

The Podium

Achieving Optimal Academic Performance - Gratitude



Four years ago, I had the privilege and honour of co-leading a group of students across the Kokoda Track in Papua New Guinea. This adventurous school tour was very much undertaken, not only for the physical challenge it would present, but also so that those attending could make a pilgrimage to Kokoda, reflect, respect and have gratitude for the enormous effort and sacrifice undertaken by the many who placed themselves in harm's way for the protection of our country. This week's ANZAC day once again gave all of us the opportunity to pay our respects and show gratitude for the sacrifice of the ANZACs in conflict and in peace-keeping efforts around the world. Upon reflection, it has made me think about the term gratitude and how research now shows us that by practising gratitude we not only improve our mental health but also improve our learning outcomes. A gratitude mindset means entirely shifting

your perception. It means moving from a place of lacking to a place of abundance. Rather than focusing on what you don't have, you refocus and appreciate all that you do have. Gratitude thinking does more than make you feel good for a moment, it modifies the chemistry in your brain and triggers physiological changes in your body that affect you on a cellular level.

"The neurochemical, the anti-inflammatory, and the neural circuit mechanisms that gratitude can invoke are equally on par with some of the effects of pharmacology of things like high-intensity interval training and exercise". Dr Andrew Huberman.

Stanford neuroscientist Dr. Andrew Huberman, who I have previously quoted in my articles, explains that when you practise gratitude, it stimulates the release of serotonin, a neurotransmitter nicknamed the "happiness molecule" that promotes feelings of well-being. In addition, gratitude thinking causes the brain to release the hormone oxytocin also known as "the cuddle" hormone that creates feelings of connection.

So how can we actively practise gratitude to improve our health and learning outcomes? Here are 5 simple gratitude practices put together by Lyn Christian.

1. Focus on appreciating what you have for 10 seconds

Dr. Andrew Huberman reveals a common practice he sees among exceptional performers in high-pressure fields. Throughout the day, they take time to focus on and deeply appreciate what they already have and value. It doesn't take long to trigger the release of the beneficial neurochemicals and hormones involved in an effective gratitude practice - just a few moments of focus and feeling appreciation once a day is enough.

2. Receive gratitude by expressing it more often

The more you express gratitude to others, the more you will encourage them to express it back.

Here are some great ways to encourage a culture of gratitude wherever you are:

- Recognise the strengths of those around you;
- Don't forget to say thank you to your loved ones;
- Regularly tell people how you appreciate them; and
- Give genuine compliments to the people you come across day-to-day.

3. Recall moments when you felt appreciated

Humans experience powerful reactions in the brain when they feel appreciated. You can inspire these feelings in yourself by keeping track of moments when someone expressed gratitude towards you.

4. Get inspired by gratitude narratives

Look for stories that tell a “gratitude narrative” in which people are giving or receiving help. Find a story that moves you. When you observe a gratitude narrative, you experience the feeling of genuine chemical neural and circuit activation.

5. Go for gratitude walks

To practise this exercise, set aside about 20 minutes a day to take a break and go outside. During your walk, try to appreciate the positive things around you. Notice the sights, smells and sounds as you savour and feel gratitude with each step.

We have so much to be grateful for being members of our wonderful Bacchus Marsh Grammar community. Our reflections during ANZAC day reinforces this to us all. Although it may take time to feel the effects of gratitude at first, science tells us that performing gratitude practices repeatedly does shift the neural circuits in our brain and make us healthier, smarter and, most importantly, better people.

Mr Andrew Perks - Assistant Principal: Optimal Performance Learning

ANZAC Day Commemorations

Caroline Springs RSL

Student Leaders from the Maddingley and Woodlea campuses represented Bacchus Marsh Grammar at the Caroline Springs RSL Dawn Service.

Here are their reflections from a morning of reverence shared with the Caroline Springs community:

- The ANZAC Day Ceremony is an important service to honour the soldiers and those involved in military service. I am grateful that I was able to represent Bacchus Marsh Grammar at Monday’s service in Caroline Springs. I believe it is important for the younger generations to get involved in the service, as respect and remembrance are important Australian qualities that need to be taught to young people. Not only does it educate people on the history of war, but it connects older generations to the present and future generations.
- This service was an important one since it was the first one outside of lockdown so more people could be there physically and acknowledge the sacrifices made by the soldiers who gave up their lives to keep Australia safe and peaceful.
- It was an extraordinary experience to hear about the tragedies of war which made us appreciate the men and women who sacrificed themselves to ensure peace around the world.
- I felt extremely honoured to represent the school at the Dawn Service, as it is a very special service for me. It allows us to show our ongoing appreciation and pay our respects to those who fought for our country and provided us with the amazing resources and secure lifestyle Australia has today.
- People of all ages should be involved in ANZAC Day services in the future to pay respects to soldiers who have served Australia. We need to be educated about the events during armed conflicts and the effect they had on the veterans.
- The atmosphere of the Dawn Service at Caroline Springs was amazing. I felt extremely honoured to be able to represent the school at such an important event.



