



The Podium

Optimal Academic Performance and Wisdom

As learners, we often think about and indeed seek wisdom. What really is wisdom and how do we achieve it? How does it add to our academic, social and practical learning? In his New York Times best selling book, Ryan Holiday retells a story regarding Wisdom.

In Greece in 426BC, the Priestess of Delphi answered a question raised by a citizen of Athens. "Was there anyone wiser than Socrates?" She answered, "No". The idea that Socrates could be the wisest of all was a surprise to even Socrates himself.

What could be the secret of his brilliance? Unlike traditionally wise people who knew many things, and unlike pretentious people who claim to know many things, Socrates was intellectually humble. In fact, he spent most of his life sincerely proclaiming his lack of wisdom.

This was the secret of his brilliance, his wisdom - his open-minded search for truth. Asking people their opinions and asking questions. As learners who aspire to reach our Optimal Performance, it is extremely important that, in order to achieve "Wisdom," we are brave enough to ask questions. To be ambitious enough to ask what we do not know. Indeed, one of our school values is ambition. We all need to ask questions. We all need to study and reflect. There is great power in intellectual humility.

In the coming weeks, students will be revising for formal examinations. I encourage you all to ask questions of your teachers. Wrestle with the questions. Treat your brain like the muscle that it is. Train it, expose it to intellectual work and training and prepare thoroughly to be challenged and tested in the coming weeks.

Mr Andrew Perks - Assistant Principal: Optimal Performance Learning

Junior School News

Life Education Victoria



Healthy Harold the giraffe and Vanessa the Life Education Victoria educator have been welcome visitors to the Maddingley Campus, this month. Students have participated in lessons that have included health-related topics ranging from the human body and how it works, healthy eating and nutrition, positive communication, safe and unsafe situations, resilience and building positive friendships.

Prep to Year 4 students have thoroughly enjoyed this unique experience.

Harvi 3B reported: I learnt that red blood cells transport carbon dioxide. You breathe in oxygen and breathe out carbon dioxide.

Ava 1B recounted: I learnt that if people are sad you can play with them if they have no friends. You can go up to them and say, "What is your name? My name is ..."

As part of this visit, a complementary Parent Information Webinar is offered. This session allows parents to access current and relevant information that addresses social issues children may face. If you have not done so already, you can register your interest via the following link: <https://www.lifemartkids.com.au/parent-sessions>.

Mrs Kim Blundell – Maddingley: Deputy Head of Junior School

Physical Education and Health News

ICCES Athletics

What a great achievement it was to see Bacchus Marsh Grammar finish in 2nd place overall at last week's ICCES Athletics Carnival! As with other schools, our team was struck down with illness and we had a number of students unable to participate. It was wonderful to see so many students stand up and cover events that they would not normally consider and display the mental resilience to do their best and earn points for the school. BMG won the Junior Girls Aggregate Division and we had several wonderful individual performances throughout the day. Congratulations to our two age group champions!

Tylar Forsyth - Year 7 Boys
Ella Birk - Year 10 Girls

There were also three new ICCES records set in the following events:


Jeeva Vijayagopal:
Year 9 Boys - Triple Jump 12.39m

Katrina Tau:
Year 10 Girls - Shot Put 10.57m

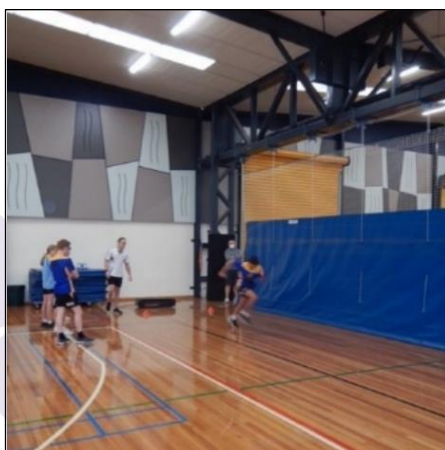
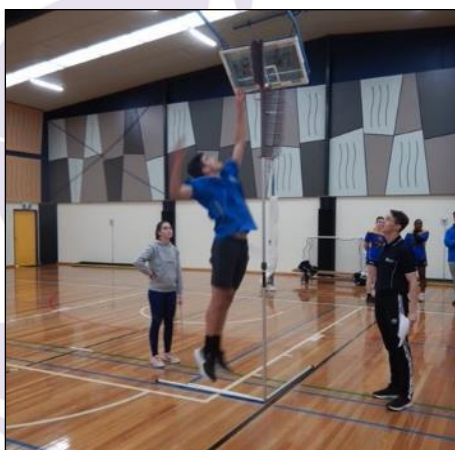
Ella Birk:
Year 10 Girls - Triple Jump 10.78m



ICCES Athletics continued.....

