

## DATTA Primary Educator of the Year Award – Matthew La Franchi



Mr La Franchi was a winner of a primary award and nominated for his innovative approaches to using new technologies in the classroom. He developed a primary curriculum which is aimed at building confidence in students across a range of platforms. Matthew creates tasks which allow all students to experience success at coding, 3D modelling, 3D printing, and robotics. In amongst this, he fuses the worlds of art, design, CAD & CAM, and digital technologies into student projects.

His support for his colleagues in the use of technology was always noted – particularly those who are new to the area.

Principal, Mr Neal said; “The School congratulates Matthew and the way he has developed this part of our school curriculum. It is pleasing to see Matthew’s innovation and the program he has developed being recognised beyond the school.”

Congratulations on a fine effort.

Principal: Mr Andrew A. Neal  
& DATTA – Design and Technology Teachers Association

## The Podium

### Achieving Optimal Academic Performance – Exercise and Brain Health

Over the past weeks, we have enjoyed watching our Middle and Senior students participate in a number of sporting opportunities from ICCES Interschool events to House Athletics. We all know that exercise has numerous health benefits for us all, but what about our brains? Professor Wendy Suzuki who is a Neural Scientist and Dean at New York University has been doing extensive research in her lab on exercise and its effects on brain function and memory.

She calls exercise, “Giving your Brain a Bubble Bath”.

Her research shows that exercise directly creates longer focus and attention to tasks and creates improved memory. But how?

Moving the body and increasing heart rate helps the body release the “Happy Mood” hormones Dopamine, Serotonin and Noradrenaline making us feel better about ourselves; however, the big factor is that exercise, in particular exercise that raises the heart rate, causes the body to release (BDNF) Brain Derived Neurotrophic Factor. In addition, exercise helps the brain cells grow in the Hippocampus (responsible for memory and retention) through this release of BDNF.



### Last Day of Term 1 is Thursday 6 April

#### MADDINGLEY CAMPUS

Normal dismissal time of 3.20pm. There will be **NO Late Bus** available on the afternoon of 6 April 2023.

#### WOODLEA CAMPUS

Dismissal will be 1 hour earlier at 2.20pm – All private buses will depart accordingly.

There will be **NO Late Bus** available on the afternoon of 6 April 2023.

## The Podium - Exercise and Brain Health continued....

What is important is getting the heart rate up in the exercise for at least 30-45 min because this is the difference between the “mood effect” hormones and BDNF effects. The increased HR through increased movement (exercise) helps the body secrete BDNF through two pathways.

- 1: Myokine is stimulated and released through exercise at the exercising/striated muscle site stimulating the release of BDNF
- 2: During exercise, as glucose is required, the liver releases a ketone called beta-hydroxybutyrate and it is this ketone that again stimulates the release of BDNF.

Therefore, all the research points to exercise enhancing and improving memory, as well as attention and focus through the growth of BDNF in the hippocampus.

Now what about our students? Research indicates that the best time to get the BDNF benefit is to do exercise before cognitive function. So, if when you get home you are going to study, do 30 min of exercise first, then study. You can easily make this a routine. This will greatly enhance your ability to retain the information you are going to study.

Give your brain a bubble bath of BDNF, Serotonin, Dopamine and Noradrenaline.

It will thank you for it.

**Mr Andrew Perks - Assistant Principal Optimal Performance Learning**

## Results for House Events

Please note that results for recent Maddingley Middle School and Senior School House Athletics are being finalised and will be published next week on Schoolbox.



## Chess Tournament News

On Tuesday 28 March, 29 students from the Maddingley campus participated in the Kryal Castle Chess Tournament. Over the course of the day, each student played seven matches against students from the Western Highlands region of Victoria. There were many notable performances by students, with several qualifying for the State Championships in Term Four and one winning a bronze medal. All students participated with great sportsmanship and showed excellent teamwork and school spirit.

