



The Podium

Achieving Optimal Academic Performance – Examinations

Next week, the students will begin their formal examinations. Students will have all been given their examination timetables and will have been busy revising and preparing for these assessments. Yes, they will be challenging; however, they need to be. We need to make sure our students are engaged and challenged in a culture of learning and improvement because ultimately, we want all our students to achieve their Optimal Performance.

As parents, what can we do during this time to assist our children and students achieve their best? Here are a few things you can do to help.

1. Keep them fed

Make sure that the students are eating healthy meals. The brain needs fuel and healthy meals including fruit and vegetables; this is a great way to get the most out of our brains. We need to be fuelling their bodies during the day with healthy, non-processed food items, including fibre-dense breakfasts. Favourite meals also help. If nothing else, cooking favourite meals will make you feel better. It's a tangible way of saying, "I love you and I support you". Eat as a family. It's good for discussions and keeping perspective and it will keep your child in touch with their siblings and parents.

2. Try not to nag

This one is tough, especially if they are continuously on their devices or watching TV to escape studying. If they are showing avoidance behaviour, help them with their study timetable. Build in breaks and social time. That way they don't feel as though monitoring their time and application is your job. They have agreed to a plan.

3. Encourage exercise

Exercise is brilliant for providing a fresh perspective. The natural endorphins will lift mood and the break from the books and the fresh air will revitalise. A long walk with the dog, cycling, a swim or a run can make the world of difference. Research by Professor Wendy Suzuki also shows that exercise stimulates memory retention. This will help students remember important information for exams.

The Podium – Examinations continued.....

4. Reduce household traffic

Households can be very busy with family and friends constantly coming and going. Perhaps put the word out that the home needs to be calm and quiet for a week.

5. Promote sleep

Your child will be tempted to be up late and studying into the early hours of the morning. Ensure that they are getting enough sleep. We want our students getting 8-10 hours a night. Fatigue has a detrimental effect on brain processes, particularly memory. We want them to be bright and alert for their exams, so stress the importance of a regular bedtime. And remove devices like phones and tablets from bedrooms, especially during exam week.

6. Don't forget Water

Make sure that your children are drinking plenty of water throughout the day. Students should be aiming for at least 2 litres and make sure students have drink bottles for school. Hydrated brains are healthy smart brains.

7. Make yourself available to help

It might be quizzing them on mathematical formulas or having them tell you the story of the Kokoda Trail Defence. It may also be timing students while they do practice exams. It all helps. It also shows that you are "in it" with them and this support will help them greatly, not only with knowledge but also with confidence.

I would like to wish all students and families the very best with the examinations. Take on the challenge and strive to achieve your best.

Mr Andrew Perks - Assistant Principal: Optimal Performance Learning

ICAS Assessments 2022

We are pleased to inform families that Bacchus Marsh Grammar will again participate in the ICAS Assessments for Mathematics, Science and English. This will be for students in Years 2 to 10.

Full information was sent via EdSmart notification earlier this week, detailing the sitting dates in August and the relevant link to register. Please note that the closing date to register is Monday 1 August. This information is also accessible on Schoolbox: <https://schoolbox.bmg.vic.edu.au/news/4952>

A decision on the location to conduct the assessments (Maddingley/Woodlea Campus or both) will be determined closer to the sitting dates and communicated to those who have registered.

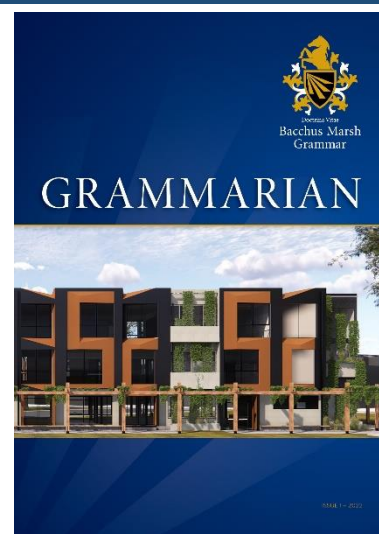
Mr Kevin Richardson – Senior Deputy Principal

