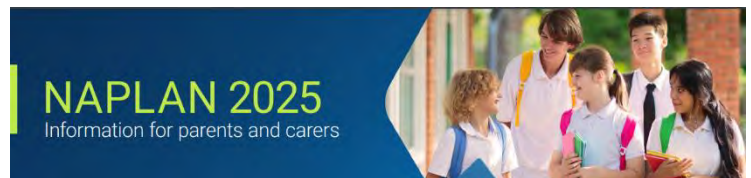


Term 1 Week 7 - 2025

TERM 1 2025 IMPORTANT DATES	
WEEK 1 JAN 27 – JAN 31 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	PUBLIC HOLIDAY TEACHERS RETURN – PUPIL FREE DAY GETTING TO KNOW YOU INTERVIEWS – P-6 (Bookings via Compass) GETTING TO KNOW YOU INTERVIEWS – P-6 (Bookings via Compass) 1 st HALF PREP COMMENCE (10 am) GRADE 1-6 RETURN TO SCHOOL
WEEK 2 FEB 3 – FEB 7 MONDAY WEDNESDAY	ASSEMBLY - 2 nd HALF PREP COMMENCE (10 am) PREP LITERACY ASSESSMENTS COMMENCE (Bookings via Compass)
WEEK 3 FEB 10 – FEB 14 WEDNESDAY	PREP LITERACY ASSESSMENTS (Bookings via Compass)
WEEK 4 FEB 17 – FEB 21 MONDAY WEDNESDAY FRIDAY	ASSEMBLY 2025 STUDENT LEADERSHIP GROUP PHOTOS PREP LITERACY ASSESSMENTS (Bookings via Compass) BMPS SWIMMING TRIALS AT BACCHUS MARSH POOL
WEEK 5 FEB 24 – FEB 28 WEDNESDAY THURSDAY - FRIDAY	PARENT CYBER SAFETY INFORMATION EVENT PREP LITERACY ASSESSMENTS (Bookings via Compass) SCHOLASTIC BOOK FAIR AT BMPS 8.15-8.45 & 3.00 – 3.45
WEEK 6 MAR 3 – MAR 7 MONDAY TUESDAY FRIDAY	ASSEMBLY BMPSSA DISTRICT SWIMMING PUPIL FREE DAY
WEEK 7 MAR 10 – MAR 14 MONDAY TUESDAY WEDNESDAY TO FRIDAY	LABOUR DAY PUBLIC HOLIDAY WESTERN RANGES SWIMMING AT MELTON WAVES PREP PARENT & CARER INFORMATION SESSION CONFIRMED-2.30pm NAPLAN YEAR 3 and 5
WEEK 8 MAR 17 – MAR 21 MONDAY FRIDAY	ASSEMBLY HARMONY DAY
WEEK 9 MAR 24 – MAR 28 FRIDAY	SENIOR SPORTS DAY
WEEK 10 MAR 31 – APR 4 FRIDAY	FINAL WEEK OF TERM LAST DAY OF TERM – 2.30 pm dismissal
TERM 1 PUPIL FREE DAY	
FRIDAY MARCH 7 – LITERACY AND NUMERACY CURRICULUM AUDITING	

NAPLAN WEEK

Best wishes to our Year 3 and 5 students and staff as we support the 2025 assessments this week.



Thank you for assisting with sleep, nutrition and punctuality so that our students are as prepared as possible for this focused process. Wednesday morning is Writing, Thursday morning is Reading, followed by Language Conventions prior to lunch, and Friday morning our students will complete the Mathematics assessment. Catch-up assessments will be facilitated for students requiring catch-up as soon as possible.

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NAPLAN 2025

Information for parents and carers



Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it is important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national proficiency standards.

NAPLAN is just one aspect of a school's assessment and reporting process. It does not replace ongoing assessments made by teachers about student performance, but it can provide teachers with more information about students' educational progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working, and whether young Australians are achieving important educational outcomes in literacy and numeracy.

Your child will do the NAPLAN tests online

Online NAPLAN tests are designed to provide precise results and are engaging for students. The tests are tailored (or adaptive), which means that each test presents questions that may be more or less difficult depending on a student's responses. This helps students remain engaged with the assessment.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

All Year 3 students will continue to complete the writing assessment on paper.

What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum.

Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

All government and non-government education authorities contribute to the development of NAPLAN test materials.

