



The Podium

Achieving Optimal Academic Performance - The Power of Vulnerability

Last week I was fortunate to attend a professional development seminar titled, “Dare to Lead” based on the research by well-known Author and Houston Academic, Brene Brown Ph.D. Dr Brown is probably most famous for her TED talk, “The Power of Vulnerability” which has over 25 million views. She bases her research around vulnerability and how by recognising and understanding this, it ultimately allows us to grow and achieve great “things” and optimal performance. Whilst researching the topic of vulnerability and its impact on growth she stumbled across one of the great speeches which has become known as, “The Man in the Arena” speech, given by Theodore Roosevelt in 1910, Paris, France.

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

Theodore Roosevelt

Roosevelt railed against cynics who looked down at men who were trying to make the world a better place. “The poorest way to face life is to face it with a sneer,” he said. “A cynical habit of thought and speech, a readiness to criticize work which the critic himself never tries to perform, an intellectual aloofness which will not accept contact with life’s realities—all these are marks, not ... of superiority but of weakness.”

Dr Brown rightly argues that for us to grow, succeed and be happy we must be vulnerable and accept vulnerability. We must be courageous, be compassionate, create connection and fully embrace vulnerability because what makes you vulnerable makes you, “beautiful, successful and happy.” As Roosevelt says, “It’s not the critic who counts... The credit belongs to the man who is actually in the arena.”

This term brings with it our first formally sat examinations, post the pandemic. Many students will feel vulnerable, anxious and nervous, however, we need to remind them that by, “stepping into the arena” and accepting that it is challenging, that is how they will grow, learn, improve, and ultimately reach their Optimal Performance.

References; Brene Brown Ph.D. (2012), *Power of Vulnerability: Teachings on Authenticity, Connection and Courage*

Mr Andrew Perks - Assistant Principal: Optimal Performance Learning

Junior School News

During the ANZAC Day commemorations Year 4WA took some time to discuss stories of leadership in the services.

The students discussed the life of Vera Deakin, founder of the Australian Wounded and Missing Inquiry Bureau in the First World War.

They were asked to identify the skills and approach she took as a leader, comparing it to the skills and approaches the Year 4 students are developing as leaders at Bacchus Marsh Grammar.

Deakin was considered to have been more influential than any other individual in the development of the Australian Red Cross. An accomplished public speaker, she continued her busy philanthropy after her time spent in the Australian Red Cross.

The students acknowledged her work and the impact she made to the lives of many, then and now.

We would like to acknowledge all the great women that play important roles in our lives, especially our mothers. They too show the values that we discuss at Bacchus Marsh Grammar and that we continue to try and follow, in and out of the classroom.



We trust that all our Prep and Year 1 students enjoyed Friday afternoon with their mother/grandmother/aunty or significant other for an afternoon to celebrate how much we love our female role models. We thank you all for being an inspiration, just as Vera Deakin remains an inspiration to us all today. Happy Mother's Day!

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

Woodlea – ANZAC Wreath

After our ANZAC day commemorative assembly last week, PrepWB and 4WC explored the meaning behind why ANZAC day is so special. We read a book called ANZAC Ted and made a wreath out of poppies to remember the people who were brave enough to fight for us many years ago. The students showed our value of respect, working closely with their buddies, demonstrating the values that underpin our school culture.

**Ms Courtney Williams – Deputy Head
of Junior School: Woodlea**

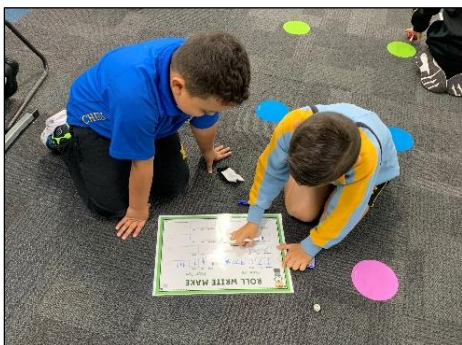


Mother's Day Stalls

A special thank you to BMG Teachers' Assistants who implemented the Mother's Day Stall for students in Prep to Year 6 this year. It is a big undertaking, which is greatly appreciated. It was a joy to watch students visit campus stalls this week and thoughtfully consider a special gift for their Mum. Thank you.