Dhruv Parekh, Alexis Sharp, Charlotte Stevenson, Micah Toms, Sumedha Chaudhuri and Garvit Sharma



Bacchus Marsh RSL

On Monday 25 April, Mrs Ogston, Tilly Campey, Isaac Busuttill, Olivia Ogston and I attended the Bacchus Marsh ANZAC Day Dawn Service. It was a morning to reflect on and commemorate the noble sacrifices of armed forces during a time of warfare. After two years in lockdown, it was great to see such a large turnout of community support, as several hundred people attended the service. We laid two wreaths to honour and pay our respects on behalf of the Bacchus Marsh Grammar community to those who have served in all wars. Lest we forget.

Eloise Driver – School Captain

NAPLAN 2022

The National Assessment Program – Literacy and Numeracy (NAPLAN) test window is between Tuesday 10 May and Friday 20 May. Please find below the intended test schedule for Bacchus Marsh Grammar.

This year, the NAPLAN will occur online with computer-based assessments. NAPLAN online provides a better assessment and is more engaging for students. It is a tailored test that adapts to student responses, presenting students with questions that may be more or less difficult – resulting in more precise results.

As this is our first year completing NAPLAN online, we encourage students and families to access the National Assessment Program public demonstration test to further familiarise themselves with the types of questions and related functionalities available in the online NAPLAN assessment. This can be found here: <https://nap.edu.au/online-assessment/public-demonstration-site>

We look forward to celebrating the achievement of all our students and importantly, using this assessment data to ensure that each student is achieving their full potential.

For any questions related to NAPLAN, please contact your relevant Head of School.

Mrs Emma Kannar – Deputy Principal, Teaching & Learning

Intended test schedule:

Woodlea Campus									
	10 May Tuesday	11 May Wednesday	12 May Thursday	13 May Friday	16 May Monday	17 May Tuesday	18 May Wednesday	19 May Thursday	20 May Friday
Year 3	Writing	Reading	Language Conventions	Numeracy [Catch-up: Writing]		Catch-up Assessments			
Year 5	Writing	Reading	Language Conventions	Numeracy		Catch-up Assessments			
Year 7		Writing	Reading	Language Conventions	Numeracy	Catch-up Assessments			

Maddingley Campus									
	10 May Tuesday	11 May Wednesday	12 May Thursday	13 May Friday	16 May Monday	17 May Tuesday	18 May Wednesday	19 May Thursday	20 May Friday
Year 3	Writing Reading	Language Conventions	Numeracy	Catch-up: Writing	Catch-up Assessments				
Year 5	Writing	Reading Language Conventions	Numeracy		Catch-up Assessments				
Year 7	Reading	Writing	Language Conventions	Numeracy	Catch-up Assessments				
Year 9	Reading	Writing	Language Conventions	Numeracy	Catch-up Assessments				

Junior School News

Welcome back to Term 2! We trust you had a wonderful holiday with your family.

This term will be busy at both Maddingley and Woodlea campuses with the Semester One reporting process getting underway. As in Term 1, teachers will continue assessing students in multiple ways enabling them to form a judgement about each student's achievement and areas of growth this year. Methods of assessment include observational formative assessment, anecdotal notes, summative assessment tasks and a student's performance in class learning experiences along with their ability to verbally demonstrate their knowledge and understanding.