The notable performances on the day were:

**Yash Gaiind 5 wins and one draw. Bronze medallist and qualification for State championship**

**Shanmukha Kaustubh Sripada 5 wins. Qualification for State Championship**

**Cherish Veginati 5 wins. Qualification for State Championship**

**Lalit Bandaru 4 wins and one draw. Qualification for State Championship**

**Benjamin Bermingham 4 wins and one draw. Qualification for State Championship**

**Akhil Kanneganti 4 wins and one draw. Qualification for State Championship**

**Ansh Khanna 4 wins and one draw. Qualification for State Championship**

**Joshua Park 4 wins and one draw. Qualification for State Championship**

**Sreejith Shaji 4 wins and one draw. Qualification for State Championship**

**Calum Fisher, Sahil Framewala, Sihan Kalupahana, William Mizzi and Abhijot Sidhu** all finished with four wins.

Well done to all participants and thanks to Mr Minto who joined us on the day to help out.

**Mr Cameron McGregor**

## Middle School News

### Woodlea Student Leadership Evening



On Monday 20 March, the Woodlea campus hosted its inaugural Student Leadership Evening. The evening was a culmination of work that Student Leaders from Years 6 and 8 had participated in throughout Term One. Each leader presented a short speech and received their leadership certificate and badge from School Principal, Mr Andrew Neal, and special guest leadership coach, Mr Darren Pereira.

Throughout the term, Student Leaders

attended sessions to develop their portfolios and work upon their skills in public speaking. Students developed their understanding of the concept of service leadership, the preferred leadership philosophy at Bacchus Marsh Grammar.

Congratulations to all students on their preparation and their conduct on the evening. It was a wonderful occasion to celebrate young leaders within our school community.

*'The leadership evening was a great way to challenge ourselves as we embraced all opportunities for growth and improvement. All leaders should be proud of their achievements and the outcome of the evening'.*

*Ellie Castillo Year 6 SRC Leader*

View more images from the event on [Schoolbox](#).

**Mrs Sarah Hunter – Deputy Principal & Head of Middle Schooling**



## Longest Lunch at St. Annes Winery



On Friday 24 March, Year 12 Hospitality students provided food service at a local fundraising luncheon set at the picturesque St Anne's Winery.

The students served over 120 guests who enjoyed a range of delicious dishes including Pan Fried Barramundi, Free Range Chicken Breast, in what was one of their first major functions since the pandemic disruptions.

The day provided students with a wonderful opportunity to practice and showcase their hospitality skills, whilst also allowing them to get industry experience working with the Chef to plate and prepare dishes and talk to patrons in a real-world setting.

I would like to take the time to thank the St Anne's team for supporting our students on the day.

**Ms Nadelle Kiley**

View more images from the event on [Schoolbox](#).



## Picasso Cow Project – Back for 2023

Dairy Australia's Picasso Cow interactive program is back! Teaching our students about the Australian dairy industry.

Since 2020, Staughton Vale Campus has hosted a Picasso Cow – decorated by students, and a new group of students are soon set to benefit. For over 10 years the Picasso Cows program has taught primary school aged students about the Australian dairy industry, its products, health and nutrition benefits, farming practices and manufacturing processes.

More details about the Picasso Cow project will come out in Term 2.



**Mr David Gorton - Director of Student Engagement / Head of Staughton Vale Campus**

## Junior School News

The Bacchus Marsh Value of **Confidence** is evident across the Junior School at both Woodlea and Maddingley.

Students demonstrate confidence throughout all learning experiences at Bacchus Marsh Grammar. Knowledge acquisition gives students the confidence to engage in deep conversations. For example, in Year Four at Maddingley, students have been researching influential people in Australian history. With confidence, students can explain Captain Cook's arrival and how this impacted Indigenous Australians.

Bacchus Marsh Grammar students are taught to be confident speakers and attentive listeners. Junior School teachers are intentionally planning the explicit teaching of speaking, listening and interaction skills. These skills support students to be active participants in deep conversations and we encourage families to discuss the content of daily learning with students. At the same time, we encourage students to actively support other speakers and show awareness of discussion conventions such as how to respectfully express agreement and disagreement, and how to use their knowledge to support their reasoning.