Spotlight on Year 1 Maddingley



Welcome back to Term 2. The students have settled back in well and we are excited for a great term of learning ahead.

This term students will travel back in time to Mesopotamia and Ancient Egypt. Students will learn about how people lived thousands of years ago, the development of civilisation, the importance of farming and the development of writing. Students will engage in a variety of reading and writing activities as they compare Mesopotamia, Ancient Egypt and the way we live now. Students are also enjoying the STAR reading program and small group reading.

Students are continuing to enhance their mathematical thinking and knowledge of place value with a variety of hands on activities. They have used concrete materials to explore and demonstrate their understanding of multi digit numbers and that the value of each digit within a number depends on its place or position. Students have enjoyed working collaboratively and engaged in rich discussion.

Year 1 Team – Maddingley



Spotlight on Year 3 Woodlea

In Writing, the Year 3s at Woodlea have been learning how to write persuasive texts. The students have been focusing on using paragraphs, high modal verbs and a range of persuasive devices including exaggeration, rhetorical questions and emotive language. They have enjoyed coming up with actions for each section of the structure and are using these to help us remember what needs to be included.

Year 3 Team – Woodlea

Student Wellbeing

Learning to Live with Change and Loss

Change and loss are issues that affect all of us at some stage in our lives. At Bacchus Marsh Grammar, we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes. We are therefore offering a very successful education program called *Seasons for Growth* which will commence in Term 3, 2022 at both our Maddingley and Woodlea Campuses. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision making, effective communication and support networks. Groups are established based on age and are small numbers. These groups will be run over eight weeks in class time and places will be limited. Availability of the *Seasons for Growth* program will depend on interest at each Campus. If you think your child would benefit from *Seasons for Growth* we would encourage you to talk to them about participating in the program. More information about the program can be found at Good Grief <https://www.goodgrief.org.au/seasons-for-growth>.

Bacchus Marsh Grammar is pleased to be able to offer this important program. To express interest in your child participating in *Season for Growth*, please contact Jillian Campey at the Maddingley Campus campeyj@bmg.vic.edu.au or Paige Zerafa at the Woodlea Campus zerafap@bmg.vic.edu.au by 16 May 2022.

Student Wellbeing Team



Woodlea Middle School News

It has been an extremely busy and positive start to Term 2 commencing with our ANZAC remembrance assembly where students and staff remembered those who have given their lives to their country. Students took the opportunity to lead key parts of the assembly, sharing stories and reflections aligning to our core values of respect and leadership.

Term 2 is set to be an extremely busy term, with several key events taking place, from the Year 5 Staughton Vale trip commencing this week, right through to our Year 7 camp at the end of May. Students across the Middle School will be provided with a variety of opportunities this term to engage and extend their learning both within, and outside the classroom environment. Alongside this, there will be a variety of leadership opportunities for our students to be involved in and we are looking forward to providing our students with further opportunities around this area.

As we move into Week 3, we commence the start of NAPLAN Assessments for Years 3,5 & 7. The NAPLAN assessments are a benchmark assessment across Literacy and Numeracy to measure attainment and progress. This will be an extremely important and busy time for our students, and we wish them all the very best during these assessments. Assessments will be a key theme this term for our Year 7s and exams taking place in week 7. Preparation for these exams will be taking place in all subjects over the next few weeks and further details will follow.

I'm sure this will be a hugely successful and productive term for all our students, and I look forward to working with you all during this time.

Mr Thomas Meakin – Head of Middle School: Woodlea

Physical Education and Health News

Independent Secondary School Golf Tournament

Bacchus Marsh Grammar had four students enter the Independent Secondary Schools Qualifying Event at Churchill Park Golf Club held Friday 29 April. **Naisha Gupta 7A**, **Ethan Brownrigg 10E**, **Cooper King 11F**, and **Thomas Bens 11E** all represented Bacchus Marsh Grammar in completing their round of the course. Thomas Bens was the highest placing competitor, finishing 10th in the Senior Boys (Yr 10-12) Division.

Individual Sporting success

Congratulations to the following students on some outstanding recent sporting success.