Teachers will assess students throughout the term to ensure the most accurate and current results are captured. At both Woodlea and Maddingley, students in Prep to Year 4 are rated on a five-point scale as follows:

Below	Students who receive "below" are performing significantly below the rest of the cohort. They have not achieved the expectation for their year level and are working on modified curriculum.
Working Towards	Students who receive "working towards" are achieving just below the expectation for their year level. In some areas they may be achieving the expectation for their year level; however, in others they have further consolidation to achieve.
At	Students who receive "at expected" rating have demonstrated all of the required skills in the year level achievement standard. They are performing at the standard expected for their year level, based on what has been taught and the time of the year. Students all have areas of strength and areas to develop within the average range.
Above	Students who receive "above standard" have a deep and comprehensive understanding of their year level achievement standard. They are able to apply their learning to new situations and are being extended throughout the curriculum.
Well Above	Students who receive "well above" are performing at least one year ahead of the cohort. They have achieved the expectation for both their year level and the following year level and can demonstrate and apply their learning in multiple ways.

Early in Term 3, parents will have the opportunity to discuss the student report and their child's results so far this year.

Families can keep up to date with their children's learning by connecting to the Year Level Family Engagement pages on Schoolbox. We encourage you to log in and check out your children's learning!

Mrs Lisa Foster - Head of Junior School: Maddingley & Mrs Sally Savic - Head of Junior School: Woodlea

Woodlea Update

We would like to take the opportunity to thank the Woodlea community for a great start to the school year.

Visits to Staughton Vale, Cross Country events, Easter Bonnet Parade, International Week, incursions and assemblies were all part of a busy and productive first term that was full of learning opportunities which allowed students to collaborate with their peers and teachers.

We would like to acknowledge the students for their efforts and commitment to learning in Term 1 and wish them the very best for Term 2 as they continue to strive to do their best and show the qualities of a Bacchus Marsh Grammar student.

We would also like to thank the parents for their ongoing support and partnering with us to achieve success. We look forward to working with you again in Term 2.

Mrs Sally Savic - Head of Junior School: Woodlea & Ms Courtney Williams – Deputy Head of Junior School: Woodlea

Spotlight on Prep Maddingley - Peer Learning Assistance



This year, Prep B and Prep Reception are taking part in the 'Peer Learning Assistance' program.

The Program has been designed so that students in the Year 9/10 Child Development Class can address their core learning outcome of, "develop and implement a range of strategies to promote and optimise an individual child's development in the domains of physical, intellectual, emotional and social growth," within the school environment.

It has been fantastic to watch the interaction between the older and younger students. Last term, the students participated in activities that helped in the development of their fine motor and vocabulary skills. The older students were asked to focus on

explicit instruction and language whilst guiding the Prep students in a range of Literacy and Numeracy activities.

The Prep students are also involved in the very popular Year Six Buddy program. Here the year older students complete a range of classroom activities that also promote oral language and social development. This term they have enjoyed peer writing, a numeracy shape activity and, to finish off the term, a fun Easter craft activity.

We look forward to another term of collaborative learning with the older students and our very eager Preps.

Prep Team – Maddingley

Teaching and Learning: Extra Activities

Reading at Home – Bright Idea



Dictation

Dictate a sentence from the book.

Your child can write the sentence and then draw a picture (demonstrating comprehension).

You can dictate single words if your child is not ready to write full sentences.

Ms Sian Rawlinson - Junior School Teaching and Learning Coordinator: Maddingley

Student Wellbeing



Butterfly Foundation - Body Confident Children and Teens Webinar

Bacchus Marsh Grammar is pleased to be able to offer this important parent webinar, presented by the Butterfly Foundation. This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. It is delivered by the Butterfly Foundation, Australia's largest not-for-profit organisation for eating disorders and body image concerns.

This session is open to all parents and carers and will be conducted over Zoom on Thursday 5 May 2022 from 7:00pm to 8:15pm. To register for the webinar, please refer to an email (via EdSmart) sent earlier this week, which includes a link to TryBooking.

Student Wellbeing Team

Events Calendar

Dates for upcoming events/excursions and day camps can be viewed via the events calendar on the [school website](#).

Mother's Day Stall

BMG is hosting a Mother's Day stall for students in Prep Reception to Year 6. There will be a range of gifts for the students to choose from, with all gifts priced at \$5.00 each.

Maddingley Stall – Wednesday 4 May

Woodlea Stall – Thursday 5 May

Gifts are required to be paid for online through the Qkr App, Mother's Day Stall Tab, no later than Friday 29 April 2022 by 5.00pm.

Students in Prep Reception to Year 4 will visit the stall at allocated times during the school day. Those in Year 5 and 6 will have an opportunity to visit the stall at recess or lunchtime on this date.

Please don't forget to send along a bag with your child to ensure the gifts make it home safely.

