

BMG NEWS

28 May 2021

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From the Principal

As you will be aware the State of Victoria commences a period of lockdown. At this stage the lockdown will be for 7 days, however, there is the potential for this to be extended.

The School will commence online learning Friday 28 May. Arrangements will be similar to the lockdown earlier this year. Preparations for this have been developed over the last few days.

Arrangements will be in place at both the Maddingley and Woodlea Campuses for children of essential workers or children unable to work at home. This will again consist of supervision of online learning whilst onsite at school. I must stress that all students who can work from home must work from home. Buses will run on their current schedules for the next 7 days. We will review the situation if the lockdown continues after that.

I have placed a hold on assessments, and we are considering alterations to the exam timing and schedule as the lockdown evolves. We will be writing further on these matters in the coming days.

A significant point in this lockdown will be the maintenance of keeping students engaged. I would urge you to ensure that as much as possible students maintain their normal school routine and that they participate in their Teams or Zoom lessons with their face visible. We have found this contributes greatly to involvement and general wellbeing. Instructions on how to access Teams (Prep to Year 4) and Zoom (Year 5 to Year 12) classes are available on the Parent Portal under Whole School/General Forms.

Unfortunately, we are getting quite studied at this and it will be business as usual with an emphasis on meaningful structured learning. I hope you remain safe.

Mr Andrew A. Neal - Principal

Prep 2023 Enrolments – closing 30 June 2021



Please be aware that Prep 2023 enrolments for both Maddingley and Woodlea campuses will be closing on **30 June 2021**.

If any **current families** have a child they have not registered for Prep 2023, please visit the [school website](#) to complete an online application.

Mrs Shona Hiscock - School Registrar

The Podium - Optimal Academic Performance

VCE Physical Education

This week, the VCE Physical Education students studying Unit 3 and 4 were involved in a VO₂ max testing and Lactate Inflection Point demonstration conducted by METS Performance here at BMG. METS Performance run a variety of services for athletes and students that focus on the use of data-driven Science to maximise athletic performance and their understanding of the VCE Physical Education study design.

Liam Richardson was the lucky student to take part in the VO₂ max test which is an exhaustive maximal endurance test. This test measures an individual's aerobic power and provides a VO₂ max result which is measured in millilitres of oxygen consumed in one minute, per kilogram of body weight (mL/kg/min). The next test was the Wingate test in which Justin Runge had his power output measured on a 30 second all-out sprint on the stationary bike.

For students studying Physical Education, the ability to apply content knowledge to a practical scenario is essential. This demonstration gave students a first-hand experience of the protocols and requirements that go into testing athletes. Students will now be able to understand the normative data of these tests and identify the sociocultural and ethical considerations of testing. This will aid in their ability to determine if a test is appropriate for a certain individual or group within the population.

The demonstration also gave an insight into the amount of data that is available to sports scientists and coaches to make decisions about training, programming and performance. This data can be used as a primary resource for students to analyse various acute responses and apply this knowledge to correctly implement a training program.

Participating in practical experiences and applying the content knowledge is crucial for students to achieve the outcomes of Physical Education. Congratulations to the following students who achieved outstanding academic results in their first Physical Education SAC which looked at skill acquisition and biomechanical concepts in physical activity:

Ella Grahek 12D

Claire Newcombe 12A

Jaelen Pavlidis 12F

Lauren Shankland 12E

Emelia Te Paa 11D

Zali Ward 12G

Mr Andrew Perks - Assistant Principal: Optimal Performance Learning

Sport Updates

ICCES Athletics Results – BMG Mustangs

Last week saw Bacchus Marsh Grammar field a team of 91 students in the Independent Country Co-Educational Schools (ICCES) Athletics Carnival held at Lakeside Stadium in Albert Park. It was a wonderful return to inter-school competition for many of our middle and senior students and they welcomed the chance to compete against many of the state's finest country athletes. The overall efforts of all students involved saw the BMG Mustangs finish in 4th place overall. BMG also had some excellent individual performances and the following students were awarded Age Group Champion:

- **Emma Stewart - Year 8**
- **Ella Birk - Year 9**



Students who had outstanding performances and won their respective individual events or set a new record are listed below:

Student	Event
Evie Ducas	Year 7 Girls 100m A & 200m B
Mackenzie Estlick	Year 7 Girls 100m B
Emma Stewart	Year 8 Girls Long Jump & 200m A
Ella Birk	Year 9 Girls 100m A, 200m A, Long Jump & <i>Triple Jump - New Record Of 10.40m</i>
Amy De Wit	Year 9 Girls 100m B & 200m B
Ethan Bloss	Year 7 Boys 800m
Zachary Dalli	Year 7 Boys 100m B
Ethan Stegehuis	Year 8 Boys 400m A
Ruben Gurung	Year 8 Boys 400m B
Mathew Elefterescu	Year 8 Boys Discus
Matthew Harbison	Year 9 Boys Discus

It was great to see **Mason Heimann** from the Woodlea campus qualify for the Year 8 Boys' long jump and finish in 4th place. He was the sole representative from the Woodlea campus and represented the campus in a fine manner.

