

# Term 1 Week 3 - 2025

<b>TERM 1 2025 IMPORTANT DATES</b>	
<b>WEEK 1</b> <b>JAN 27 – JAN 31</b> MONDAY <b>TUESDAY</b> WEDNESDAY THURSDAY FRIDAY	PUBLIC HOLIDAY <b>TEACHERS RETURN – PUPIL FREE DAY</b> GETTING TO KNOW YOU INTERVIEWS – P-6 (Bookings via Compass) GETTING TO KNOW YOU INTERVIEWS – P-6 (Bookings via Compass) 1 <sup>st</sup> HALF PREP COMMENCE (10 am) GRADE 1-6 RETURN TO SCHOOL
<b>WEEK 2</b> <b>FEB 3 – FEB 7</b> MONDAY WEDNESDAY	<b>ASSEMBLY</b> - 2 <sup>nd</sup> HALF PREP COMMENCE (10 am) PREP LITERACY ASSESSMENTS COMMENCE (Bookings via Compass)
<b>WEEK 3</b> <b>FEB 10 – FEB 14</b> WEDNESDAY	PREP LITERACY ASSESSMENTS (Bookings via Compass)
<b>WEEK 4</b> <b>FEB 17 – FEB 21</b> MONDAY WEDNESDAY  FRIDAY	<b>ASSEMBLY</b> 2025 STUDENT LEADERSHIP GROUP PHOTOS PREP LITERACY ASSESSMENTS (Bookings via Compass) BMPS SWIMMING TRIALS AT BACCHUS MARSH POOL
<b>WEEK 5</b> <b>FEB 24 – FEB 28</b> MONDAY TO FRIDAY <b>WEDNESDAY</b>  FRIDAY	<b>SCHOLASTIC BOOK FAIR AT BMPS</b> <b>PARENT CYBER SAFETY INFORMATION EVENT</b> PREP LITERACY ASSESSMENTS (Bookings via Compass) BMPSSA DISTRICT SWIMMING AT MELTON
<b>WEEK 6</b> <b>MAR 3 – MAR 7</b> MONDAY FRIDAY	<b>ASSEMBLY</b> <b>PUPIL FREE DAY</b>
<b>WEEK 7</b> <b>MAR 10 – MAR 14</b> <b>MONDAY</b> TUESDAY  WEDNESDAY TO FRIDAY	<b>LABOUR DAY PUBLIC HOLIDAY</b> WESTERN RANGES SWIMMING AT MELTON WAVES PREP PARENT & CARER INFORMATION SESSION <b>TBC</b> <b>NAPLAN YEAR 3 and 5</b>
<b>WEEK 8</b> <b>MAR 17 – MAR 21</b> MONDAY FRIDAY	<b>ASSEMBLY</b> <b>HARMONY DAY</b>
<b>WEEK 9</b> <b>MAR 24 – MAR 28</b> FRIDAY	SENIOR SPORTS DAY
<b>WEEK 10</b> <b>MAR 31 – APR 4</b> FRIDAY	<b>FINAL WEEK OF TERM</b> LAST DAY OF TERM – 2.30 pm dismissal
<b>TERM 1 PUPIL FREE DAY</b>	
<b>FRIDAY MARCH 7 – LITERACY AND NUMERACY CURRICULUM AUDITING</b>	

## Camps, Sports, Excursions Fund (CSEF) 2025

CSEF applications are now open for families holding a valid means-tested concession card.

The department administers the CSEF to help eligible families with the costs of camps, sporting activities and excursions.

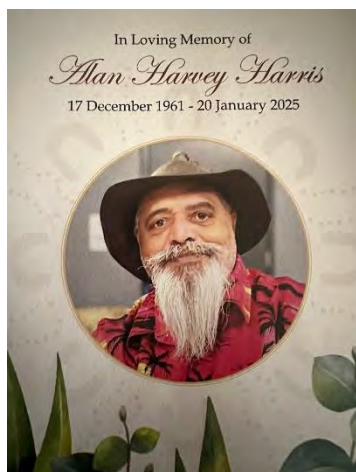
If you received the funding in 2024, your application will be automatically entered. However, if you had a Prep start with us this year you will need to notify the office so we can add them to your application.

If you did not receive CSEF last year but are now eligible please complete the form attached or come to the office to complete the form.