To find out more about NAPLAN, visit nap.edu.au.

Participation in NAPLAN

NAPLAN is for all Year 3, 5, 7 and 9 students. ACARA supports inclusive testing, so all students have the opportunity to participate in the National Assessment Program.

Information on adjustments available for students with disability who have diverse functional abilities and needs is provided in the [National protocols for test administration](#).

Schools should work with parents/carers and students to identify, on a case-by-case basis, reasonable adjustments required for individual students with disability to access NAPLAN.

To help inform these decisions, you may consult the National protocols for test administration (linked above), [NAPLAN public demonstration site](#), the [Guide for schools to assist students with disability to access NAPLAN](#), and our [series of videos](#) where parents/carers, teachers and students share their experiences in using NAPLAN adjustments.

In exceptional circumstances, a student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on adjustments for students with disability or the process required to gain a formal exemption.

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What if my child is absent from school on NAPLAN test days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule.

What can I do to support my child?

Students are not expected to study for NAPLAN. You can support your child by letting them know that NAPLAN is a part of their school program and reminding them to simply do their best. Some explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests; however, it is not necessary for parents/carers to do this. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

See the types of questions and tools available in the online NAPLAN assessments at [NAP – Public demonstration site](#).

How is my child's performance reported?

From 2023, NAPLAN results are reported against proficiency standards. There is a standard for each assessment area at each year level. Proficiency standards provide clear information on student achievement. They are set at a challenging but reasonable level expected of the child at the time of NAPLAN testing, based mainly on what has been taught in previous years of schooling.

Student achievement is shown against 4 levels of proficiency: Exceeding, Strong, Developing and Needs additional support.

A NAPLAN individual student report will be provided by your child's school later in the year. If you do not receive a report, you should contact your child's school.

How are NAPLAN results used?

- Students and parents/carers use individual results to discuss progress with teachers.
- Teachers use results to help identify students who need greater challenges or extra support.
- Schools use results to identify strengths and areas of need to improve teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review the effectiveness of programs and support offered to schools.
- The community can see information about the performance of schools over time at [myschool.edu.au](#).

Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](#)
- visit [nap.edu.au](#)

To learn how ACARA manages personal information for NAPLAN, visit [nap.edu.au/naplan/privacy](#).

NAPLAN timetable

The NAPLAN test window is 9 days. This is to accommodate schools that may not have the capacity to complete the tests in a shorter time frame. **The NAPLAN test window starts on Wednesday 12 March 2025 and finishes on Monday 24 March 2025.** Schools will schedule the tests as soon as possible within the testing window, prioritising the first week.

Test	Scheduling requirements	Duration	Test description
Writing	Year 3 students do the writing test on paper on day 1 only. Years 5, 7 and 9 writing must start on day 1 (schools must prioritise completion of writing on day 1, with day 2 only used where there are technical/logistical limitations).	Year 3: 40 min Year 5: 42 min Year 7: 42 min Year 9: 42 min	Students are provided with an idea or topic called a writing stimulus (or prompt) and asked to write a response in a particular genre (narrative or persuasive writing).
Reading	To be completed after the writing test.	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students read a range of informative, imaginative and persuasive texts, and then answer related questions.
Conventions of language	To be completed after the reading test.	Year 3: 45 min Year 5: 45 min Year 7: 45 min Year 9: 45 min	Students are assessed on spelling, grammar and punctuation.
Numeracy	To be completed after the conventions of language test.	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students are assessed on number and algebra, measurement and geometry, and statistics and probability.

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PREP PARENT AND CARER INFORMATION SESSION – TUESDAY



As per our weekly Update planner, we look forward to seeing our Prep Parents and Carers, Tuesday, March 11 at 2.30 pm for our next information session.

Now that our students are settling into school life and you have better context, the time is right to discuss learning routines and answer questions specific to all of their needs.

We hope this time will work well, just before pick-up.



CONGRATULATIONS EVERYONE!

Michelle Visser has finalised our first Book Fair for 2025 and our total sales were

\$12,031.21

Money raised for BMPS

\$3609.00

This money will again bring much appreciated classroom and junior, and senior library books into our school.