Grammarian – Issue 1, 2022

The latest edition of the Grammarian is accessible via the [school website](#). It features these articles:

- From the Principal – New Maddingley Library/ Resource Centre Building
- Parks Victoria Signage Collaboration
- 2022 Leaders / 2021 DUX
- Duke of Edinburgh Award
- The Writing Revolution

Mrs Casey Ryder



Music Department - Student Success

Congratulations to the following students for their recent eisteddfod and examination success:

Student Name	Section	Result
Stefania Robu (Pictured right)	<u>Bendigo Eisteddfod</u>	
	Australian Composer	2 nd place
	Performer Choice	2 nd place
	Grade 7 AMEB	3 rd place
	<u>Warrnambool Eisteddfod</u>	
	Advanced Piano Solo – Australian Composer	1 st place
Advanced Piano Solo – Student Choice	1 st place	
Advanced Piano Solo – Baroque / Classical / Romantic	1 st place	
Allan Wang	AMEB Violin 7 th Grade	A Honours



Students who participate in instrument/voice lessons or other performing arts programs outside of Bacchus Marsh Grammar are also encouraged to forward any examination or competition results for acknowledgement in future newsletters: music@bmg.vic.edu.au

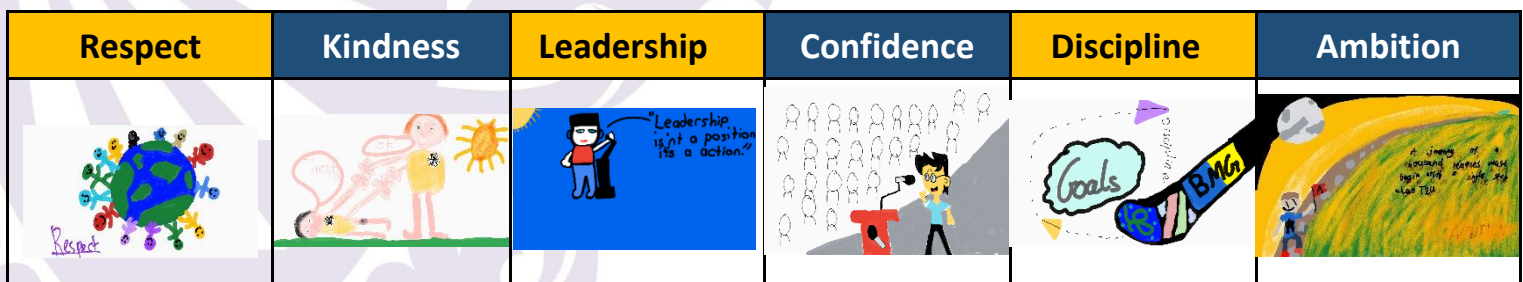
Mr Steven Bell - Head of Faculty: Music & Performing Arts

Junior School News

Here at Bacchus Marsh Grammar, our culture is underpinned by six key values: Respect, Kindness, Leadership, Confidence, Discipline and Ambition.

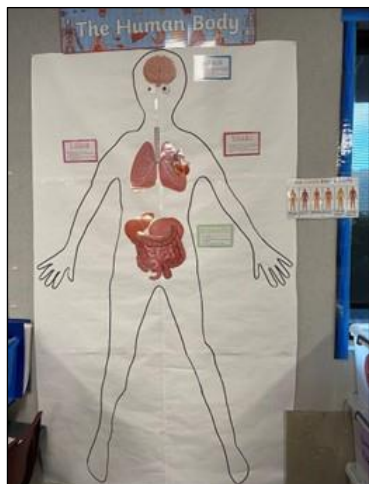
At Woodlea, our Year Four students have been exploring what it means to embody these attributes and how they, as leaders, can be positive role models for our Junior School students. As part of this exploration, students defined the words, studied their roots and origins and explored their etymology. To demonstrate their deep conceptual understandings, the students created visual images that represent what each value **means** to them. They used their Chromebooks to develop these, highlighting the effectiveness of digital literacy devices.