We respectfully **acknowledge** that the land on which we teach, learn and play was never ceded and we pay respect to the Wurundjeri Woi-wurrung people and all elders past, present and those emerging in our school and wider community.



## CELEBRATING THE LIFE OF ALAN HARVEY HARRIS



On Friday I represented Bacchus Marsh Primary School at Alan's funeral in Ballarat. Known respectfully as Uncle Al and Big Al to our Aboriginal community he played a significant role in educating our Aboriginal and Torres Strait Island boys and their allies. Most notably teaching many of them to play the didgeridoo.

We extend our condolences to Uncle Al's wife Leonie and his family. A tree will be planted at BMPS in recognition of his passionate work as a highly respected Elder.



Dear Parents, Carers, Staff and Students,

As we embed routines in support of calm and orderly learning environments for our students, we extend our ongoing thanks to all of you for the role you play in reinforcing respectful interactions with peers, adults, personal and school property, the environment, and our respectful sense of self. Specific thanks for the early support we're noticing in the following areas:

- Wearing uniform with pride
- Being punctual
- Having **A HAT** and a routine to look after hats and jumpers
- Nude food lunch boxes and/or strategies to minimise harmful plastics
- Use of school crossings
- Helmet use and care for scooters and bikes

Thanks again, we can't maintain these habits without your support!

**CHINESE NEW YEAR!**  **YEAR OF THE SNAKE**

Thank you to Mrs Wu and our students for supporting our first assembly with a wonderful celebration of Chinese New Year.

We're so fortunate to have our own Chinese Dragon and bringing it to life in celebration is always a special occasion.

All students were presented with a beautiful Chinese envelope with a symbolic gold coin and a message of best wishes for a happy 2025.



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## WELLBEING UPDATE

### Breakfast Club

We have started off the year well and our breakfast club is up and running. It operates on Monday, Wednesday, and Friday mornings. Located in the house next to our Art Room, it is open for our students and parents.

Please come along even if it is just for a chat!

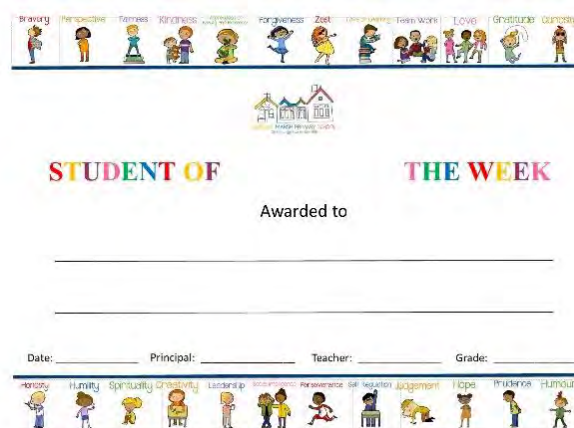


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## Positive Education

Throughout the week classes have begun looking at our character strengths and will build this into our daily routines. You will also note the Character strengths that are listed on our Student of the Week Awards that we try to intertwine with our everyday language.



## Wellbeing Diary



Our student wellbeing diaries have arrived and can be purchased via QKR for Gr 4-6 students. The diary has an Online Student Wellbeing Program that can be accessed from school or home via the following link:

This resource includes notes and ideas for parents and carers, and we hope it prompts terrific conversations with your children.

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

**U:** Bacchus

**P:** Marsh3340

The username and password are case-sensitive and expire on 31 December 2025

## 2025 Wellbeing and Engagement Team

Daniel Morris – Assistant Principal (Wellbeing & Engagement)

Belinda Horne – Wellbeing Educator

Tiffany O'Brien – Learning Specialist (Diverse Learners) & Art Therapist

Liz Stonka – Leading Teacher

Rebecca Blokland – Disability Inclusion Co-Ordinator

Sharon Cartledge – Inclusion Coach



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## LITERACY UPDATE

### Moorabool Young Writers 2025 Competition Prompts

Stay tuned for the exciting details regarding the 2025 writing prompt in next week's Update.