Overall results		
1 st	Ballarat Grammar	2,794
2 nd	 Bacchus Marsh Grammar	2,470
3 rd	Gippsland Grammar School	2,457.5
4 th	Goulburn Valley Grammar	2,441
5 th	Braemar College	2,288
6 th	Hamilton & Alexandra College	2,087
7 th	Girton Grammar School	1,777.5
8 th	Highview College	1,529

WestVic Academy of Sport



Last Friday saw the initial session held at BMG for our WestVic Academy of Sport Scholarship athletes. They were run through their paces with a fitness test battery consisting of a 20m sprint test, vertical jump test, 505 agility test and the Yo-Yo intermittent recovery test. This testing data will be used as a baseline for their current programs and set some goals for their upcoming training block and competitive seasons.

National Walk to School Day

What a lovely morning we were treated to last Friday to complete laps of the oval for National Walk to School Day. Students from the Junior, Middle and Senior School took part in some early morning physical activity before starting the school day. We had 61 students from the following tutor groups taking part: Prep E, 5A, 5B, 5C, 5D, 6A, 6B, 6C, 6D, 6E, 9B, 9F, 9H, 9J, 10C, 10E. A special mention to **Celine Di Mieri 5A** and **Freya Loong 5A** who managed to complete 11 laps of the oval in the designated time. Well done!

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

Events Calendar

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

Maddingley Junior and Middle School Sport Update

BMPSSA Athletics Carnival

Congratulations to all 73 students who represented Bacchus Marsh Grammar at the BMPSSA Athletics Carnival. All competitors who placed first and second in individual events, and all relay teams that won will progress to the Divisional Championships on Thursday 8 September at Bridge Road Athletics Track, Melton. BMG has 32 students in individual events, and 5 relay teams that will compete. Amazing results, well done team!

Congratulations to the following students who won their overall events on the day.

Mr Brendan McLoughlin – BMPSSA: Sports Coordinator

100m	200m	800m
9/10 Boys – Harrison Lovett 11 Girls – Layla Mauriohoho 12/13 Girls – Ava Radolovic	9/10 Boys – Harrison Lovett 11 Girls – Annie Thomas	9/10 Girls – Iyla Robinson 11 Girls – Alexandra Cassar 12/13 Girls – Anika Tran 12/13 Boys – Harry Metcher

Discus	Shot Put	High Jump
11 Girls – Akshara Rajesh	9/10 Boys – Harvey Lewin	9/10 Girls – Ruby Longmuir 9/10 Boys – Harvey Lewin 11 Girls – Myah Estlick

Long Jump	Triple Jump
9/10 Girls – Ava Bens 12/13 Boys – Jack Gent	9/10 Girls – Akiat Brar 9/10 Boys – Mitchell Durovic 11 Girls – Myah Estlick 12/13 Girls – Ava Radolovic 12/13 Boys – Liam Collins

Managing Exam and Study Stress

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, but feel overwhelmed and don't know 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 help motivate you; however, too much can be overwhelming.

If you notice that your child is feeling or showing signs of stress, you can help them by finding a quiet place for them 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. It is important that your young person avoids junk food and energy drinks, unplugs if social media is too much of a distraction and makes time to rest. Please look out for the 7 Tips for Managing Exam Stress from Reach Out at the end of the newsletter for some helpful suggestions.

For more information and tips to support your young person manage exam and study stress, please visit Kids Helpline here <https://kidshelpline.com.au/parents/issues/helping-kids-cope-exam-stress-0> .

Student Wellbeing Team

VCE/VET Hospitality News



Over the past three weeks, the Year 12 VCE VET Hospitality students have been completing their practical assessments for the unit Prepare and Serve Non-Alcoholic Beverages. For this task, students had to make 6 drinks (hot and cold), within a 15 minute time frame which also included bar set up and pack down. All students performed well and made considerable improvements each time they undertook the task. Drinking the drinks after their

demonstrations, I think was the real highlight for each of them. The class will be conducting a similar assessment for Prepare and Serve Espresso Coffee starting this week.

