arrange a group program.

☎ 0434 421 244    ✉ [info@outdoorsinc.org.au](mailto:info@outdoorsinc.org.au)

Out Doors has delivered group-based mental health & wellbeing programs across Victoria for 35+ years.