**Entries open on Monday, March 10, and close on Monday, April 28.**

### BALLAN and LERDERDERG LIBRARY

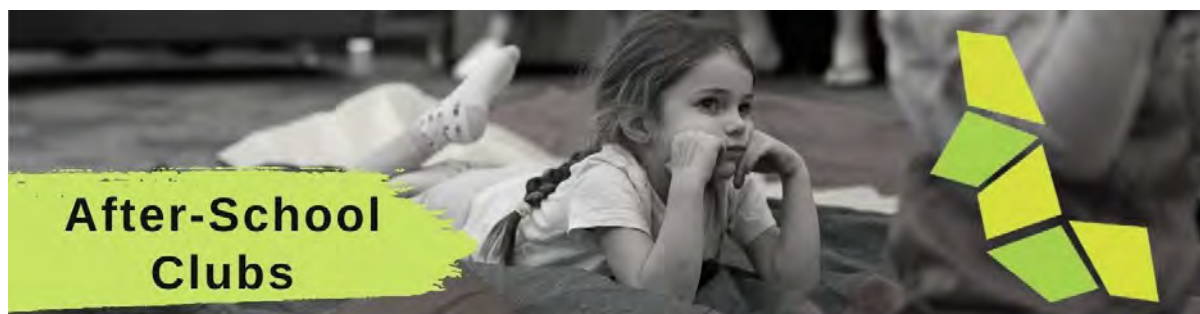
#### Afterschool and Kids and Teens programs



How lucky are we to have these wonderful opportunities in our town?

SEE BELOW...

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## After-School Clubs



### **BLAST Club**

6-week program  
Mondays  
Starting 10 February

3.30pm - 4.30pm  
Ballan Neighbourhood House



BLAST off after school each Monday with activities including arts, crafts, Lego, STEM and more.  
For Ages 6+



### **Spark Zone**

6-week program  
Mondays  
Starting 10 February

3.30pm - 4.30pm  
Lerderderg Library

Spark your imagination and creativity at our after school STEM club. Enjoy science, art, gaming, Lego and more.  
For Ages 6+



### **Young Writers' Craft**

Mondays  
Starting 10 February

4.30pm - 5.30pm  
Lerderderg Library

Creative writing program designed for young writers. Improve your story-writing technique and learn about different styles of writing.  
For ages 7+



### **Creative Kids Art Club**

6-week program  
Thursdays  
Starting 13 February

3.45pm - 4.45pm  
Lerderderg Library



Come along to our creative kids art club and learn different art techniques each week.  
For ages 7+



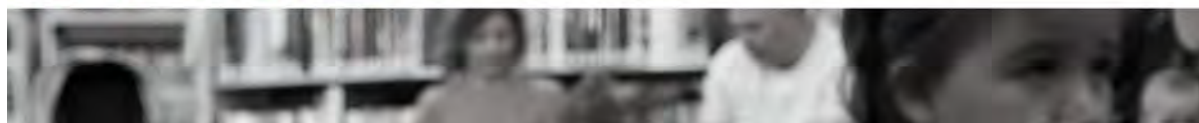
### **Friday Crafternoons**

6 week program  
Fridays  
Starting 7 February

3.30pm - 4.30pm  
Ballan Neighbourhood House



Express your creativity in this weekly art and craft club. Explore different art styles in a fun and friendly environment.  
For Ages 5+





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## Kids and Teen



### Diamond Art Designs

Saturday 15 February

10am-12noon  
Lerderderg Library

Create dazzling diamond art stickers, coasters, bookmarks or mini canvas paintings at this free crafting session. Everything you need to try out this popular new art trend will be supplied.



### IWD - Girl Power Badge Making

Saturday 8 March

10am-12noon  
Lerderderg Library

Help us celebrate International Women's Day at our Girl Power Badge making workshop. Create customised pin badges with inspirational messages and designs. Everyone is welcome to participate.



### 3D Clay Canvas Art

Saturday 22 March

10am-12noon  
Lerderderg Library

Try out this new art trend of painting with air dry clay. You will mould, craft and shape pieces of clay onto a mini canvas to create fun 3D art that you can display on your wall.



### Teen Philosophy in the Library

Thursdays 5pm-7pm Lerderderg Library  
13 Feb, 27 Feb, 13 March and 27 March

Are you a teenager who loves to ask big questions? Curious about the mysteries of existence, morality, and human experience? Join our Teen Philosophy Club at Lerderderg Library!



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## INFORM AND EMPOWER: ONLINE SAFETY SUPPORT

We extend our ongoing thanks to Senior Constable Jim Ross, Youth Resource Officer Bacchus Marsh, Blue Light, and the **Community Bank Bacchus Marsh** for supporting and funding this package of high-quality support for our students and families in this very challenging while also exciting space.