RAISING KIDS IN A DIGITAL WORLD

For those interested, but not able to attend the presentation, below you will find the link for the follow-up Raising Kids in a Digital World Parent Resources:

www.informandempower.com.au/schools-webinars/bacchus-marsh

- **Replay - Available for 30 days**
- Toolkit (slides, links & resources from the session)
- Blog posts
- Printable family poster



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SCHOOL COUNCIL NOTICE OF ELECTION AND CALL FOR NOMINATIONS

As previously communicated, please find attached our School Council Notice of Election and Call for Nominations. **Also attached is the Parent Fact Sheet and Parent Nomination Form.** Hard copies of all forms including Self Nomination forms are available from the office.

With 4 parent and carer positions available I look forward to speaking to all interested parents and carers as soon as possible.

- Please ensure your nomination or self-nomination is handed to our office by 4pm this Friday March 14.

BMPSSA DISTRICT SWIMMING

On Tuesday, 24 of our fastest swimmers travelled to Melton Waves for the District Swimming Carnival. They were greeted by warm weather and perfect conditions for swimming. Our swimmers competed hard on the day, with many receiving a ribbon for their individual events or a relay. Special mention to our 12 years girls who won all individual and team events in their age group! The following students qualified for Division Swimming on Tuesday by finishing 1st in a relay, or 1st/2nd in an individual event: Violet Sekoa, Leah Morgan, Courtney Woods, Amaya Finocchiaro, James Murray, Nate Andrews and Vera Simson. Well done to Violet who set a new District record for Butterfly! Thanks to Mrs Havelberg, Alex and Abby (SEDA) for assisting on the day, as well as our large contingent of supporters.

Dave Champness

PE & Sports Coordinator



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Enjoyed and appreciated by all parents who came along in 2023 and 2024

BMPS Workshop



BRINGING UP GREAT KIDS

TERM 1 2025



social & emotional development



Bringing Up Great Kids (BUGK) is set of activities and tools that are unique and offer you a fresh way to understand and develop your relationship with your children. It focuses on building positive and nurturing relationships, helping you to further understand the needs of your children and apply effective solutions to meet them.

The program is delivered over 4 sessions at BMPS by trained facilitators. Sessions run for 2 hours.

There is no cost involved to attend the program.

Fill in the link below

<https://forms.gle/FOCjzQZfLCBj1fM46>



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Moorabool Young Writers' Award 2025

Short story writing competition for Moorabool students aged 5 to 18

The theme for this year's Primary School category is **'Write where you are.'**

Your story begins, involves or ends right where you are, right here, right now, in this exact place where anything is possible!

> Entrants in the Prep to 2 category will need to complete a picture prompt involving a map.

> Entrants in Years 3 to 12 will need to write a Moorabool place/location/landmark into their story (up to 1000 words).

Each child may enter one story and entry is free. All entries must be typed, and will be judged blind, so please no names - just be sure to attach the entry form from your child's classroom teacher.

BMPS students can hand in completed entries to their classroom teacher before Thursday 24th April and I will submit them to Lerderderg Library.

Please see the attached flyer for more details or send me an email with any questions:

hayley.bonnici@education.vic.gov.au



Entries open Monday 10th March 2025

Entries close Monday 28th April 2025



Upcoming Events

Classroom Helpers Workshop

Classroom helpers are invaluable at BMPS so we'd love to see you at our upcoming training!

Monday 24th February
9-10am The House (next to Art room)

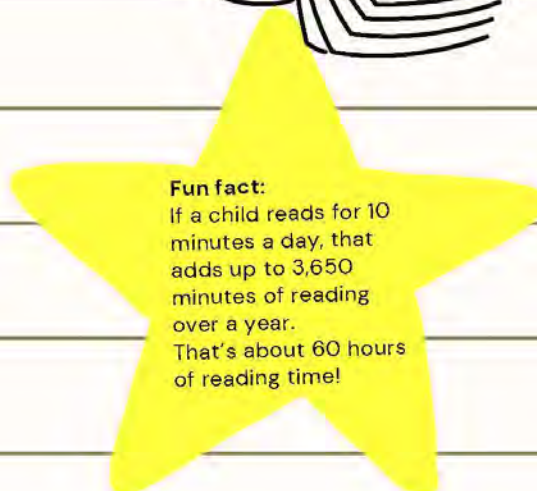
Please register your interest at the office or email
hayley.bonnici@education.vic.gov.au



Fun fact:

If a child reads for 10 minutes a day, that adds up to 3,650 minutes of reading over a year.

