

Term 1 Week 4 - 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 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 BMPSSA DISTRICT SWIMMING AT MELTON
WEEK 6	MAR 3 – MAR 7 MONDAY FRIDAY	ASSEMBLY 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 TBC 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		

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.

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Dear Parents, Carers, Staff and Students,

It's assembly week this week and we look forward to presenting our final group of students who will take on leadership in a specialist area (Visual Art, Music, Chinese, Kitchen, Garden, Science and Technology)

To kick start Week 4, bravo to 6H Master Chefs Lucas, Ilija and Arthur for baking the **Blood Plum Torte** at home – the future is in great hands 😊



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At assembly this week we will also reinforce again how pleased we are 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

IMPORTANT NOTE: 'permanent markers'

Unfortunately, we will also be mentioning our disappointment with some graffiti on our playground equipment. Thankyou for being aware that **permanent markers** are not to be brought to school and most definitely shouldn't be taken into the yard.

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

WELLBEING UPDATE

Across the week we continue to run a variety of activities to engage our students in the yard or in quieter spaces across the school and want to ensure that families are aware that these activities are taking place:

Nurture Space

This space is staffed during each recess and lunchtime and is for quiet supported play. Students build their communication and turn taking skills whilst using the equipment in the space that we aim to rotate throughout the week. It is found at the rear of the Gr 6 building behind 6H.



Games Club

Games Club runs on a Tuesday and Thursday recess in the Grade 6 Gallery, it is run by our Wellbeing Officer (Belinda). Students can pick from a myriad of board games and continue to build their turn taking, problem solving and communication skills.



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Dance Club

Dance Club runs on a Friday recess in the gym, our students have a fantastic time working with one of our Education Support staff members, Annabelle, on their dance moves.



Performance Club

Performance Club is for our Grade 3-6 students. Mr Hall runs this group at lunchtime on Wednesday and Friday in the Music Room.

Come along and have a great time meeting friends with common interests and focusing on everything performance related!



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SCHOLASTIC Book Fairs



Book Fairs help your school stock up on resources to enrich your children's education. Best of all, each Fair provides kids access to more books.

More books means more choice, which means kids get to read the books they want to read. The right book can ignite a passion for reading, so we encourage families to work together to create a reading culture at home. Reading expands the mind and nourishes the imagination.



Dear Families,

Bacchus Marsh Primary School's Scholastic Book Fair will be held on the 27th and 28th February 2025 in the Grade 6 Gallery and we're looking forward to seeing you there.

Our Book Fairs connect students to books they want to read. To help your child find the best books, he or she will visit the Book Fair during class time.

Students will complete their **WISH LISTS** during that visit, which will be brought home to share with families. We encourage families to look over the attached Book List with your child and if you are unable to attend, you may use the Book List order form and send it back to school with your child to pick up their books.

Mark your calendar:

Book Fair is open to all families on

- Thursday 27 and Friday 28 February
- 8:15am to 8:45am and 3pm to 3:45pm

During the event, we also invite you to help build our classroom libraries by purchasing books and donating them to your child's class through the Classroom Wish List program. Thank you for encouraging your child to read. We appreciate your support and look forward to seeing you at the Book Fair.

Yours Sincerely,

Mrs Michelle Visser and all the staff at BMPS

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Literacy Update



Currently, our Grade 3 students are enjoying *Matilda*. Here are some of the new vocabulary they have been exploring



Class Novel Studies

Class Novel Studies are an exciting part of our Year 3-6 Literacy program, helping students develop a deeper understanding of texts through rich discussion and response activities. Thanks to the generous voluntary contributions of families, we've been able to purchase new novel study sets for 2025, ensuring one book between two students.

Novel studies:

- > Encourage close, intentional reading to deepen comprehension and build knowledge.
- > Provide meaningful writing opportunities in response to texts.
- > Link fiction and non-fiction for a broader learning experience.
- > Focus on vocabulary development to build language skills.
- > Build a culture of pleasure not only in texts but also in the act of social oral reading.

Thank you for your ongoing support in fostering a love of reading!

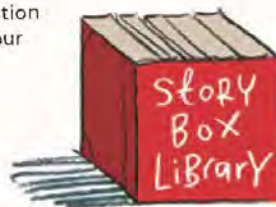
Story Box Library

Please take full advantage of our Story Box Library subscription - a wonderful collection of the best stories being read aloud by our favourite storytellers.

<https://storyboxlibrary.com.au/>

username: bmps028
password: lerderderg

Happy reading!