**REGISTER ASAP VIA THE BELOW LINK:**

### RAISING KIDS IN A DIGITAL WORLD

Cyber Safety Seminar for Parents & Carers  
Presented by **INFORM&EMPOWER**

- Social media
- Online gaming
- Strengthening Family communication
- Impacts of screen time
- Cyberbullying
- Managing devices at home
- Child & tween online trends
- Explicit/adult content

**Bacchus Marsh Public Hall**  
207 Main St, Bacchus Marsh  
Wednesday 26 February | 7.00 - 8.30 pm

Register to attend:  
[bit.ly/BacchusParents](https://bit.ly/BacchusParents)

\*This session is strictly for parents and carers only as the content is not suitable for children.

Presented by  
Martin McGauran,  
primary teacher and  
**digital safety educator**  
and Carley McGauran,  
**psychologist and mum**  
to 3 school-aged kids.

An evening that provided some reality checks! A few new changes in our home this week! - Parent

Marty and Carley were simply sensational. Their presentation was relevant, honest and informative. A MUST for each school, every year. - Principal

Incredible session... Should be essential for all parents!  
- Parent



Proudly supported by  
**Community Bank Bacchus Marsh**  
**Bendigo Bank**





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Dear Parents & Carers,

In 2025, your child will take part in Inform & Empower's Cyber Safety & Digital Wellbeing program. This means they will participate in engaging and interactive live-streamed incursions each term. Developed by qualified teachers, these incursions are designed to help create safer and more positive online experiences for your children.

Inform & Empower is endorsed by the eSafety Commissioner as a Trusted eSafety Provider.

You, the parents and carers, will be given resources to support conversations with your children at home. You will receive a concise "tip sheet" each term that outlines what your child learned about in class and how you might open up these important conversations at home.

Together for a safer digital world,

*Team I&E*



#### Incursions will focus on:

- Healthy Digital Habits
- Critical Thinking
- Digital Citizenship
- Cyberbullying
- Digital Literacy
- Safety & Security
- Consent
- Upstanders

#### Student Surveys

In Years 3-6, Inform & Empower will invite students to complete anonymous surveys asking them about their digital habits. No identifying information, such as name or school, is collected. This survey is optional. You or your child may choose to opt out at any stage, please inform the school if you do not wish your child to complete these surveys. Questions examples include: What online games do you like to play? How many hours do you spend online each day/week? What are the best/worst things about the internet? The survey data will be used by Inform & Empower to help improve their programs and aggregated results may be published online.





# RAISING KIDS IN A DIGITAL WORLD

Dear parents of primary school children,

I know just hearing the topic "Cyber Safety" may leave you feeling overwhelmed but I really need you to hear what I have to say. Please keep reading all the way to the end. As a mum of three children (all now teens) I know just how hard it is to keep on top of what our kids are doing online. None of us grew up in a digital world so we are all learning (and don't our kids know that!). It can be so tough, certainly plenty of upset, conflict and tears over technology in my family over the years! As a psychologist for 20 years, and more recently as a cyber safety & digital wellbeing educator, I see the truly devastating impact of children and young people who are exposed to unsafe situations and inappropriate content online... including:

- Being groomed and/or abused
- Being exposed to pornography and/or hyper sexualised content
- Viewing drug or alcohol themed content
- Watching or playing violent games
- Seeing content related to suicide and self harm
- Viewing horror content and other adult themes
- Struggling with cyber bullying

So I want to share with you today 10 ideas (by no means an exhaustive list) you can start ticking off today so your children can be safer and healthier online.

If you sat with children/young people and heard the first hand accounts that I have, you would not hesitate to make this a priority.

So here goes...

**1** Make sure devices are **only used in communal areas of your home** and no devices in bedrooms.

**2** Ensure there is **active supervision** when kids are on devices (an adult must be present and checking in regularly).

**3** **Set parental controls** on all devices, games and apps. Parental controls are usually found in the settings. They can be enabled and password protected to ensure your child is playing the safest version. For example, Roblox can be made significantly safer by enabling the parental controls (new as of Nov 2024).

**4** Talk to your children about **the risks of talking to or messaging people** they do not know offline (even if they seem really nice!).