We look forward to the following Junior School events in which students will get numerous opportunities to demonstrate **confidence**:

### Week 10, Term 1

International Week (Maddingley)

Year 3/4 Cross Country - (Maddingley 3/4) and (Woodlea 5/4)

Maddingley Easter Bonnet Parade - Wednesday 5/4

Woodlea Easter Bonnet Parade (Thursday 6/4)

International Dress up (Maddingley) - Thursday 6/4

Junior School Assembly (Maddingley) Thursday 6/4

### Term 2

Week 2 International Week (Woodlea)

Week 2 Co-Curricular lunch time programs begin (Maddingley)

Week 3 Co-Curricular lunch time programs begin (Woodlea)

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

### Spotlight on Maddingley Junior School Physical Education



It has been a fantastic start to the year in Physical Education. Students have been enjoying a wide range of activities to further develop their fundamental movement skills; these included athletics and jump rope for the Year 3-4 students and throwing and catching for the Prep-Year 2 students.

The Year 3-4 students particularly enjoyed participating in a range of athletic events in preparation for the Junior School Athletics Carnival.

Prep to Year 2 students enjoyed working on their throwing and catching through a variety of fun rotations. We would encourage them to continue

practising these skills at home, as this forms the basis for many sports.

**Maddingley Junior School Physical Education Team**

## BMG Triathlon Club - Race 6

On Sunday 26 March, Bacchus Marsh Grammar students competed in the final 2XU Triathlon Race of the 2022-23 season. This event was also the Victorian Triathlon School Championship race and was a sell-out sporting event with over 2300 athletes competing on the day over various distances and in various categories. The morning provided brisk racing conditions with cool temperatures, but no wind. This proved to be fast conditions for our students as every club record was broken!

BMG was represented by **Benjamin Bowler, Hayden Beckwith, Leon Earnshaw, Matthew Mamouney, Rylan Mills and Abbey Smith**. Congratulations to all students as they represented the school with pride and discipline; never giving up no matter how much their endurance was tested! Stand out results include Benjamin who placed 8<sup>th</sup> in his event with a

blistering run leg and Matthew who completed his first triathlon.

Finally, Bacchus Marsh Grammar TC completed the season having achieved the club goal of finishing in the Top 10 of the school's competition, placing 7<sup>th</sup> overall.

The club now looks ahead to the winter training months to develop our base level of fitness required to have an even more successful season in 2023-24! If you are interested being part of the team, please contact Mr Armstrong at [armstrongn@bmg.vic.edu.au](mailto:armstrongn@bmg.vic.edu.au).

**Mr Nicholas Armstrong – Triathlon Coordinator & Assistant Head of Year 8 (Maddingley)**



## Year 12 English News

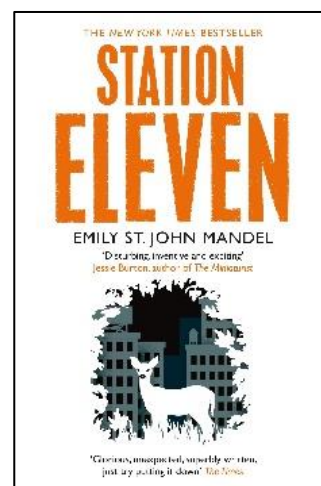
Students of Year 12 English have been diligently working towards the second of five pieces of school assessed coursework. On Thursday 30 March, students wrote an analytical essay in response to a question about Emily St John Mandel's novel 'Station Eleven.'

Teachers have been pleased with the number of students attending our Year 12 English lunchtime club 'English Hacks' as well as after-school English and additional tuition.

We are calling on all students to begin reading their copy of 'The Hate Race' by Maxine Beneba Clarke, ready for the start of Term Two. A message will be included to remind students of this in their holiday homework packet. Students will be tested on their knowledge of the memoir upon their return to school after the break.