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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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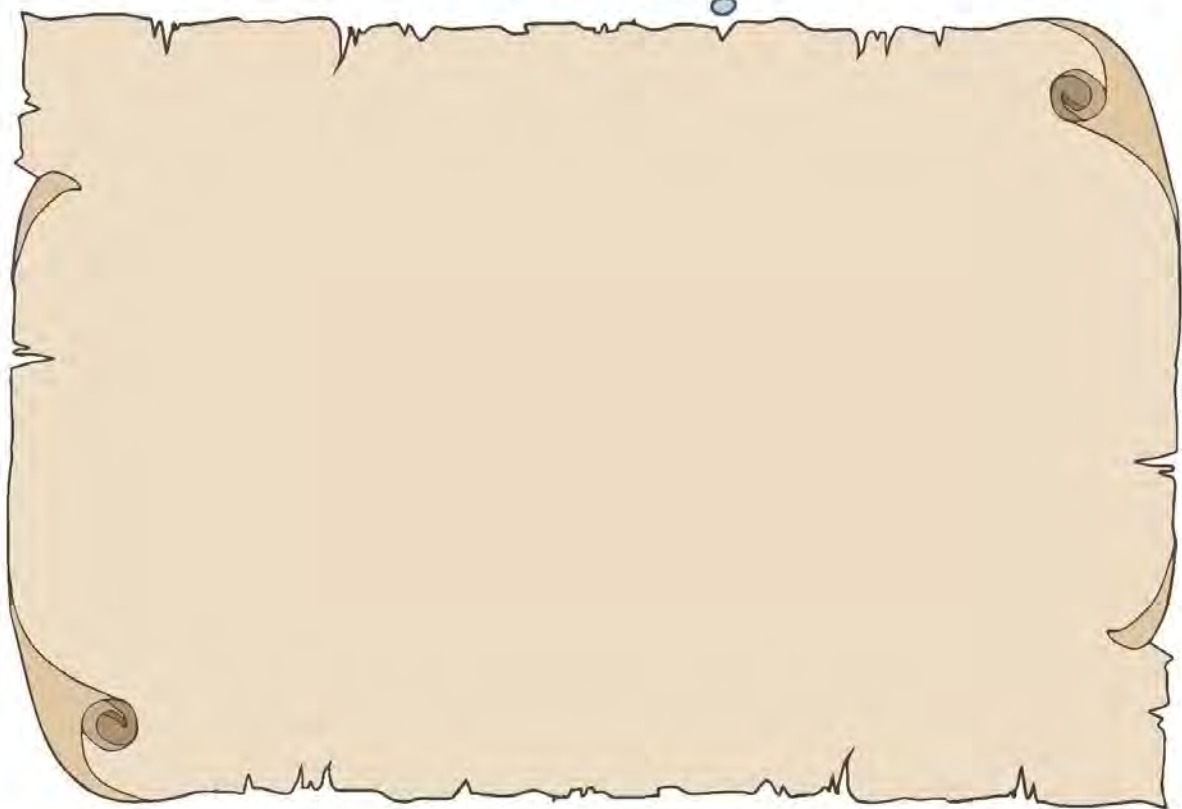


2025 Competition Prompts

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.



MOORABOOL
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SERVICES


Moorabool
Shire Council

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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+



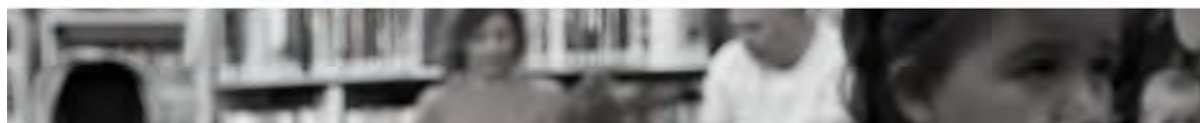
Friday Crafternoons

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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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
13 Feb, 27 Feb, 13 March and 27 March

Lerderderg Library

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

*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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**Term 1 Inform and Empower Incursions start streaming this week
in our classrooms**

See to follow an overview of the curriculum and find attached the
parent information overviews

**Screentime Superstars
(Foundation)**

Duration: 20 minutes

Learning this term will focus on making clever screen time choices. We will discuss how to take care of devices and strategies for sharing devices with others.

**Ollie Online
(Years 1/2)**

Duration: 30 minutes

Learning this term will focus on what the internet is, how listening to our body can help us recognise early warning signs, and how trusted adults can help us stay safe online.

**Adventures Online
(Years 3 / 4)**

Duration: 40 minutes

Learning this term will focus on what the internet is and how it works. We will also explore the rights and responsibilities of digital citizens.

**Thrive Online
(Years 5/6)**

Duration: 50 minutes

Learning this term will focus on rights and responsibilities as digital citizens, whilst considering that what we post is possibly public and permanent.



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

Starting sexuality (including pornography) conversations:

podcast: bit.ly/sexuality4parents

book: bit.ly/vanessahamilton

Setting up Roblox Parental Controls:

bit.ly/roblox2025

Kids Helpline:

kidshelpline.com.au

eSafety Commissioner:

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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BMPS is excited to be part of Clean Up Australia Day 2025 by participating in a Schools Clean Up. This is the 35th year the event has been running and we're stepping up to do our part. Students will work with their buddy grades during Week 5 (week of 24 Feb) to learn about waste. What is waste? Where does it come from? Where does it go? Is there waste in nature?

On Friday the 28th buddy grades will team up to collect litter in the school yard. Students are welcome to bring in a labelled pair of gardening gloves from home. We'll keep a tally of the rubbish we collect to serve as baseline data for the rest of this year and the years to come. How many zooper dooper wrappers might we find?

Want to get involved? Click the link the find a Clean Up Australia Day event near you. Just enter your post code to see what's nearby and where you can help. <https://register.cleanup.org.au/join-a-clean-up>

Inspire your family and friends to make a change by sharing your pledge and tagging @CleanUpAustralia #CleanUpAustralia



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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 –

SAFETY ALERT FOR TRAFFIC EXITING OUR DROP OFF ZONE

Concerned members of our community have alerted us that some motorists are coming out of the drop-off zone and trying to turn right (against what the sign says) and causing blockages of the traffic which has led to students being placed in very unsafe situations as they are not expecting cars to be turning right.

Moorabool Shire and police have been alerted to this concern and will patrol the area to assist our community with safe, respectful consideration for our students and wider school community

Anglicare Victoria

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

Contact us to book into an information session

www.anglicarevic.org.au

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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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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

cafs WE CARE

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CHILDREN & YOUTH CULTURAL GATHERING

CLOSE THE GAP DAY

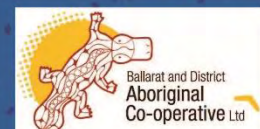
SAVE THE DATE

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.**

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



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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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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

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



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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
by visiting our website.
www.inspiringpotentiallife.com