**5** Reduce the risk of exposure to inappropriate content on YouTube by using **YouTube Kids** app as long as possible and if allowing access to YouTube ensure that **restricted mode** is enabled. I also recommend, where possible, that YouTube is watched on a TV for better adult supervision.

**6** **Delay kids having any social media accounts** of their own! If you are looking for a messaging app for under 13s, then consider Messenger Kids (by Facebook).

**7** Any time your children come to you with an online problem, stay calm, take a few deep breaths and **be curious instead of furious**. Remember this is a teachable moment, an opportunity for your child to learn to make more healthy decisions and even more important than that...to learn to trust that they can come to us.

**8** **Be firm when setting boundaries** and even when kids say "everyone else is on Snapchat" or "all my friends are playing it", make your decision in line with what they need and not what they want... which can be very different! Don't give in! (I get it, this can be so hard).

**9** **Visit Kids Helpline with your kids** before there is a problem so they are comfortable doing so when they may need it.

**10** **Download the free, parent friendly Beacon app** to help with all things digital.



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I thought it might also help if I share with you the sort of chat I've had with my children many times over the years.

There is all sorts of content on the internet and a lot of it is not suitable for children your age. Just like it is important to eat healthy food to nourish your body, it is important to watch content that is healthy for your brain. If anyone asks you to watch something or do something online that makes you feel uncomfortable you are allowed to say "no". Try saying "I'm not allowed to watch that/do that" and blame your strict parents. If you ever find yourself in a situation that makes you feel yucky, worried, scared or unsafe at all, you can tell me. I promise you won't be in trouble. I can and will help you. No mistake you make will ever stop me loving you - seriously nothing! If there is ever a time you need help and for some reason you can't come to me, don't forget you can talk to another trusted adult or contact Kids Helpline.

I know our children absolutely love what gaming, social media and the internet has to offer but as parents we need to help our kids make safe and healthy decisions. I don't have all the answers. I often worry about whether I'm making the "best" decision. I do know this though... We can change our minds as parents and reset boundaries. So if for example, you have allowed your child on social media, I urge you to re-think this.

Also, us **parents have to be okay with making unpopular decisions**, navigate our way through the tears (theirs and ours) and their anger. If you are already doing this, keep going! Lastly, start having conversations about topics like predators and pornography (even if it's uncomfortable), there's no such thing as a "perfect conversation", just start. When our children become young adults our aim is that they are equipped with healthy habits, accurate information and critical thinking amongst other skills to manage the challenges of our world.

So from me to you - prioritise your self care so that you can show up as your best self and reach out to other parents - hang in there, we really, truly are all in this together.



Kind Regards,

Carley McGauran  
Mum and Psychologist

## MY FAVOURITE RESOURCES:

Getting started with Parental Controls:

[bit.ly/tamingthetech](https://bit.ly/tamingthetech)

Starting sexuality (including pornography) conversations:

podcast: [bit.ly/sexuality4parents](https://bit.ly/sexuality4parents)

book: [bit.ly/vanessahamilton](https://bit.ly/vanessahamilton)

Setting up Roblox Parental Controls:

[bit.ly/roblox2025](https://bit.ly/roblox2025)

Kids Helpline:

[kidshelpline.com.au](https://kidshelpline.com.au)

eSafety Commissioner:

[esafety.gov.au](https://esafety.gov.au)

Beacon App:

Search in the App Store or Play Store

Carley McGauran is a registered psychologist with APHRA and member of the AAPI as well as endorsed by the eSafety Commissioner as a Trusted eSafety Provider with InForm & Empower.

**INFORM & EMPOWER**  
Cyber Safety & Digital Wellbeing



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- Please reach out to your child's classroom teacher or any of our staff below if we can assist in any way.