While all of this work takes place, students have also been anxiously preparing the topic for their oral presentation which is set to take place at the start of Term Three. All Year 12 students have now told their English teachers what the topic of their speech will be, and should be beginning to gather evidence to support their arguments when they begin to plan during the break.

As ever, if you have any questions regarding your child's English work, please contact their teacher or the Head of English, Leigh Radbourne.



## The BMG 40+ Club is Back

Thirty students who performed well in Year 11 English have been invited to join the BMG 40+ Club and sessions are well under way. Each week, students learn from their Head of English, experienced VCE teacher and examiner Ms Leigh Radbourne who takes them through a curriculum of extension work. All students have access to the extension materials used in the 40+ Club's weekly sessions via their 'Extension English' page on School Box.

So far this term, students have looked at the way Emily St John Mandel weaves complex intertextual references throughout her novel, focusing closely on developing a deep knowledge of Shakespeare's 'King Lear' and 'A Midsummer Night's Dream' to extend the reach of our literary analysis. We have participated in a Socratic Circles session in which students used questioning and textual knowledge to unpack complex topics such as 'Does Mandel favour the collective over the individual?' and 'Does Mandel present a view of society that is more hopeful than it is pessimistic?'

Feedback from students thus far has been overwhelmingly positive, with many students demonstrating that they have already been able to integrate high-level writing skills into their analysis of 'Station Eleven.' Ms Radbourne recommends that all members of the BMG 40+ Club complete a practice essay every week and share it with their teacher for feedback. Any students seeking additional support, or extension, should contact Ms Radbourne for further information.

**Ms Leigh Radbourne**



## Starting a Yarn at the ELC



**The Yarning Circle – a place for children, educators and service leaders to congregate and share stories and thoughts – was unveiled this month.**

So how did our Yarning Circle come to be? Our teaching team is always researching, collecting data and looking for innovative ways to enhance children's learning, knowledge and engagement. We also clearly envision incorporating the children's voices into our curriculum in various ways.

After prompting a discussion in one of our weekly Kindergarten teacher meetings, we agreed to form a children's committee where children can share ideas, commence new initiatives and share their

perspectives on service operations that affect them.

Our goal is to enhance children's voices within our service, so an Aboriginal-inspired Yarning Circle seemed the perfect fit.

Thus came the "Children's Yarning Circle."

The Yarning Circle intends to direct a circular discussion on a topic and share knowledge respectfully and inclusively. The power of participating in a yarn lies in its ability to provide space for learning, knowledge sharing and personal reflection. By creating collated work samples to form the final product, the children assisted in creating a logo to represent the children's Yarning Circle. Our Children's Yarning Circles include children's representatives from each Kindergarten room regularly coming together to discuss and reflect on our service. Bacchus Marsh Grammar Early Learning Centre looks forward to many more Yarning Circles throughout the year and seeing the new heights our "Yarners" can take our Kindergarten Programs.

**Ms Ashlee Grero - Educational Leader/ Kindergarten Teacher : ELC Woodlea**

## School Photos

School photos will be occurring in early Term 2 at both the Maddingley and Woodlea Campuses. All students from Prep Reception to Year 12 will have official school photographs taken throughout the scheduled school photo days. The photos will include individual student and school class group photographs. Unique student ordering codes and the school photo timetables will be emailed to families prior to the end of term.

### Key Notes for 2023

- It is important for parents/guardians to note that you must register (or reregister) each year with Arthur Reed Photography when you receive your **UNIQUE STUDENT ORDERING CODE** for each of your children.
- BMG sibling photos will be coordinated by Arthur Reed Photography. Parents/guardians will be sent a BMG sibling photo registration link in their school photo information. This registration link will close the day prior to school photos commencing at each campus.
- BMG sibling photos will be limited to one session at each campus this year as per the dates below.

