

The Podium

Achieving Optimal Academic Performance – Examinations



Next week from Thursday 8 June, Middle and Senior School students will begin their formal examinations. Students will have all been given their examination timetables and will be 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 which are 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 away from the books and 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.

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 mathematics formulas or having them tell you the story of the Kokoda Track 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

National Reconciliation Week: Be A Voice For Generations

National Reconciliation Week runs from 27 May to 3 June each year. These dates mark the anniversary of two key events in the Reconciliation journey: the 1967 Referendum and the High Court's Mabo decision respectively. These events are significant markers for Aboriginal and Torres Strait Islander Peoples as they continue to fight for a more just, equitable and reconciled country for all. This year's theme is: *Be a Voice for Generations* and students and staff at BMG have this week, sought to tune into First Nations' voices and perspectives, by celebrating Aboriginal and Torres Strait Islander music, literature and film as well as political, social and sporting achievements. We have enjoyed reading First Nations' stories in STAR time and the Junior School has made connections with their Value in focus: Respect.

The Middle and Senior School students have been engaged in workshops called: *Sharing Stories*. These lessons examined the policies and practices of successive Australian Governments which led to children being taken from their families and First Nations People losing language, culture, land and identity. Year 6s at Maddingley and Year 9s at Woodlea have asked meaningful and challenging questions during these sessions. Students have made connections between these policies and the Voice to Parliament Referendum to be held later this year. Our Middle and Senior School students were reminded that using their voice to speak out against injustice and to speak with Kindness and Respect is to uphold the BMG Values. To empower others to have their voices heard is something we can all do every day. They were asked to *Be a Voice for Generations*.

Ms Amanda Maitland-Smith - Head of Senior School: Woodlea



The Junior School students have been actively engaged in the promotion of respect through our school values. Classroom discussions and activities have facilitated their understanding of personal identity and beliefs.

As part of the Reconciliation Week observance, students shared the mentor text 'Respect.' This text served as a tool for identifying and discussing various ways in which we demonstrate respect towards one another, the land, its animals and its people.

We encourage you to continue fostering conversations at home about the significance of respecting ourselves, others and our environment. It is our hope that our younger students will embrace the theme for Reconciliation Week 2023, 'Be a

voice for Generations,' and find inspiration to speak up for positive change.

Mrs Sally Savic - Head of Junior School: Woodlea

NATIONAL RECONCILIATION WEEK 2023

27 MAY — 3 JUNE

BE A VOICE FOR GENERATIONS

#NRW2023

NRW.RECONCILIATION.ORG.AU



Maddingley Senior School Canteen

The new Senior School canteen opened this week. Students in Years 9-12 will now be able to purchase items from the canteen located at the front of the Gym at recess and lunch. Lunch orders will also be distributed from this location.

Mrs Debra Ogston – Deputy Principal: Head of Maddingley Campus

Senior School News - Maddingley

As we are now past the mid-way point of Term Two, it is starting to get cold and dark and examinations are looming. This often leads to students struggling to find their motivation and their ability to treat others with patience and kindness. We would encourage all students to stop and think about how their actions and attitudes can contribute to a positive learning environment and how small acts of kindness and tolerance can really make a difference. Often, we underestimate the impact a smile or a kind word or an offer to include someone has. We know that students get the best results and feel prepared to take on challenges when they are happy and feel connected, and this can often come from a small act of kindness. Therefore, we ask that all students make a real effort to demonstrate this to those around them and help contribute to making Bacchus Marsh Grammar a place that allows all students to achieve their best and prides itself on treating others well.

We would also like to remind students about the expectations around mobile phone use. Mobile phones are not to be used on the school grounds and should be kept in lockers when students are at school. Students caught with their phone and/or using their phones will incur serious consequences for their disregard of school rules. Unfortunately, every time staff have to spend time following up on issues such as this, it is time taken away from working with students in a more positive and productive way.

We would also like to implore our Senior Students, who catch buses to and from school, to take their role as leaders on the bus seriously. Students in Senior School must set the example for all other students on the bus. This occurs when all students wear their seat belts, all students stay seated, and all students treat those on the bus with respect. The safety of all students on the bus is something all students are responsible for, and our Senior School students must be role models for this.