**Melinda Williams** – Principal

**Leanne Holt** – Business Manager

**Wellbeing:**

**Daniel Morris** - Assistant Principal - Wellbeing & Engagement / Disability Inclusion

**Liz Stonka** – Leading Teacher – Daily Organisation / Student Medical Health & Wellbeing

**Tiff O'Brien** - Learning Specialist - Inclusion – Trauma Informed Practice / Art-Therapy

**Bec Blokland** - Disability Inclusion - Profile Facilitator

**Belinda Horne** - Wellbeing Educator

**Sharon Cartledge** - Inclusion Coach working across Darley PS, Pentland PS, & BMC

**Literacy and Numeracy:**

**Bec Conroy** - Leading Teacher – Curriculum / Teaching and Learning

**Hayley Bonnici** - Learning Specialist / Literacy

**Kelly Watson** – Numeracy Leader – Learning Specialist

**Damian Richards** Gr 5 & 6 & **Janaya Walker** Gr 3 & 4 - **Numeracy** - Learning Specialists

## **IMPORTANT ONGOING - SAFETY AROUND OUR SCHOOL – DROP OFF ZONE**

An ongoing reminder that the drop-off zone is not a car park for parents and carers at any time and we thank you very much for ensuring that use of this area is for **drop off and pick up only**.

- No cars are to be left unattended by parents in this area.

**We thank-you very much for adhering to our pick-up and drop-off guidelines.**

### **CHURCH CARPARK on Lerderberg Street**

Another ongoing reminder that our St Bernard's Catholic Church neighbours are very generous allowing drop-off and pick-up parking. Please ensure that children are not unsupervised or unattended in this space and that movement in and out of the carpark area is via the concrete path only.

- Thank you for vacating this area as soon as possible following morning drop off and after 3.15 pm and prior to 3.30 pm.



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## **BUS ZONE RESTRICTIONS on the south side of Lerderberg Street**

An important reminder that our bus drivers become frustrated by cars parking in the two parking bays, also painted yellow, that are part of the bus zone from 2.30 pm – 4 pm daily as per the signage. At times we may have three buses trying to move off very narrow Lerderberg Street to pick up students, and cars in these parks cause the ripple effect of pushing drivers to potentially overtake the buses which creates further challenges for oncoming traffic so close to our school crossing.



## **USE OF THE SCHOOL CROSSING**

A final reminder to please take the small amount of extra time required to use the Lerderberg Street and Young Street crossings and ensure our students are developing safe road use habits that include not running across the road.

**School Crossings on Lerderberg and Young Street to be used at all times**

An advertisement for Anglicare Victoria. It features a man and a young boy playing with colorful blocks. The text on the left side of the image reads: 'Anglicare Victoria', 'Add colour to their story.', 'Become a foster carer today!', 'Contact us to book into an information session', and 'www.anglicarevic.org.au'. The background is a soft-focus image of the man and boy.

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# BMPS VALUES to discuss with your children...

## RESPECT for SELF, OTHERS and PROPERTY is:

- Caring about people and treating them well (OTHERS)
- Valuing myself and others (SELF & OTHERS)
- Speaking and acting with courtesy (SELF & OTHER)
- Taking care of belongings (SELF, OTHERS & PROPERTY)
- Standing up for what I believe (SELF, OTHERS & PROPERTY)
- Doing the right thing when it's hard (SELF, OTHERS & PROPERTY)
- Being willing to clean up my mistakes (SELF, OTHERS & PROPERTY)
- Being honest and sincere (SELF & OTHERS)
- Following the school rules (SELF, OTHERS & PROPERTY)

## LEARNING is:

- Gaining knowledge and skills
- Making mistakes
- Showing inspiration and creativity
- Doing the best I can do each day
- Having goals and a clear focus
- Working with a purpose, reflecting, and sharing the achievement of my goals

## TEAMWORK is:

- Working together to achieve individual and shared goals (SELF & OTHERS)
- Keeping a safe and happy environment (SELF & OTHERS)
- Co-operating and helping others (SELF & OTHERS)
- Sharing the load (SELF & OTHERS)
- Respecting others ideas and opinions to complete a task (SELF & OTHERS)

## KINDNESS is:

- Showing that I care (SELF, OTHERS & PROPERTY)
- Making life better for others by doing good myself (SELF, OTHERS & PROPERTY)
- Giving help to someone sad (SELF & OTHERS)
- Being welcoming and accepting of others who are different to me (SELF & OTHERS)
- Understanding my role in supporting our school to be a happy and safe place for everyone (SELF, OTHERS & PROPERTY)



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# Foster Care

Information Sessions On Now

Foster Care is about creating a safe space for children in our community. Take the next step in becoming a foster carer with Cafs.