School photos are scheduled for the following dates:

Woodlea Campus	Maddingley Campus
<b>1, 2 &amp; 4 May</b> – Woodlea Prep-Year 9 <b>Leadership Photos &amp; BMG Sibling Photos during Periods 1 &amp; 2 ONLY – Thursday 4 May 2023</b>	<b>8 to 12 May</b> – Maddingley Prep Reception to Year 12 <b>Leadership Photos &amp; BMG Sibling Photos during Periods 1 &amp; 2 ONLY – Monday 8 May 2023</b>

### Uniform

Students are required to wear their **full winter school uniform**. The **full winter uniform** includes jumpers, blazers and ties for students in Years 5 to 12, and jumpers and ties for students in Prep Reception to Year 4. It is important that students are well groomed and neatly presented, including hairstyles, to be in line with the school's uniform policy as outlined in the student diary. A timetable for school photo dates will be placed on Schoolbox when information is sent to parents. ***Please note the timetable is subject to change.***

**Mrs Cathy Perconte – Events and Community Development Coordinator**

## Holiday reading is easy with BMG e-Library!



As our Term 1 break is fast approaching, the BMG Library would like to remind our school community that our e-library is available to our Year 5 to 12 students over the holidays -whether you are at home or away. All you need is a computer/device and the Internet to access a whole range of great books in both e-book and

audible book formats.

The link to our e-library can be accessed through the Middle and Senior BMG Gateway in SchoolBox. Click on the Library icon to open up the Library page. At the top of the page is our e-library link (image shown above) which will transport you to a search page where you can check out all the books available in our e-collection. You can search by title, author or category/age group. We have an amazing range of fiction as well as nonfiction books for you to choose from.

Lose yourself in a book these holidays and enjoy!

**The BMG Library Team**

## Bus News

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### Road Closure – Woodlea Campus

Due to the road closure of Elmhurst Ave AINTREE, **ALL** Bacchus Marsh Grammar Woodlea Private buses will be **departing** the **Woodlea Campus** up to 10 minutes after their current scheduled timetabled departure times. This is to assist with the increase of traffic flow, child safety and the safety of the whole community.

**This time change has been effective as of PM TUESDAY 14 MARCH.**

The AM times for pick up will **NOT** change.

This **DOES NOT** affect the times of the Woodlea Late Bus.

Please monitor roll call for the PM arrival times of your child's bus.

Again, this has been effective as of **TUESDAY 14 MARCH.**

We apologise for this inconvenience and appreciate your understanding.

### Maddingley Late Bus – Term 2

As of the start of Term 2 both Late Bus 1 & Late Bus 2 will not operate out of Maddingley campus on a Tuesday afternoon. Late Bus 1 & Late Bus 2 will operate Monday, Wednesday & Thursday afternoon only.

**Mrs Leanne Robertson - School Bus Services Administrator**

## Events Calendar

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

## Term Dates 2023

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Access the term dates on the [school's website](#).

## Uniform Shops

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Uniform information and shop business hours for both the Maddingley Campus Shop and Rushfords in Werribee are listed on the [school's website](#). Please note that uniforms can also be purchased online via <https://www.noone.com.au/>.

### Term Break Maddingley Campus Shop Hours

- |   |                   |                              |                   |
|---|-------------------|------------------------------|-------------------|
| • Friday 7 April  | Closed            | Public Holiday Good Friday   |                   |
| • Monday 10 April   | Closed            | Public Holiday Easter Monday |                   |
| • Wednesday 12 April  | Closed            |                              |                   |
| • Friday 14 April   | Closed            |                              |                   |
| • Monday 17 April   | 10.00am to 2.00pm |                              |                   |
| • Wednesday 19 April  | 10.00am to 2.00pm |                              |                   |
| • Friday 21 April   | 10.00am to 2.00pm |                              |                   |
| • Monday 24 April   | 10.00am to 2.00pm |                              |                   |
| • Start of Term 2 Wednesday 26 April - Normal trade resumes |                   |                              | 8.00am to 12.00pm |

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

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

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

Email: [chrissie.ashmore@yballarat.org.au](mailto:chrissie.ashmore@yballarat.org.au) Phone: 0490 178 638 W: <https://yballarat.org.au/>

### Maddingley:

[maddingley.oshc@yballarat.org.au](mailto:maddingley.oshc@yballarat.org.au)

0438 154 842

Located: South Maddingley Road, Bacchus Marsh.