And finally, a reminder that examinations commence next week from 8 June to 16 June. All students should be focussed on revision and preparing for examinations. Students will need to make time each night to be preparing for these and seeking support from staff when needed. We wish all students well in their examinations.

Mrs Erin Thornton – Head of Senior School & Mrs Natalie Desira – Deputy Head of Senior School: Maddingley

Outdoor and Environmental Studies

Last week, the Unit 1&2 Outdoor and Environmental Studies classes took part in their Forest Expedition in the Grampians National Park. Students were able to link key theoretical concepts taught in class by participating in bush walking, rock climbing, abseiling and geocaching throughout Gariwerd Aboriginal cultural landscapes. Students were also given the opportunity to visit the Waubra Wind farm, Lakeview Organics and Blue Moon Alpaca farm to develop an understanding of the concepts of sustainability and the implementation of sustainable farming practices. Students were able to enjoy the rich Jardwadjali heritage by visiting the only known cave painting of Bunjal and his dingoes, as well as learning about the importance of preserving and protecting these historical sites for future generations.

Miss Chloe Tabone – VCE Outdoor and Environmental Studies



Semester One Exams

Maddingley

The 2023 Semester One exams will take place between 8 and 16 June in the school's Gymnasium. All students in Years 8 to 11 have been sent their exam timetable and are expected to attend. Students will have either classes or supervised study classes when they are not in an examination. Access the timetable via [Schoolbox](#).

There will be no classes in the Senior School on Thursday 15 June due to VCE students undertaking the GAT. A study room will be provided for students who attend school on this day.

Woodlea

The Semester One Exam Timetable has now been finalised and is accessible on [Schoolbox](#). The Heads of Year will discuss specific arrangements with students.

Mr Rob de Wit – Assistant Principal & Ms Amanda Maitland-Smith – Head of Senior School: Woodlea

Junior School News

Maddingley Junior School Music Performance



On Tuesday 30 May, our Year 2 to 4 students took to the stage for our Music Performance afternoon. Thank you to all the parents and families who attended; it was delightful to see the John Leaver Gymnasium full, which allowed our students to perform to a large live audience. Our Junior School students shone on stage and demonstrated some of our school values of Respect, Confidence, Discipline and Ambition.

Performances included our Year 2 Suzuki Violin

program, Year 3 and 4 Cohorts Music classes, Year 3 /4 Choir and many Solo and Duet Performances.

A special congratulations to our talented students; Jason Li (Piano), Avyan Mathur (Guitar), Maci Chaplin (Voice), Hendrix Marshall (Drums), Madelyn Hunter (Voice), Stefania Robu (Piano), Tisha and Aashi Goregaonka (Duet - Voice) and group performance on Trumpet, Harafdeep Sandhu, Rayna Desai, Aari Galea.

Thank you to Stefania Robu our Middle School Music Captain and Madelyn Hunter (VCE/VET Music student) for co-hosting the afternoon and for their performances as soloists.

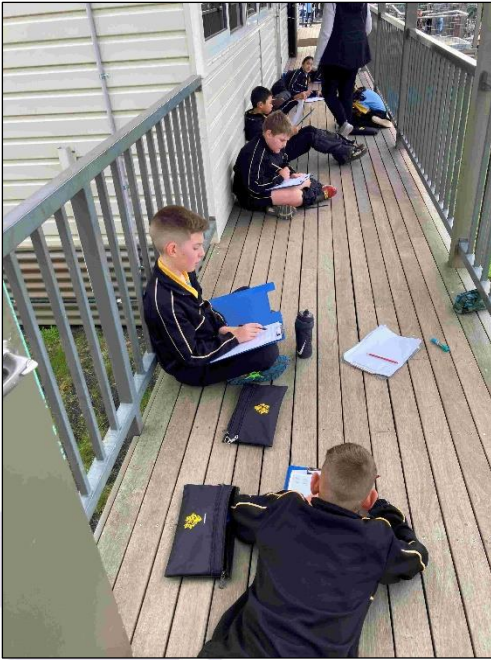
Afternoons such as these are not possible without the support and effort from many teams at Bacchus Marsh Grammar. To our amazing and artistic instrumental teachers thank you for sharing your passion and enthusiasm for music with your students. And thank you to our Maintenance and ICT teams for the planning, behind the scenes work and transforming of the Gymnasium into a performance venue.