## Foster Care

Respite Care • Short-term • Long-term • Emergency Care

## Other Types of Care

Permanent Care • Kinship Care • Adoption



**REGISTER YOUR INTEREST**

Visit [cafs.org.au](https://cafs.org.au) or call 1800 692 237

cafs   
WE CARE



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# CHILDREN & YOUTH CULTURAL GATHERING

## CLOSE THE GAP DAY

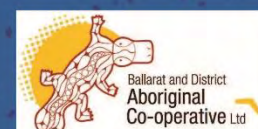
SAVE THE DATE

Thursday | 20 March 2025

YEAR 1-9 ABORIGINAL  
AND TORRES STRAIT ISLANDER STUDENTS

The Youth and Children's Cultural Gathering is an incredible opportunity for students to immerse themselves in the rich traditions and knowledge sharing of Australia's First Nation Peoples.

*Further information and registration to follow*





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**STUDENTS OR FAMILIES** interested in either of the following First Nations Artist opportunities, please feel free to deliver to our main office prior to the closing dates and we will ensure your entries are delivered to 403 Main Road Ballarat.

**CALLING OUT FOR ALL  
FIRST NATIONS  
ARTISTS!!!**

Deadline for Artwork will be Friday 28th March

- . Are you a young First Nations Artists with passion of expressing yourself and stories through Art?
- . We invite you to showcase your creativity at the BADAC Youth Art Expo.
- . A chance to show your talents to the community, connect with other young mob and celebrate our amazing culture together.
- . Artwork can be dropped off to 403 Main Rd.

**Art Expo will be held 30th April - More info to come.**

An illustration of several paintbrushes of different colors and sizes, along with several jars of paint in various colors (blue, yellow, pink, white), arranged in a cluster at the bottom left of the poster.

Made with PosterMyWall.com



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**BADAC YOUTH**

**2025 NAIDOC THEME  
THE NEXT GENERATION**

# **YOUTH NAIDOC POSTER COMPETITION**

**AGES - 5 - 17**

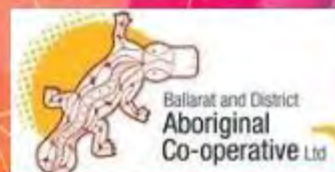
**Please come up with your own  
design that represents this  
years NAIDOC Theme.**

**Closing date Thursday 15th of  
May.**

**Artworks to be delivered to 403  
Main Rd Golden point**



Made with PosterMyWall.com





We respectfully **acknowledge** that the land on which we teach, learn and play was never ceded and we pay respect to the Wurundjeri Woi-wurrung people and all elders past, present and those emerging in our school and wider community.



# CREATIVE THERAPY TEEN 12-17

Join our creative sessions, to broaden your understanding on ways you can care for your mental health using the creative arts. We will develop collaborative methods of safely working together while supporting each others voice and choice for how we wish to express ourselves.

Topics for mental health. The nervous system, neuroscience, polyvagal theory, social connections, self talk, healthy hobbies and sharing tools for supporting wellbeing in a busy world.

THE EVENT WILL START ON THE 15TH OF FEB AND BE FORTNIGHTLY

# 15th

Feb 2025  
2.30-4.00

Be You  
Creative  
Studio

Message or  
email for more  
information



25.00 PER PERSON



Contact Us  
**0459777046**

Visit Our Website

**Beyoucreativetherapy.com.au**





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# CREATIVE THERAPY ADULT SESSION



Saturday 15th February - tune in to your needs

✓ Choice

✓ Crafting

✓ Chats



**\$25**

**REGISTER NOW**

📞 0459777046

📧 Megan@beyoucreativetherapy.com.au



[beyoucreativetherapy.com.au](http://beyoucreativetherapy.com.au)

**4.30-6.00**



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# Welcome to Story Expression

Stories for well-being/ mental health - Bring your own picnic rug for your family/people - Hear a story and after choose from materials craft or play to make/explore anything you like together. Connect, be you and curiosity.

Alfredton  
Must Adult supervision at all times  
15th feb, 1st march and 15 march  
8.30-9.30 am  
Phone for more details -0459777046



\$25 per family





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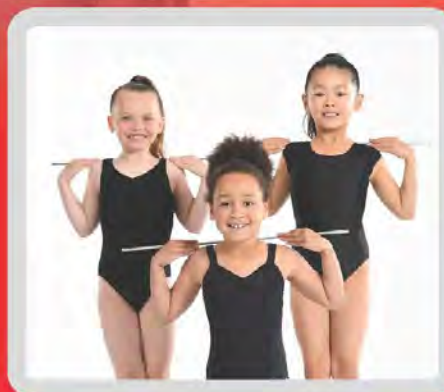


**2 FREE CLASSES\***

# PENTLAND CALISTHENICS COLLEGE

Calisthenics is a unique combination of dancing, singing, gymnastics and technical skills for children to adults.