Please see below the overall provisional school results from the day:

Position	School
1st Place	Ballarat Grammar
2 nd Place	Goulburn Valley Grammar School
3 rd Place	Gippsland Grammar
4 th Place	Bacchus Marsh Grammar
5 th Place	Hamilton and Alexandra College
6 th Place	Braemar College
7 th Place	Girton Grammar
8 th Place	Highview College

Thank you to all the staff who accompanied the team on the day and a special mention to Mrs Cindy Daniel for her hard work in organising and coordinating the BMG team.

Individual Sporting Success

Congratulations once again to **Harvey Young**! Harvey competed in the Victoria Independent Secondary Schools State Golf Finals on Monday 24 May and finished in second place in the Senior Boys' Division, one stroke behind the winner. The tournament was held at the National Golf Course, Long Island and had many of the state's best school age golfers participating. Harvey is one of our WestVic Academy Scholarship holders and has had a wonderful return to competition in 2021.

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

Woodlea ELC - “Land Beyond the Fence”



Children are natural learners and the children at Bacchus Marsh Grammar Early Learning Centre have left the confines of the kindergarten and headed to the “Land Beyond the Fence” to satisfy their natural learning needs. “Land Beyond the Fence” is our outdoor education program which has been running since its inception in 2019 and is held at our Staughton Vale campus once a week throughout Terms Two and Three. This weekly session provides the children with the ideal learning environment to enable them to spend regular, extended periods of time in a natural environment with materials provided by nature; allowing their interests and enjoyment to spur them on in their learning.

The children have the opportunity to play in a

natural setting where they have been engaged in many learning situations such as:

- Climbing trees, manoeuvring through bushes, rolling down hills, balancing on fallen logs.
- Discovering insects, birds, animals, and plants that engage their interest.
- Using natural materials in creative ways such as building huts and discovering hideaways.
- Exploring their understanding of the natural world.
- Exploring real tools such as ropes and pulley systems, drills and junior hacksaws.
- Experiencing the daily and seasonal fluctuations in weather and seasons.
- Team-building skills by working together to complete a collaborative task.
- Building on social awareness by sharing these experiences with their peers, families and teachers.

Our program supports our overall Early Learning Centre philosophy which promotes learning through hands-on experiences and embraces the children’s ability to explore, create, problem solve, collaborate, and enhances their resilience. There is mounting evidence that there are decreasing opportunities for children to play outdoors in nature and this links to concerns about children’s health and wellbeing. There are well-documented benefits to children’s learning in natural settings and from our reflections and connections during our program, we have observed benefits such as:

- Increased confidence, motivation, imagination and concentration.
 - Increased social, physical and language skills.
 - Deeper conceptual understandings.
 - Development of ecological literacy.
 - The accommodation of many different learning styles.
 - Enhanced problem solving and communication skills.
 - An authentic connection and respect for the natural environment and sustainability.
 - Enhanced attitudes towards natural play spaces and risk management.
- The children have real-life opportunities to make dynamic risk assessments that develop resilience, determination and courage.



Our children and teaching team will continue to visit our Staughton Vale campus weekly as they discover and connect further with the “Land Beyond the Fence”.

Future Enrolments at Bacchus Marsh Grammar ELC:

If you have not yet completed an [expression of interest form](#) for our three-year-old and four-year-old kindergarten programs for a 2023 commencement, please ensure you do as soon as possible.

Mrs Ashlee Grero - Educational Leader and Kindergarten Teacher

Senior School News

As examinations are fast approaching, we have asked students in the Senior School to focus on their learning and trying to achieve their best. One way this can be achieved is by students creating a good learning environment for themselves and their peers.

At assembly I addressed with students the need for them to show respect to each other, the staff and respect for the property we all share here at school. By showing respect, treating each other with dignity and kindness, we allow for an environment where students can focus on learning and feel confident to challenge themselves to achieve more. This will be a focus in the Senior School and we expect to see students strive for their best and allow for this productive learning environment to flourish.