We look forward to seeing all these students follow their passion and pursuits in Music over the years to come.

See more images from this event on [Schoolbox](#).

Mrs Lisa Foster – Head of Junior School & Mrs Melanie Morton – Deputy Head of Junior School: Maddingley

Spotlight on Woodlea Year 4



Year 4 Woodlea students ventured out to Staughton Vale this week for their termly visit. They participated in two Maths activities: finding the perimeter of objects using rulers and trundle wheels and a Measurement Scavenger Hunt around the campus. During the hunt, they had to find certain objects, estimate and then measure their length. Students also began writing a recount piece 'A Day In The Life Of My Shoes.' They were required to focus on the structure of a recount which we have been studying this term, and take on the perspective of their shoes, recounting what sort of day their shoes had experienced. Students added personification, with an emphasis on writer voice throughout the piece.

Here are some snippets of the recounts:

-'Today is Tuesday, and I got picked to be worn for school, but today isn't sport. I wonder why I got picked?'

-'I'm so excited because my fabulous owner has chosen me to go to school on a Tuesday, not sloppy old Nelly the normal school shoes. My owner has just finished tying my hair in a knot! Which hurt so bad, but it was worth it, because I got to go to school on a Tuesday!'

-'Today I woke to a dog's smelly breath. I was in the laundry at the time, and no one could hear me scream, as the dog wanted to eat me. Finally, my owner came, and I was safe, or so I thought.'

-'Today my owner finally picked me from the dark shoe cupboard in the garage to go to Staughton Vale with her. I was really excited, but also didn't really want to go.'

Woodlea Year 4 Team

Spotlight on Maddingley Year 2



The Year 2 students have had a very busy start to Term Two with lots of fun and engaging activities. In Science this term, students are studying Earth and Space Science. They have been learning about the solar system, exploring celestial objects and observing patterns in our sky. Students had the opportunity to attend the Science Dome Incursion. They participated in an interactive tour of the night sky and explored the stars, planets and major constellations. They learnt about the moon phases, the rotation of the earth and the structure of the solar system.

Last week, the students attended Staughton Vale for the first time this year to engage in a range of hands-on activities. Students practised foraging, as they collected items from the environment to use to make a collage of the landscape or a chosen animal. Students then participated in learning activities related to physical health and wellbeing. Students were taught two new dance routines and then had the opportunity to cook and try some delicious lemon bliss balls. To further enhance the students' knowledge of Earth and Space Science, students made paper sundials and practiced using these out in the yard. Despite the cold, and sometimes rainy weather, all students had a fantastic day and we were proud of the enthusiasm and positivity displayed by all students.

Maddingley Year 2 Team

Woodlea Junior School Assembly



Junior School students were treated to three wonderful performances at the Week Five Junior School Assembly, with some of their peers performing for the first time!

Stella Chau in Year Three played a beautiful and intricate version of 'Blackbird' by The Beatles on acoustic Guitar, Ridhima Jaju and Aashvi Kale in Year Four sang Alan Walker's 'Dark Side' with poise beyond their years, and Harsirat Kaur and Hayley Patel closed the performances with an energetic and spirited cover of Harry Styles' 'Late Night Talking'.

The assembly also celebrated the joy and fun of Ambition Day the week prior. This was fitting considering the display of courage and skill shown by all performers.

**Ms Suzanne Kinsella – Head of Music:
Woodlea**

Middle School News

Across the Middle School at Bacchus Marsh Grammar, the value of a positive partnership between the school and a child's family does not go unrecognised. Research shows that supporting learning in the home improves the students' academic achievements and social-behavioural competency. To complement your child's learning, please consider the following strategies at home:

- Talking with your child about school each day and what they have learnt. Focus on the positive experiences and personal growth they are achieving.
- Have conversations, as a family, regarding expectations around learning and maintaining a commitment to Bacchus Marsh Grammar values. This includes adherence to the school's policies, especially the Student Code of Conduct.
- Helping to create an environment that allows for study within your home.
- Engaging with the various publications provided by the school to stay well-informed, such as the Middle School Family Engagement Pages.