### Woodlea:

[woodlea.oshc@yballarat.org.au](mailto:woodlea.oshc@yballarat.org.au)

0490 490 362

Located: 111 Frontier Avenue, Aintree.

## Regular Contacts

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### Student Absentees

#### Maddingley Campus

Absentee Line 5366 4888 or Absentee Email – [maddingley\\_absentees@bmg.vic.edu.au](mailto:maddingley_absentees@bmg.vic.edu.au)

#### Woodlea Campus

Absentee Line 5366 4988 or Absentee Email – [woodlea\\_absentees@bmg.vic.edu.au](mailto: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](mailto:school@bmg.vic.edu.au)

School Website: [www.bmg.vic.edu.au](http://www.bmg.vic.edu.au)



## Community News

A message from the Western Rams Football Club

# COME & TRY FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

***Footy 4 Fun 'Come & Try' is an opportunity for kids aged 5-12 years to experience an introduction to the basics of football in through fun activities. Great opportunity for anyone looking to join Auskick in 2023 - we are starting a NEW centre in Rockbank!***

***Free AFL giveaways will be provided on the day to all registered participants!***

### WHEN:

Tuesday 4th April  
4:30pm-5:30pm

### WHERE:

Western Rams Football Club  
127 Westcott Parade, Rockbank



**REGISTER HERE!**

## Community News

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### Woodlea – Fields Street Construction Works



29/03/2023

Fields Street, Aintree VIC

Dear Sir/Madam

Due to the construction activities for the Pedestrian and Cyclist Priority Raised Crossing Work, NEW HORIZON CONSTRUCTION PTY LTD will be undertaking construction work along 2 Fields Street and 25 Fields Street, Aintree.

#### **When will this happen?**

Works will commence on from 11/04/2023 and finish at 29/04/2023. These works will occur for approximately 19 days. Whereas the road closure to complete these works will occur from 11/04/2023 till 19/04/2023, during the school holidays, if weather permits.

#### **What will we be doing?**

We will be carrying out works on 2 Fields Street and 25 Fields Street, Aintree as part of the construction of the Pedestrian and Cyclist Priority Raised Crossing Work. The works around Fields Street will require the Road to be closed to traffic for 9 days from 11/04/2023 till 19/04/2023 if weather permits.

#### **What can you expect?**

The detours for road closure and footpath closures will be provided and steps will be taken to reduce the impact of construction on the community.

#### **How will we manage traffic?**

- Speed Limits near the work zone will be changed from 50 km to 40 km per hour.
- Electronic messaging boards will inform drivers of changes to traffic conditions and detour routes.
- Written notification to all affected residents to inform changes to traffic conditions and detour routes.
- Temporary barrier fencing will be installed to separate traffic from works zone.
- Resident and Emergency vehicle access will be always maintained.

#### **Thank you**

We're upgrading Fields Street that will improve the flow of traffic. We acknowledge the current level of traffic disruption on Fields Street is challenging and appreciate your patience while we do this critical work. Road Upgrade is due to be completed by end of April.

To assist us in completing the work and minimising any inconvenience to residents, we would appreciate that vehicles are not parked in the street during the above times and are clear of the work area. Motorists, cyclists and pedestrians are asked to observe all traffic management and signage in the area. Please allow extra travel time.

#### **Contact us**

For any project related inquiries or further information, please contact **Usman Siddiqui on 0432 547 077**

Thank you for your patience and understanding during these works.

Yours sincerely

**Usman Siddiqui**

**Site Engineer**