We would like to congratulate our entire Junior School for their commitment to our school culture and encourage them to continue to demonstrate these values both within and outside of our school community.



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

Spotlight on Woodlea Year 1



Year 1 students at Woodlea have enjoyed learning about the human body and its vital organs. They have embraced the opportunity to research and create examples of different functioning organs. A highlight has been creating working lungs and a heart.

Woodlea Year 1 Team

Woodlea House Athletics Carnival 2022

The annual Woodlea House Athletics Carnival was held over two days - Tuesday 24 May and Tuesday 31 May. We were extremely lucky that the weather held off for all track and field events which managed to be completed on their assigned days. To hold the event onsite, a slight alteration was made for both days.

A huge thank you to all staff who assisted on either or both days and a massive congratulations to all students who competed in events and earned valuable points for their Houses.

We had a close count for Athletics House Champion with 1st place and second place being separated by only 28 points - considering that a 1st place in any event is worth 24 points to a student's House.

Congratulations to our House Athletics Champions, the Pentland Panthers, who are back-to-back Champions.



We saw some fantastic individual efforts by our Age Group Champions. These are highlighted below:

8/9 Boys - Evan Lin

8/9 Girls - Parini Modi

10 Boys - Ayhan Senyuvali

10 Girls - Mehak Cheema

11 Boys - Harsha Yamani

11 Girls - Riya Jain

12/13 Boys - Sashwath Sathish

12/13 Girls - Aarya Avinash

Year 7 Boys - Tiger Castillo

Year 7 Girls - Abigail Pellow

Year 8 Boys - Emil Joseph

Year 8 Girls - Summer Apostolidis

Woodlea Athletics continued.....

It was extremely pleasing to see the level of sportsmanship displayed by all students, not only cheering on their House but supporting others trying their best.

House events cannot run without the support of all staff and their willingness to give up their time to come and conduct events, so again, a massive thank you to these people. Thank you also to The Bacchus Marsh Little Athletics Club who at short notice was able to come and mark out a track on the Woodlea oval for all our running events.

Again, congratulations to all students who competed and trialled throughout Term 1.

We are looking forward to next year to see if Pentland Panthers can become like the Brisbane Lions of 2001, 2002, 2003 or if another House can knock them off top spot!

Mr Liam Gill - Head of PE (Woodlea) Prep to 8



Woodlea Year 8 News

Once again it has been a busy term in the Middle School. With two and a half weeks to go until the conclusion of Term 2, it is imperative that we finish strongly as a cohort and finalise any upcoming assessments. We are all looking forward to a well-deserved break.

It is also that time of year again! Year 8 has been studying hard for their upcoming semester exams which will commence on Monday 6 June and go through to Friday 10 June. We wish all of you sitting exams the best and encourage you to get plenty of sleep and rest before your exams. For students to be best prepared for their exams, it is a timely reminder that they use the best study techniques and routines. Students should be at a stage of consolidation where they are reviewing and revising work.

Despite the wintry weather, our Year 8 students have recently taken part in House Athletics. Congratulations and thank you to all who participated, and particularly House Leaders, Mr Liam Gill and other teachers in attendance for their support and encouragement. Congratulations to Pentland House!

Finally, this week, Year 8 students have been engaging in daily reflections to celebrate Reconciliation Week. This is to highlight various issues and to celebrate the achievements and culture of Aboriginal and Torres Strait Islander peoples.

Miss Samantha Forbes - Year 8 Coordinator - Woodlea

Woodlea Junior Assembly

Friday 27 May marked a special moment at the Woodlea Campus – the return of live musical performances! The Junior School Week Five assembly saw students and staff treated to an AUSLAN performance of the Australian National Anthem by nine of our talented Year 3 students, and three solo pieces by Armannjot Sidhu, Aneli Peiris and Yuvraj Singh Walia on the Cello, Violin and Guitar respectively. It was wonderful to see the courage and talent of our young musicians once again on display, and equally, the excited cheers that emanated from the Gym! Well done to all involved on the day!