Any questions with regards to the Mother's Day stall, please contact:

- Maddingley: Monica Slattery (slatterym@bmg.vic.edu.au) 5366 4265 or Symone Whiteway (whiteways@bmg.vic.edu.au) 5366 4143
- Woodlea Reception 5366 4900.

Sport News

Health Workshops - Elephant Education

As part of the Health and Wellbeing curriculum at Bacchus Marsh Grammar, Elephant Education will be conducting a number of Sex Education and Health workshops for our Middle School students during Term 2.

Elephant Education is a leading sexuality education provider to hundreds of schools around Australia. Elephant Ed's workshops are evidence-based, age-appropriate and mapped to State and National curriculum guidelines. Elephant Ed is endorsed by the eSafety Commissioner as a Trusted eSafety Provider. These sessions are designed to empower young people to make informed, positive and safe decisions about sexuality, relationships and growing up. The Elephant Ed student workshops which focus on age-appropriate themes, will be conducted in class across both the Maddingley and Woodlea campuses:

Maddingley Campus	Woodlea Campus
Monday 2nd May <ul style="list-style-type: none">• Year 5: Puberty / Embracing Change• Year 7: Body Safety	Thursday 28th April <ul style="list-style-type: none">• Year 5: Puberty / Embracing Change• Year 7: Body Safety• Year 6: Respectful relationships / Body image• Year 8: Social Media / Language & Labelling
Monday 9th May <ul style="list-style-type: none">• Year 6: Respectful relationships / Body image• Year 8: Social Media / Language & Labelling	

Muscular Skeletal Screening for BMG Athletes

Next week, the WestVic Academy scholarship holders and students within the Elite Sports program will be involved in their Muscular skeletal screenings. These screens are conducted by PhD Exercise Physiologists from Federation University working in conjunction with Bacchus Marsh Grammar and the WestVic Academy of Sport. The MSK screenings are vital in providing the program with information that will enable coaches to accurately design and implement programs in Strength and Conditioning for the athletes. They are also extremely accurate in “picking up” body misalignments or muscle weaknesses/imbbalances that may result in injuries in the future.

Individual Sporting Success

Congratulations to **Jai Copland** who competed in the recent Oceania BMX championships and BMX National Series in Queensland. In the Oceania Championships, Jai won a Bronze Medal on his 24 inch Cruiser finishing 3rd in 15-16 Boys Cruiser and 6th on his 20 inch in 16 Boys. In round 3 of the BMX National series, Jai finished 4th in Jnr Superclass and 6th in 16 Boys. With these results Jai has now qualified for the World BMX Championships which will be held in France in July. Congratulations Jai!



Congratulations to Oliver Behrens who plays for Ballarat City in the JNPL U14 team. Oliver was selected to play in the Football Victoria TIDC U14 Country squad. The 16 boys were selected from clubs in Geelong, Ballarat, Shepparton and Wodonga. After three undefeated matches, they took out the U14 State championship. Well done Oliver!



Australian Open Karate Championships

The Australian Open Karate Championships were held in Sydney on 9th & 10th April. **Justin Robins** performed extremely well at the tournament and won Gold in both his weight division for cadet kumite (14-15 year olds, sparring), and the cadet open weight kumite division. As a result of his victories, Justin has been selected for the team to represent Australia at the Oceania Karate Championships in New Caledonia in June.

Other Bacchus Marsh Grammar students who competed and placed well include: **Ruby Westhead** winning Silver, **Emilee Attard**, **Jamasyn Maier**, **Liam Westhead**, **Peyton Maier** and **Emilia Feketa** who all won Bronze.

Congratulations to all competitors.

Article supplied by BMG Family.

Mr Bryce Durham - Head of Faculty: Physical Education and Health

Woodlea House Cross Country Carnival – Year 5 and 6 Results

On Wednesday 6 April, students in Years 5 and 6 participated in the Cross-Country at Staughton Vale. With a slight breeze and the sun shining, it was perfect conditions for students to give it their best and earn points for their respective Houses. The cross-country course stretched through the Staughton Vale Farm, allowing students to experience a 3km course across mixed terrain.