The Trial GAT (General Achievement Test) was held this week, providing an opportunity for the school to sample the new style of GAT that will be in place in 2022. Students conducted themselves well during this time and have gained valuable insights into completing this style of testing and managing their time. This allows our Unit 3 / 4 students to feel more confident and prepared for the actual GAT held on the Wednesday 9 June.

Mrs Erin Thornton - Head of Senior School

Student Wellbeing

Study Success

With the end of the semester fast approaching, we are busy with final assessments and are starting revision to prepare for our Semester One examinations. Many students find this time of year particularly stressful, knowing that they should be doing something; however, feeling overwhelmed and not knowing where to start. Reach Out and Kids Helpline have some great tips for parents and teens on how to study successfully and ways to look after themselves during exams. It is important to remember that not all stress is bad as it can actually motivate you!

If you notice that your child is feeling some stress, you can help them by finding a quiet place to study, set up a clean study space, encourage them to talk to their teachers, know when their exams are on and help them to plan their study timetable. Ensure your child is getting enough sleep, is eating well and doing some form of regular exercise. It is also important for your child to look after themselves during this busy time. Mini rewards can help your child to stay motivated and they should avoid junk food and energy drinks, unplug if social media is too much of a distraction and make time to rest. See the 5 Steps to Study Success from Reach Out at the end of the newsletter for some more great tips.

Visit [Kids Helpline](#) or [Reach Out](#) for some great information to help manage exam stress.

Student Wellbeing Team

Snow Australia Interschools Victorian Championships



The 2021 Snow Australia Interschools Victorian Championships will be held at Mt Buller from the 23 to 29 August.

Building on the school's success in this competition over the past few years, we would like to again enter a team to represent our school at this prestigious event.

The Snow Australia Interschools Victorian Championships is an excellent opportunity for students to participate and compete in a State level competition and test and develop their snowsports skills against students from other Victorian schools.

If you are interested, or would like more information, please visit the Victorian Interschools Snowsports at <https://www.interschools.com.au/home-victoria/>, and then contact Mr Nick Sher at shern@bmg.vic.edu.au by Friday 4 June.

Mr Nick Sher – Coordinator: Sport Years 3 to 6

Melbourne Knowledge Week Eco Design Challenge

Written by Joshua Di Mieri (10G):

On Friday 30 April, we were lucky enough to head into the city to attend the Youth Eco Design Challenge. When the 7 of us walked into the building, we were all so stunned by how modern the building was and it was like a maze trying to find where to go. After making it into the room where the function was taking place, the hosts went through a slideshow to let us know what was going to happen throughout the day. We were given an issue related to climate change and asked to present an idea to a panel to address this issue. After spending the day in our groups putting together a plan, assigning our strengths and weaknesses across our small groups and organising jobs to complete, we presented our organisation plan to the groups as well as the panel of Government officials and Company CEOs. We were given amazing feedback that would help us improve our ideas and make the organisation successful. I was very grateful for the opportunity Mr Castrignano gave us to be able to attend this event.

Music Department - Maddingley and Woodlea Campuses

Expressions of Interest for Instrumental Music Enrolment

Limited places are available for Semester Two commencement of instrumental lessons. Enrolment forms can be downloaded from the [school website](#).

Mr Steven Bell - Director of Music

Book Club News – Catalogue for Issue 4 is out now



Visit the [school website](#) for more information regarding the latest catalogue and how to order.

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

BMG Community Contacts

An update to Noone Uniform shopping:

Uniform Purchasing, Ordering and Payments

We will no longer be taking phone orders or payments. You may shop and order and pay in person at the Werribee or On Campus stores.

We also offer online shopping at www.noone.com.au

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

Out of School Hours Care (OSHC) – YMCA Ballarat

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

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

Please be advised that information regarding the June/July Holiday Program features at the end of the newsletter.

Email: chrissie.ashmore@ymca.org.au Phone: 0490 178 638 W: www.ballarat.ymca.org.au

Maddingley:

bacchusmarsh.oshc@ymca.org.au

0438 154 842

Located: South Maddingley Road, Maddingley, Victoria 3340

Woodlea:

woodlea.oshc@ymca.org.au

0490 490 362

Located: 111 Frontier Avenue, Aintree, Victoria. 3336.