WestVic Academy of Sport

Ruby Gorton 8E & Scarlett Clayton 9C – have both been recognised by the WestVic Academy of Sport for their respective sporting achievements. Ruby is currently a member of South-West Academy of Sport for Hockey and Scarlett has been selected into the WestVic Netball Academy. Both athletes will receive access to various WestVic athlete support services to help them with their sporting pursuits.

Joanne Joesph 9J – She recently won the Under 19 Girls Doubles Championship at the National Squash Event - Australian Junior Open 2022 held in Bendigo. She partnered with NSW player - Maggie Goodman. The Australian Junior Open is a global event and we had entries from Malaysia, Dubai and the UK.



Emma Stewart 9B – She finished in a very close 5th in the Final of the Stawell Gift Little Athletics 100m handicap.



VSAC Swimming

The following students have qualified for the Victorian Schools Associations Competition (VSAC) Swimming Championships to be held at MSAC on Monday 9 May. We wish them all the best as they represent team ICCES against many of the state's best swimmers.

- **Rachel Lillie 11B** – 50m Butterfly, Freestyle relay & Medley Relay
- **Thomas Smith 10B** – 50m Backstroke, 50m Freestyle, 50m Butterfly, Backstroke relay & Medley Relay
- **Benjamin Nolta 10F** – 50m Breaststroke, Freestyle relay, Backstroke relay, Breaststroke relay & Medley relay
- **Pravallika Tripurana 10I** – 50m Backstroke, 50m Breaststroke, Backstroke relay, Breaststroke relay, Freestyle Relay & Medley Relay.
- **Nilay Sarman 8WC** – Backstroke rely & Freestyle relay.
- **Ethan Bloss 8I** - 50m Breaststroke, 50m Freestyle, 50m Butterfly, Freestyle relay & Medley Relay
- **Rodney Tang 8H** – Medley Relay
- **Maddison Weeks 8A** - Freestyle relay

School Sporting Grants – Table Tennis & Touch Football

The Maddingley Campus has been fortunate to receive a sporting grant for Table Tennis and Touch Football in the recent allocation of grants for schools. This has enabled the school to book a four week coach lead session for Touch Football during Year 7 House Sport this term. These 60min sessions will enable students to learn and improve their skills in the sport of Touch Football and learn a social non-contact version of the sport here at Bacchus Marsh Grammar. The Table Tennis grant has enabled the school to acquire some new table tennis tables and other equipment, which will be highly used with the popularity of our current Table Tennis club.

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

Junior and Middle School Sport News

SSV Primary State Swimming Championships

Congratulations to **Taylor Miller 6E** who represented Bacchus Marsh Grammar at the State Swimming Championships at Melbourne Sports Centres (MSAC). She had two exceptional swims, placing 2nd in Backstroke and 3rd in Freestyle. Taylor also broke her personal best times in both her swims.

A fantastic achievement Taylor, well done!

Western Metropolitan Region Tennis Tournament

Congratulations to **Anika Tran 6E** who represented Bacchus Marsh Grammar at the Western Metropolitan Regional Tennis Tournament at Bayside Tennis School. Anika lost some well fought matches against exceptional competition.

BMPSSA Athletics Carnival

The BMPSSA Athletics Carnival will be taking place at Masons Lane, Bacchus Marsh on Friday 6 May. Good luck to the 74 students who have successfully qualified after outstanding performances in our Junior School and Middle School Athletics Carnivals.

BMPSSA Cross Country Carnival

Well done to the students who represented BMG at the BMPSSA Cross Country Carnival. We had 29 students who finished in the top 10 of their respective races and who will now progress to the Divisional Championships on Thursday 26 May at Masons Lane, Bacchus Marsh.

Also, a big thank you to Logan Gregorio 9B, Joanne Joseph 9J, Jaxon Russell 9C, Rhys Todevski 9B, Ella Ward 9J and Addison Wright 9G from the Year 9 Elite Sport Program who assisted in hosting the event.



Junior and Middle School Sport News continued.....

Congratulations to the below students who finished in the top 3.