	11 yr Boys	11 yr Girls	12/13 yr Boys	12/13 yr Girls
1 st	Vansh Goel	Kiera-Lee Rybicki	Eden Haymes	Inaya Khan
2 nd	Anhad Rathore	Maya Chakik	Sehajvir Khangura	Nikita Kumar
3 rd	Aarav Jalpota	Hardeep Kaur Khangura	Kristijan Cvetkovic	Jazzmeen Sandhu
4 th	Atharv Jindal	Navrose Pabla	Varoon Ravishandar	Nella Bogdanowicz
5 th	Arnav Singh	Samarah Hussein	Harry Blanks	Prithila Dutta
6 th	Reyansh Manthana	Kaela Funston	Sanjay Kirisananthan	Aarya Avinash
7 th	Srinivas Nanduri	Ira Nehra	Aiden Jacobi	Reeyanaa Sethia
8 th	Andile Mahwendepi	Anahita Anand	Lucas Cochrane	Enara Wimalasuriya
9 th	Ajitesh Khaira	Riyana Safi	Henry Hao Yuan Hoo	Khushreet Aujla
10 th	Miguel Villaflores	Saanvi Patel	Nathi Chote	Devshree Gohil

Congratulations to the Bacchus Bronchos who were our Woodlea winners!

Total Points:

1. Bacchus: 253
2. Pentland: 228
3. Hilton: 226
4. Braeside: 209



Mr Liam Gill - Head of PE: Woodlea & Mr Jed Millard - PE Department

Music Department News - Maddingley & Woodlea

I am pleased to advise that choirs will recommence this term. Students can sign-up via their Tutor Group Teachers, Instrumental Music Teacher or simply attend their first rehearsal and have their names added to the roll.

Choirs are open to all students and no prior experience is required. For your convenience, please find the weekly schedule below.

Choir	Rehearsal Day & Location
Maddingley P to 2 Choir	Friday lunchtime Wilson Hall Room 3
Maddingley Years 3 & 4 Choir	Tuesday lunchtime Music Room 2
Maddingley Years 5 & 6 Choir	Wednesday lunchtime Wilson Hall Room 3
Maddingley Years 7 & 8 Choir	Friday lunchtime Music Room 3
Maddingley Senior Vocal Ensemble (9 to 12)	Monday lunchtime Wilson Hall Room 3
Woodlea Junior School Choir (P to 4)	Monday lunchtime Hall (G02 & G03)
Woodlea Middle School Choir (5 to 8)	Thursday lunchtime Hall (G02 & G03)

Mr Steven Bell - Head of Faculty: Music & Performing Arts

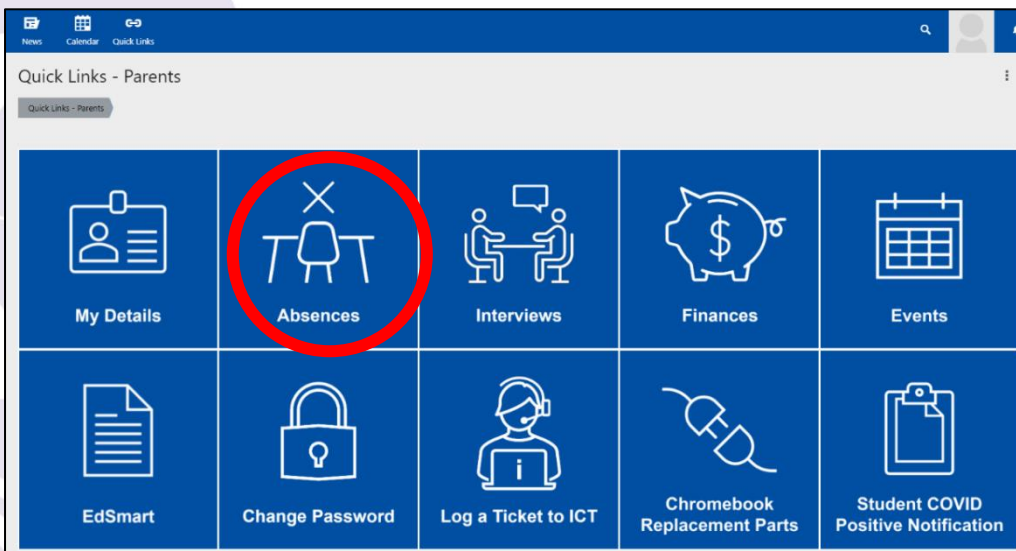
Administration Updates

Applications for the Callow Access Scholarship and Indigenous Scholarship have been extended

The closing date for the Callow Access Scholarship and Indigenous Scholarship has been extended to **Friday 10 June 2022**.