Ms Suzanne Kinsella - Instrumental Teacher



Junior and Middle School Sporting Update

Divisional Cross Country Championships

Well done to the students who represented BMG at the Divisional Cross Country Championships. We had 22 students who competed in their respective races. Congratulations to the students below who finished in the top 12 and who will now progress to the Regional Championships on Thursday 16 June at Brimbank Park, Keilor East.

9/10 Girls	9/10 Boys	11 Girls	12/13 Girls	12/13 Boys
1 st – Iyla Robinson 7 th – Jayde Coady	12 th – Hamish La Franchi	3 rd – Myah Estlick 4 th – Alexandra Cassar 11 th – Zara Slater	2 nd – Anika Tran 4 th – Sai Tanvi Mushini 8 th – Austin Shea 12 th – Alyssa Farley	2 nd – Harry Metcher 5 th – Beau McKerrow

Mr Brendan McLoughlin – BMPSSA: Sports Coordinator

ICCES Report - Amendment

Amendment to the ICCES report from 27 May 2022. There were three new ICCES records set in the following events:

Jeeva Vijayagopal: Year 9 Boys - Triple Jump 12.39m	Katrina Tau: Year 10 Girls - Shot Put 10.57m	Ella Birk: Year 10 Girls - Triple Jump 10.78m
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Mr Bryce Durham - Head of Faculty: Physical Education and Health

School Photo 'Catch-up' Days

School Photo 'catch-up' days will be held at both campuses in early Term 3 on the following dates and times at each School Campus:

Maddingley Campus - Monday 18 July 8.45am – 12.30pm
Woodlea Campus – Tuesday 19 July 8.45am – 12.30pm

These catch-up days will include Maddingley Campus Leadership groups not yet completed, individual student portraits and BMG sibling portraits for students who were absent during Term 2 School photo days. More information regarding these dates will be published in the BMG eNews and posted on Schoolbox.

Mrs Cathy Perconte – Events and Community Development Coordinator

The Premier's Reading Challenge is now open to all students

The Challenge aims to promote a love of reading and builds upon the literacy programs already in place at school as well as providing a wonderful way for parents to encourage their child to read and improve their literacy skills. It is not a competition, but a challenge for each student. The Challenge also encourages students to read more frequently and more broadly, with a wide range of authors and books making up the booklist.

Prep, Year 1 and 2 students are challenged to read or experience 30 books. They can either read the books by themselves, with someone else or be read to. All Prep to Year 2 classes at Bacchus Marsh Grammar will do the Challenge together as a class.

Students in Years 3 to 6 must read 15 books to meet the Challenge. Two-thirds of the books for all students need to be from the 2022 Challenge booklist.

Logon details have been provided to Year 3-8 students. Year 9-12 students who wish to complete the Challenge should email Mrs West at westf@bmg.vic.edu.au for their details.

The Challenge ends on September 2, 2022.

All students who complete the Challenge will receive a certificate from Victoria's Premier Daniel Andrews.

Students who complete the Challenge must advise Mrs West either with an email from a parent or a signed printout of their completed Challenge list. The entry will then be verified.

Further details of the Challenge and the full list of books are available from the PRC website: www.education.vic.gov.au/prc

Congratulations to the following students who have recently completed the Challenge:

- **Maddie Herrity 5C**
- **Aikam Brar 7I**

Mrs Feona West – Teacher Librarian

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

South Maddingley Road
Bacchus Marsh VIC 3340

P +61 3 5366 4800

F +61 3 5366 4850

Woodlea Campus

111 Frontier Avenue
Aintree VIC 3336

P +61 3 5366 4900

F +61 3 5366 4950

Woodlea Early Learning Centre

111 Frontier Avenue
Aintree VIC 3336

P +61 3 5366 4999

F +61 3 5366 4850

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

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