Calisthenics develops strong, confident performers through teamwork in a fun and friendly club environment, where families connect and performers develop skills and friendships that last a lifetime.



**Tots & Tinies (3 - 7 Years)**

Saturday 9 - 11am

**Sub Juniors (8 - 10 Years)**

Wednesday 4.30 - 7pm

**Juniors (11 - 13 Years)**

Monday 4.30 - 7.30pm

**Intermediates (14 - 17 Years)**

Tuesday 5.30 - 8.30pm

**Seniors (18 Years+)**

Thursday 6.30 - 9.30pm

**Masters (26 Years+)**

Wednesday 7 - 9.30pm

**CaliFit (26 Years+)**

A recreational program that promotes movement and socialising in a supportive, inclusive space.  
Monday 10.30am - 12pm



**Contact Us**

0419 622 714

admin@pentlandcalisthenics.com.au

www.pentlandcalisthenics.com.au

**CLASSES START 1ST FEBRUARY  
AT OUR MADDINGLEY STUDIO**

\* For new participants

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### **Aussie Hoops Program**

This program is a fantastic introduction to basketball for young children and a great way for them to build skills and confidence in a fun environment.

The program is aimed at new participants aged 5 to 9. Follow the link below to register your child:

<https://www.playhq.com/basketball-victoria/org/bacchus-marsh-basketball-association/6663f749/register>



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### Discover Your Inner Hero;

Building Confidence and Resilience

Unlock your child's potential with 'Discover Your Inner Hero,' a specialised life coaching and hypnosis service for kids aged 8-12. Our tailored packages empower children on a transformative journey of self-discovery, fostering confidence, resilience and essential life skills. Through personalised coaching, we help kids understand their strengths, overcome challenges, and achieve meaningful goals.

Our supportive approach addresses issues such as:

- Anxiety
- Build resilience and confidence
- Improved self-talk
- Understand emotions
- Effective learning strategies
- And much more



### Empowering Young Minds;

Navigating Life with Courage

Embark on a transformative journey with 'Empowering Young Minds,' a specialised life coaching and hypnosis service for adolescents aged 12-18. Our tailored packages guide teens through a supportive process of self-discovery, instilling courage to navigate life's complexities. We focus on uncovering their strengths, overcoming challenges and acquiring essential life skills to achieve meaningful goals.

Our supportive approach addresses issues such as:

- Anxiety
- Build resilience and confidence
- Improved self-talk
- Improve social skills
- Understand emotions
- Effective learning strategies
- Navigating career paths and planning
- And much more



### Empower Her Monthly Women's Circle

Are you ready to dive into a space of support, understanding and connection? Join us for our upcoming Women's Circle where we come together to share, empower and uplift one another.



Where: Daley Neighbourhood House

Date: Friday 26th July

Friday 30th Aug

Friday 27th Sept

Time: 7 pm- 8.30 pm

Cost: \$20 PP, per session

BOOK NOW



### Other Services:

- Women's Coaching
- Hypnosis
- Relationships Coaching
- Parents Coaching
- Kids Coaching
- DISC Profiling
- Leadership Coaching
- High Performing Teams
- Therapy Dog Service



To find out more contact us by visiting our website.  
[www.inspiringpotentiallife.com](http://www.inspiringpotentiallife.com)



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Our supportive approach addresses issues such as;

- Understanding themselves and others
- Improve Social Skills
- Improve Learning
- Build resilience and confidence
- Improved self-talk
- Understand emotions
- Effective learning strategies
- Anxiety
- And much more



Through Hypnosis;

- Bed Wetting
- Weight Loss
- Sugar
- Thumb Sucking
- Conduct at Home
- Conduct at School
- Improving Grades
- Improving Reading
- Surviving a Divorce
- School Illness
- Stop Stuttering
- Stop Nightmares
- Move Quicker
- Stress
- Stop Lying
- Stop Stealing
- Test Anxiety
- Don't start smoking/vaping
- Sleeping Habits
- Hyperactivity



To find out more contact us  
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