Events Calendar

Dates for upcoming events/excursions and camps can be viewed via the events calendar 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

5-7 Quarry Road
Aintree VIC 3336
P +61 3 5366 4999

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

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

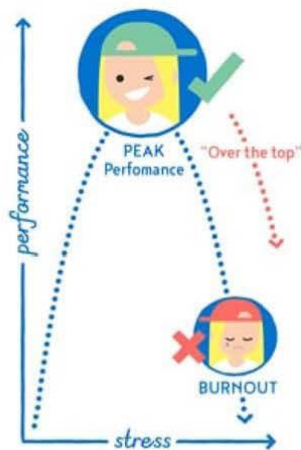


5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



REACH
OUT.COM

5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



Bacchus Marsh Holiday Program

Woodlea Campus

June 21 - July 9 2021

(7:00am - 6:30pm)

HOW TO BOOK

Already enrolled or attending one of The Y's After School Care or Before School Care programs? Simply contact the service to advise which vacation care program you are wanting to book into and your enrolment will be transferred over. Please **DO NOT RE-ENROL**.

All new families are required to enrol first. Enrolments are made through Xplor Home, payment via direct debit. See www.ballarat.ymca.org.au for details.


















SCAN QR CODE FOR PROGRAM DETAILS
or visit ballarat.ymca.org.au



Bacchus Marsh Holiday Program

\$100* per day, less your CCS entitlement

(*Includes excursions and incursions. The times of excursions may vary due to circumstances out of our control)

MON JUNE 21	 Movie Day - Bring your blanket and pillow for a cosy movie day.
TUE JUNE 22	 Woolly Wonders - Let's learn an old time favourite - knitting. What can you make?
WED JUNE 23	 Crazy Chemistry - Embrace your inner mad scientist with this chemistry workshop.
THU JUNE 24	 Winter Wonderland - Warm up those winter chills with some cooking and crafts.
FRI JUNE 25	 Winter Chef - Do you wanna make a snowman? Do you wanna eat it too?
MON JUNE 28	 Terrific Toys - Learn about and make your own toy to take home.
TUE JUNE 29	 Pottery - Let's get messy and learn pottery.
WED JUNE 30	 Dance Party - Bop till you drop at the Woodlea Dance Party.
THU JULY 1	 Artist Workshop - Show us your artistic flair and design your own canvas.
FRI JULY 2	 Silly Circuit - Make your own circuit shark with glowing eyes.
MON JULY 5	 Ping Pong Challenge - Join us for a fun filled day of games and challenges.
TUE JULY 6	 Super Science - Conduct experiments in this hands on science workshop.
WED JULY 7	 Crazy Cookies - Enjoy decorating some yummy cookies for your afternoon snack.
THU JULY 8	 Nugget Park (10:00am - 1:00pm) - Walk over to Nugget Park adventure playground.
FRI JULY 9	 Silly sports - Come dressed in your craziest costume for a silly sports day.



Venue



Incursion



Excursion

Scheduled activities and bus times may change due to circumstances beyond our control. Please confirm with the venue if needed.

WHAT TO PACK

- A wide brimmed hat – caps are not accepted for outdoor play
- A labelled water bottle
- Sunscreen (if allergies are present)
- Suitable footwear to access the outdoors – strictly NO thongs are to be worn at the program
- SunSmart Clothing- strictly no singlets will be accepted
- A change of clothes

FOOD

NUT FREE ZONE! - This means strictly NO Peanut Butter or Nutella in sandwiches please; this could be potentially life threatening to a child who suffers from anaphylaxis.

Unhealthy foods such as potato chips, lollies and chocolate will not be permitted to be consumed. These foods will be required to stay in the child's bag until they are collected.

Healthy Lunch Box Examples to pack  Fruit  Vegetable sticks  Cheese  Tuna  Sandwiches  Crackers  Wraps  NUT FREE bars  Eggs  Salad  Rice Crackers  Dips  Yoghurt & fruit or cereal, fruit salad or kebabs

For more info visit > <https://heas.health.vic.gov.au/schools/healthy-lunchboxes>

**Please note: It is always best to pack more into your child's lunch box, if children run out of food families will be notified.

Community News



“The Big Freeze In The Marsh”

“The Big Freeze In The Marsh” is taking place Saturday 5th June, Maddingley Park

This event will raise funds for FightMND, which funds vital research to help find a cure for this insidious disease.

The slide event will take place at the scheduled game between BMFNC and Lakers.

As a school community we would like to show our support and get behind the cause. If you would like to find out more, or to make a donation please follow the link below:

<https://hub.fightmnd.org.au/diy-big-freeze/the-big-freeze-in-the-marsh-sat-5th-june-maddingley-park/>