9/10 Girls	9/10 Boys	11 Girls
1 st – Iyla Robinson 3 rd – Jayde Coady	2 nd – Hamish La Franchi 3 rd – Zach Humphrey	1 st – Myah Estlick 2 nd – Alexandra Cassar

12/13 Girls	12/13 Boys
1 st – Anika Tran 2 nd – Tanvi Mushini 3 rd – Austin Shea	1 st – Harry Metcher 2 nd – Jack Gent



Mr Brendan McLoughlin – BMPSSA: Sports Coordinator

Maddingley Middle School House Athletics

Congratulations to all competitors at the Middle School House Athletics. Results are listed below.

Year Level Champions

U/11 Female Champion
Annie Thomas - PENTLAND

U/11 Male Champion
Nikolas Lazos - BACCHUS

U/13 Female Champion
Annika Tran - PENTLAND

U/13 Male Champions
Patrick Lovett – BRAESIDE
Liam Collins – HILTON

Year 7 Female Champion
Coco Burt – BRAESIDE

Year 7 Male Champion
Tylar Forsyth - BRAESIDE

Year 8 Female Champion
Emma Niessen – PENTLAND

Year 8 Male Champion
Hunter Knight - BACCHUS



Overall Maddingley Middle School House Athletics Results

1st – Pentland Panthers

2nd – Braeside Bears

3rd – Hilton Hornets

4th – Bacchus Broncos

Mr Evan Long - Head of Houses

Art News



In Year 5 Art we have been looking at the work of printmaker Bridget Farmer.

Students used nature for their inspiration and have each produced an artwork using the printing technique of Etching.

You will agree that these students have created stunning works.

Here is a collection of artworks from 5A. They should all be very proud of their efforts in exploring this new and challenging technique.

Mrs Peta Griffith – Art Department

Music News - Maddingley

Senior Vocal Ensemble

Senior Vocal Ensemble has started and will be running every Monday at lunchtime in Wilson Hall. All Year 9-12 students who learn voice are required to attend. This is a wonderful opportunity to grow your musical skills while learning to sing both acapella and with a band.

Year 7 & 8 Choir

Year 7 and 8 Choir will be running every Friday at lunchtime in Music Room 1. If you are wanting to get back into singing or try something new, then come along and join. Our focus for this year is on performance presence, confidence and musical theatre. Make some new friends and musical connections!

Ms Amanda Middleditch – Music and Performance

Events Calendar

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

Bus Updates

Students in Prep – Year 6 disembarking off the bus

Students in Prep to Year 6 require a green permission tag on their bag if they are to disembark from the bus to someone other than their parent/guardian. Students in Years 5 & 6 can disembark from the bus on their own, if they have a green permission tag on their bag. Student Afternoon Bus Arrangement & Permission Notices are available on the myBMG Parent Portal. Please return these to bus@bmg.vic.edu.au.

Student ID Cards

A reminder ALL students MUST carry their Student ID cards with them to and from school. Students who travel via private bus must use their Student ID card to tap on/off the bus each morning and afternoon. Students who travel without their Student ID card will be sent to their Year Level Co-Coordinator. Students who do not have one are required to go to ICT to have a new card printed.

Wearing masks

With changes announced by the Victorian Government on Friday 22 April 2022, masks are required to be worn on a commercial passenger vehicle (buses) for ages 8 and above, unless the passenger has a medical exception.

Mrs Leanne Robertson - School Bus Services Administrator

Book Club News – Catalogue for Issue 3



Issue 3 catalogue is out now!

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

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

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

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

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

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

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

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

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

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

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

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

Maddingley:

maddingley.oshc@yballarat.org.au

0438 154 842

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

Woodlea:

woodlea.oshc@yballarat.org.au

0490 490 362

Located: 111 Frontier Avenue, Aintree, Victoria.

Bacchus Marsh Grammar On Campus Uniform Shop

Phone Orders – 5367 4072

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

Regular Contacts

Student Absentees

Maddingley Campus

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

Woodlea Campus

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

Maddingley Campus

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P +61 3 5366 4800

F +61 3 5366 4850

Woodlea Campus

111 Frontier Avenue
Aintree VIC 3336

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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



Doctrina Vitae

Bacchus Marsh
Grammar