This is a reminder that there are many avenues for support for your child as they navigate their learning in the Middle School. Your child's Tutor Group teacher should be your first point of call to discuss any issues. Communication with your child's class teacher can provide valuable insight into their academic progress and classroom behaviours. For other needs, please ensure to contact the broader support network of staff, including Heads of Year.

As always, we appreciate each family's commitment to and support of our policies, as this maintains a safe and calm learning environment for each child.

Mrs Sarah Hunter – Head of Middle Schooling & Mr Scott Bayne – Head of Middle School: Maddingley

Year 7 Camp



Earlier this term, Year 7 students across both campuses completed their camps program for 2023.

To begin, students participated in some kayaking, canoeing, archery, tunnels, Trangia preparation to cook their own dinner, bike preparation and then finished the day with a campfire, hot chocolate and marshmallows.

On Day 2 they headed off on an 18km journey across the White Elephant Reserve where we ended up at Lady Northcote. They were then bussed back to Lake Dewar for hot showers, a BBQ dinner and some yoga and stretching to finish the day.

Day 3 saw them head off to Blackwood for a high ropes course, orienteering and an Amazing Race back at Lake Dewar.

It was great to see the Year 7s embrace the cold weather and have a fantastic time out at camp. Their resilience was great to see, and they all did an amazing job taking on all the challenges that were thrown at them, even if some things were out of their comfort zone.

Well done team super effort!!! Thanks to all the staff for their ongoing support of the camps program.

See more images from the Year 7 Camp on [Schoolbox](#).

Ms Rachel McMahon - Director of Camps and Experiences Programs

PE, Sport and Health News

Schools State Golf Finals

Congratulations to Thomas Bens (12E) who qualified for the Victoria Independent Secondary Schools State Golf Finals due to his recent performance in the Qualifying Event at Churchill Park. The State Finals took place on Monday 22nd May at The National Golf Club in Long Island. Up against a high-quality field, Thomas finished in 26th place which was a wonderful effort against some of the state's best school age golfers.

AFL Victoria Primary Play Program

It has been wonderful to see students thoroughly enjoying the AFL Vic Primary play program that has been running in conjunction with our Physical Education class over the last two weeks at the Maddingley campus. The AFL Primary Play program has been delivered by trained AFL Victoria staff and has offered our students within the Junior and Middle Schools the opportunity to be active in a safe and inclusive environment with the aim to build a life-long connection to the game of AFL.

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



Western Ranges Division Cross Country

On Thursday 25 May, Bacchus Marsh Grammar had 15 students travel down to Mason's Lane to compete at the Western Ranges Division Cross Country championships.



The 9/10 years olds ran 2km with the 11/12/13 years olds running 3km.

All students represented our school with outstanding sportsmanship and effort. We would like to congratulate all students who competed on the day and an extra congratulations to the following students who will now compete at the Regional Championships at Brimbank Park in two weeks:

Jayde Coady (finished 4th)

Harry Holland (finished 3rd) pictured left

Iyla Robinson (finished 2nd) pictured left

Mrs Michelle Elcoat

Youth Phenom William Zaccaria Dominates National Ten Pin Bowling Challenge



In a remarkable display of talent and determination, Year 8 Woodlea student William Zaccaria left a lasting impression on the national ten pin bowling scene by competing in the highly competitive under 15's category of the recent Junior National Ten Pin Bowling Challenge in Sydney bringing together the finest junior bowlers from Australia and New Zealand.

After nine gruelling games, William emerged as one of the standout performers in the under 15 division, securing a spot in the finals where he would face off against the top eight players in a match play format. This meant head-to-head matches against each opponent, with the winner receiving an additional twenty points. William's outstanding performance of six out of seven wins led him in securing the championship title in the under 15 division. In addition to his victory William also secured a spot on the National Training Squad for the U18 Australian Team placing him in good stead for greater opportunities.