The **Callow Access Scholarship** enables students from Years 7 to 12 in 2023 who would otherwise not attend Bacchus Marsh Grammar to attend on a Full Scholarship. Parents of students must be in receipt of a current Centrelink Health Care Card to qualify for a Callow Access Scholarship and need to provide a copy of the relevant card. The Callow Access Scholarship does not require students to sit an entrance examination, however, they are required to complete a Portfolio which can be accessed through the [School's website](#). Shortlisted candidates will be interviewed by the Principal.

The **Indigenous Scholarship** is open to current and new students from Years 7 to 12 in 2023. Indigenous Scholarship applicants must provide a copy of the applicant's Confirmation of Aboriginality document. The Indigenous Scholarship does not require students to sit an entrance examination, however, they are required to complete a Portfolio which can be accessed through the [School's website](#). Shortlisted candidates will be interviewed by the Principal.



Reporting a Student Absence

Parents can now report their student's absence via Schoolbox. Select "Quick Links" from the top of the page. Then click the "Absences" tile and this will take you to a Microsoft Form where you can fill in the relevant details.

COVID-19 Update – Reporting a Positive Case

To notify the School of a COVID positive student, please login to Schoolbox and select "Quick Links" from the top of the page.

Then click the "Student COVID Positive Notification" tile and this will take you to a Microsoft Form where you can fill in your details, the student with the positive test and relevant dates.

After you press the submit form you will receive an email to the address you entered confirming all the details provided.

To report Household contacts, please email school@bmg.vic.edu.au and report the absence via the relevant campus absentee email address or via Schoolbox (as per process indicated above).

Maddingley Campus – maddingley_absentees@bmg.vic.edu.au

Woodlea Campus – woodlea_absentees@bmg.vic.edu.au

Mrs Michelle Graham – Executive Assistant to the Principal

Book Club News – Catalogue for Issue 3



Issue 3 catalogue is out now!

If you wish to order, visit the [Scholastic website](#).

As your order will incur a postage & handling fee of \$5.99, we encourage you to place one order per family.

If you have not ordered before, you will need to set up an account. It is advised that you set up the account under your own name.

When you place an order, it will ask you to nominate a teacher. Please see the chart below to determine who to nominate at each campus. If you are ordering for more than one child then you only need to nominate one teacher.

Year level	Maddingley Campus	Woodlea Campus
Prep	Mrs Mckerrow	Your child's class teacher
Year 1	Ms Bens	Your child's class teacher
Year 2	Ms Durham	Your child's class teacher
Year 3	Mr Al-Bazi	Your child's class teacher
Year 4	Mrs Di Mieri	Your child's class teacher
Year 5	Mr Hilton	Your child's class teacher
Year 6	Mr McLaughlin	Your child's class teacher
Middle/Senior School	Mrs Dunn (Years 7-12)	Mr Monaghan

Maddingley/Woodlea Campuses: If you have any issues or need to seek further advice then you can contact Mrs Dunn at the Maddingley Campus on 5366 4800 (ask for the Senior Library) or you can email dunnd@bmg.vic.edu.au.

Scholastic Book Club Coordinators - Mrs Diane Dunn (Maddingley Campus) & Mrs Feona West (Woodlea Campus)

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

The Y Ballarat operate the Out of School Hours Care at Bacchus Marsh Grammar.

Enrolments are completed online. For full information please visit the [school website](#).

Before School Care will be available at the Woodlea campus starting in Term 2.

Email: chrissie.ashmore@yballarat.org.au Phone: 0490 178 638 W: <https://yballarat.org.au/>

Maddingley:

maddingley.oshc@yballarat.org.au

0438 154 842

Located: South Maddingley Road, Maddingley, Victoria 3340 3336.

Woodlea:

woodlea.oshc@yballarat.org.au

0490 490 362

Located: 111 Frontier Avenue, Aintree, Victoria.

Bacchus Marsh Grammar On Campus Uniform Shop

Phone Orders – 5367 4072

Uniform information and shop business hours are listed on the [school website](#).

Regular Contacts

Student Absentees

Maddingley Campus

Absentee Line 5366 4888 or Absentee Email – maddingley_absentees@bmg.vic.edu.au

Woodlea Campus

Absentee Line 5366 4988 or Absentee Email – woodlea_absentees@bmg.vic.edu.au

Maddingley Campus

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Woodlea Campus

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Woodlea Early Learning Centre

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F +61 3 5366 4850

General School Email: school@bmg.vic.edu.au

School Website: www.bmg.vic.edu.au



Doctrina Vitae

Bacchus Marsh
Grammar