That's about 60 hours of reading time!



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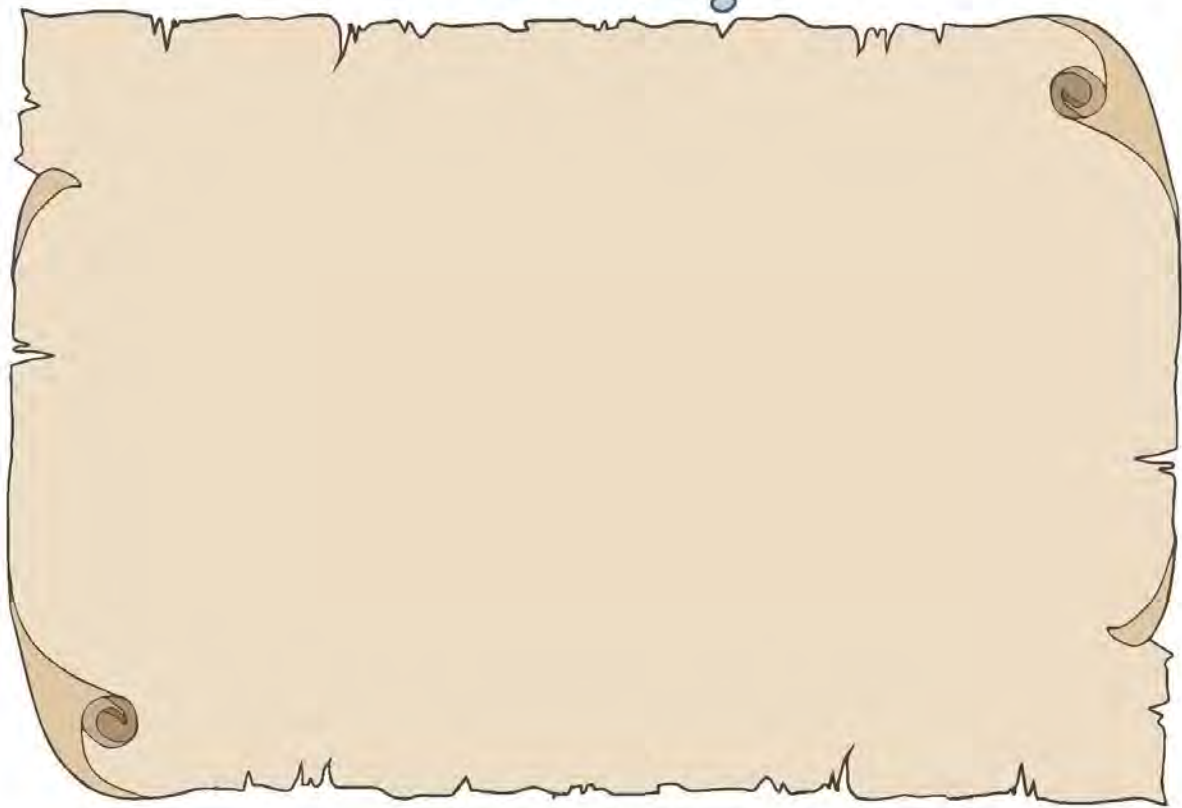


2025 Competition Prompts

Moorabool Young Writers' Awards 2025

Prep to Grade 2 Picture Prompt

**WRITE WHERE YOU
ARE!**



Imagine you have found a map.

Draw what is on the map OR write a short story about where your map leads to

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Moorabool Young Writers' Awards 2025

Short story writing competition for Moorabool students aged 5 to 18

Entries Open: Monday 10 March 2025 at 8.30am

Entries close: Monday 28 April 2025 at 5pm

Prep to Grade 2 - Complete the picture prompt -
MAP.

Grades 3 to 6 - Short Story up to 1000 words*

Years 7 to 12 - Short Story up to 3000 words*

*Write a Moorabool place/location/landmark into
your story.



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ALWAYS REACH OUT

- Thank you to the parents and carers who are reaching out to their 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

Best wishes for a great Week 7 from the BMPS staff...



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WE WANT YOU!