With his eyes set on international competitions, William aims to secure one of twelve spots on the team, enabling him to represent Australia in tournaments globally where he would be one of the youngest players ever to be selected.

We extend our heartfelt congratulations to William on his exceptional performance. The future shines brightly for William and we eagerly anticipate his future accomplishments. Finally, we wish William continued success in his journey towards becoming a leading figure in tenpin bowling.

Mrs Samantha Grant – Year Level Coordinator – Year 8: Woodlea

Author Visit – Scot Gardner Visits Maddingley



Students of Year 8 English have been studying Scot Gardner's acclaimed anthology of short stories 'Off the Map' this term, and on Tuesday 23 May, they were delighted to meet the young-adult author in the flesh.

Gardner's writing is relatable and honest, immersing readers in adventures large and small, which often express a deeper message. This term, students have read several stories, like 'Answers,' 'Magellan' and 'The Wave.' Teachers have been impressed by the curiosity and enthusiasm students have brought to their work.

Gardner describes his entry to the world of writing humbly, "My road to becoming a writer wasn't exactly a gun-barrel highway, it was more of a bush-bash through blackberries. My family wasn't bookish, and I didn't excel in English at school. We rode motorbikes, burned dolls at the municipal dump, camped, hunted and fished. I *did* read – mostly natural history books and survival guides. Story books seemed frivolous and I was hungry for knowledge. I didn't get swept up in fiction until I was seventeen. When novels hit me, they hit hard. The book that cracked my egg was *My Side of the Mountain* by the American author Jean Craighead George. First published in 1959, it's a story about a kid who *walks* away from home in search of adventure, camping in a tree, hunting with a trained falcon, fishing and foraging. These were things that resonated with my own experience of being a kid. I found a version of myself on the page." Having previously been a youth worker, Gardner is able to relate to young people with empathy and insight.

Students came prepared with thoughtful questions for the author, with Olivia Barwick asking "What gave you inspiration for the unexpected plot twists in 'Off the Map?'" and Aimee Carr asking whether "any of the stories from "Off The Map" [are] based on your life or experiences [Scot has] had?".

Scot Gardner enjoyed meeting our Year 8 students, commenting that they were "kind, inquisitive, fun and just the right amount of cheeky" before offering to answer any questions that went unanswered via e-mail.

Students will soon write about 'Off the Map' in an analytical paragraph assessment, and again in their Semester One examination. All Year 8 students are to be commended for their enthusiasm and engagement in English this semester.

Ms Leigh Radbourne – Head of Faculty: English

Annie Jr – Prop Donations

The Maddingley Middle School Musical is in the process of finding props to use for Annie Jr, if you can spare any of the following items, it would be a great help!

Please note that Annie Jr is based in 1933 during the Great Depression. Therefore, our props required the following colour scheme of Greys, Whites, Creams, Browns, Navy, Dark Green. No bright colours.

- Bed Sheets (Any Size)
- Blankets (Any Size)
- Sleeping Pillows and/or Cushions
- Sleeping Pillow Covers
- Dolls/Baby Dolls
- Old Books (Hard Covers)
- Teddy Bear
- Wooden Toys
- Briefcases
- Playing Cards
- 1 Broken Locket

The following items can contain colour, e.g. pink, blues, orange, green.

- Ties
- Hats
- Feather Boas
- Scarfs

All donations are to be placed in Wilson Hall 2, please contact Miss Edmunds (edmundsg@bmg.vic.edu.au) and/or Miss Zahra (zahrae@bmg.edu.au) to organise a time to drop off the props.

Miss Elyse Zahra



School Policies

The School's Student Bus Travel Code of Conduct been reviewed and updated. This document is available to view on the School Policies page and the Buses page on Schoolbox.

Ms Kerryn Browne - Risk, Compliance and Policy Manager

2024 Term Dates

The 2024 Term Dates have been published on the [school's website](#).

Events Calendar

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

Uniform Shop

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/>.

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



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](#).

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Doctrina Vitae

Bacchus Marsh
Grammar