JUNIOR NETBALLERS

**SEEKING GIRLS TO JOIN THE COBRAS IN
2025.**

**Come and join the
Bacchus Marsh Football & Netball
Club**

**We are seeking players for our
Under 11 (girls & boys) team and our
13 teams!**

Enquiries or more info contact:

Meaghan Nixon: 0418 140 925

mnixon@bmfnc.com.au



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**THE BALLARAT PACK
PRESENT**

STARRING Mr. HALL

**BROADWAY
TO
BALLARAT:
The Haunted Theatre**

**Suitable for families.
Contains supernatural themes.**

March 19 - 23
Evenings at 7pm, Weekend Matinees at 2pm
Minerva Space, Ballarat Mechanics' Institute
Tickets available by Trybooking or here:

A QR code is located in the bottom right corner of the poster, likely linking to the ticket booking information.

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OSHC CLUB TEDDY BEAR DAY



Wednesday 26th March

Activities

- teddy bear picnic
- teddy hide and seek
- mask making

Bring your favourite teddy for a day of fun, perfect for new children and easing into the school year at OSHC! This event is all about creating a special moment during the busy start of the school year, welcoming new preps and children of all ages into the service to enjoy fun activities alongside the toy that brings them the most comfort.

Enjoy a teddy bear picnic (afternoon tea), exciting activities, and make new friends. At the end of the day, take home a special "First Day of OSHC" certificate for your fluffy companion to celebrate this milestone

Special Teddy Snacks



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Women's Seasonal Mini Retreats 2025



Step into the rhythm of the seasons with our 4-hour Women's Seasonal Mini Retreats! These thoughtfully designed retreats are your chance to nurture your mind, body, and spirit through activities like coaching, journaling, meditation, craft, and more—each retreat refreshed with unique, seasonal touches. Enjoy a welcoming atmosphere with delicious food, drinks, and a curated gift bag to take home. Whether it's spring renewal or autumn reflection, these retreats provide a space to slow down, reconnect with yourself, and celebrate your personal growth with a community of like-minded women.

<p>Autumn Retreat Harvesting Wisdom; Let Go & Gather Strength</p> <p>Join us for an Autumn-themed mini-retreat focused on letting go and self-reflection. Embrace the season's energy with practices to release what no longer serves you, create space for renewal, and reconnect with yourself. Through guided activities and meaningful moments, find clarity, reset, and step forward with intention.</p> <p>Date: Sunday 2nd March Time: 1 pm - 5 pm Location: Darley Neighbourhood House - Anna Curry Building Cost: \$97 per person</p>	<p>Winter Retreat Winter's Warmth; Nurture Your Inner Light</p> <p>Embrace the calm of winter with a mini-retreat focused on inner work and deep rest. Slow down, reflect, and reconnect with your core through guided practices and intentional rest. Replenish your energy, find clarity, and embrace the season as a time for restoration and growth.</p> <p>Date: Sunday 1st June Time: 1 pm - 5 pm Location: TBC Cost: \$97 per person</p>
<p>Spring Retreat Awakening Growth; Seeds of Potential</p> <p>Celebrate the energy of spring with a mini-retreat dedicated to renewal and growth. Shed the past, plant seeds of intention, and embrace new beginnings. Through guided activities and meaningful connection, awaken your vitality and step into the season with clarity and purpose.</p> <p>Date: Sunday 31st August Time: 1 pm - 5 pm Location: TBC Cost: \$97 per person</p>	<p>Summer Retreat Radiating Confidence; Shine & Thrive</p> <p>Step into the vibrant energy of summer with a mini-retreat focused on confidence and joy. Reconnect with your inner light, celebrate your strengths, and embrace playfulness and self-assurance. Through uplifting activities and meaningful connections, shine brightly and fully embrace the joy of being unapologetically you.</p> <p>Date: Sunday 30th November Time: 1 pm - 5 pm Location: TBC Cost: \$97 per person</p>

Special Offer:

Book all 4 retreats before March and save!
Plus a BONUS

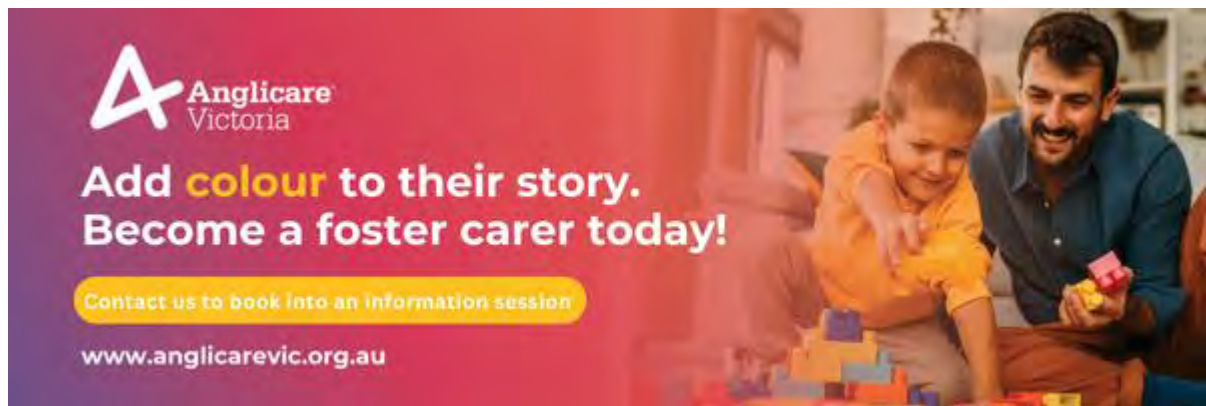
- Unleash Your Potential; A year of purposeful planning journal and pen
- ~~\$388~~ plus bonus valued at \$45 ONLY \$350, savings of \$83

Payment plans available

Message me at www.inspiringpotentiallife.com to secure your spot. I can't wait to welcome you!



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Anglicare
Victoria

**Add colour to their story.
Become a foster carer today!**

Contact us to book into an information session

www.anglicarevic.org.au

ENROL NOW 2025

OUR SERVICE

To provide children with a holistic environment enriched with opportunities which can freely explore and be guided by their own interests and abilities. Through the delivery of our educational program, we strive to provide children with a strong and balanced foundation to approach all future endeavours with confidence and Resilience.



Maddingley Montessori

Stand Tall, Happy & Proud

Kindergarten & Long Day Care

**3 & 4 Year OLD FUNDED
KINDERGARTEN**

Our program is available five days a week, with flexible session options designed to accommodate your family's schedule. Our Kinder program operates year-round for 50 weeks, ensuring consistent care and learning. We also provide nutritious meals daily, so you can leave the meals to us - giving you one less thing to worry about.

AGE GROUPS

Nest - 12 months to 20 months
Burrow - 20 months to 30 months
Adventurers - 30 months to 3 yrs
Discoverers - 3 to 5 yrs
Explorers - 3 to 5 yrs

CONTACT US TO BOOK A TOUR OR FOR MORE INFORMATION

8547 9585

admin@maddingleymontessori.com.au

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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 or call 1800 692 237



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CHILDREN & YOUTH CULTURAL GATHERING

CLOSE THE GAP DAY

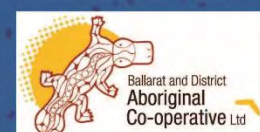
SAVE THE DATE

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.**

Made with PosterMyWall.com

The poster features a central white speech bubble containing text. The background is a textured grey with vibrant yellow and blue paint splatters. At the bottom left, there is an illustration of various art supplies including paintbrushes in a holder and several jars of paint in different colors. The text is primarily in a bold, sans-serif font, with the main title in black and the rest in red.

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BADAC YOUTH

**2025 NAIDOC THEME
THE NEXT GENERATION**

**YOUTH
NAIDOC
POSTER
COMPETITION**

AGES - 5 - 17

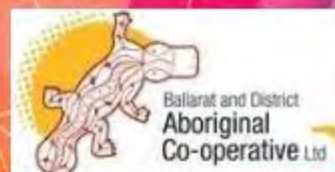
**Please come up with your own
design that represents this
years NAIDOC Theme.**

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

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



Made with PosterMyWall.com



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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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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



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.

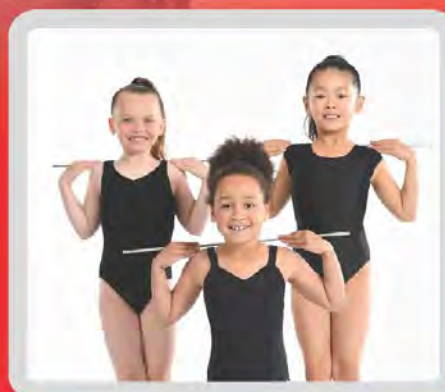


2 FREE CLASSES*

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



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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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