These same students will also embark on their first of two week placements at the William Angliss restaurant in the city over the July school holidays. Parents and friends are welcome to make bookings at the restaurant to support these students and enjoy their service - as well as a delicious and cheap, three course meal.

Mrs Nicole Garner - VCE VET Hospitality Teacher

Woodlea Year 7 Update

It has been an exciting Term Two for our Year 7 Woodlea students. Students have been demonstrating a positive attitude to their learning and are being encouraged to continue to demonstrate the school values inside and outside of the classroom.

As we move into Week 6, many assessments will be taking place as well as getting the students prepared for exams. Year 7 exams will be 'walk through exams' and will be explained by their subject teachers. Exams are in Week 7, starting Monday 6 June 2022 – see timetable below.

In other exciting news, the Woodlea Campus has organised an author, Ellie Marney, to share her writing expertise with our Year 7 students. Ellie Marney, is the author of best-selling young adult crime fiction. She will present our students with tips on how to compose amazing fiction! Students will also hear from Taylor Gillespie, Education Partnerships Facilitator from Melton Council, on how to enter the upcoming Short Story Competition. This visit will occur on Friday 10 June in the Woodlea Gym.

Ms Natalie Rompel - Year Level Coordinator: Year 7 Woodlea

Day/Lesson	1	2	3	4	5	6
Monday 6 June	All Year 7 LOTE Exam		7A & 7C Science 7E English		7D English 7B Science	
Tuesday 7 June		7A Global Studies	7A English 7E Maths		7D Science 7B Maths 7C Global Studies (P6 only)	
Wednesday 8 June			7A Maths 7E Science 7B English			
Thursday 9 June			7E Global Studies	7D Global Studies	Year 7 EXPO	
Friday 10 June	7C Maths 7B Global Studies (P2 only)				7D Maths 7C English	

Maddingley - Humanities Hub

Every **Friday lunch time** in Room P5, Humanities teachers will be available to help students in Years 5 to 12 with any aspect of Humanities work. This could include:

- Writing extended responses;
- Writing TEEL;
- Geographic skills such as PQE;
- Research and investigative skills;
- Subject knowledge and sources of information; or
- Information about Humanities subjects.

The Hub has been established in response to requests for Humanities help and student feedback stating that additional support would be helpful.

It is starting at an ideal time to allow you to get help to improve your skills and knowledge in the lead up to the Semester One exams.

If you have any questions, please contact Ms Simpson at simpsonr@bmg.vic.edu.au.

Ms Rachelle Simpson

Health Centre News

BMG Flu Vaccination Clinic

Date: Saturday 4 June
Maddingley Campus from 11am to 1pm
Woodlea Campus from 2:15pm to 4:00pm

Vaccinations will incur a \$19 fee* per person when you book online. Vaccines are not available to those under the age of 5, and over the age of 65 however you can organise a free flu vaccine at your local GP.

For full details and the link to book an appointment, please visit [Schoolbox](#) to view the full news item.

Mrs Jo Stanley – School Nurse

Bus Updates

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.

Mask Wearing on Buses

With changes announced by the Victorian Government, from Friday 22 April 2022 at 11.59pm, masks are required to be worn on a commercial passenger vehicle (buses) by passengers aged 8 and above, unless the passenger has a medical exception.

Seat Belt Wearing on Buses

Seat belts are fitted to buses and it is the law in Victoria to wear seat belts where fitted. If any student is found to not be wearing their seat belt they will be dealt with according to the behavioural management steps in the Student Bus Travel Code of Conduct.

Mrs Leanne Robertson - School Bus Services Administrator

Bacchus Marsh Grammar On Campus Uniform Shop

Phone Orders – 5367 4072

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

Regular Contacts

Student Absentees

Maddingley Campus

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

Woodlea Campus

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

Maddingley Campus

South Maddingley Road
Bacchus Marsh VIC 3340

P +61 3 5366 4800

F +61 3 5366 4850

Woodlea Campus

111 Frontier Avenue
Aintree VIC 3336

P +61 3 5366 4900

F +61 3 5366 4950

Woodlea Early Learning Centre

111 Frontier Avenue
Aintree VIC 3336

P +61 3 5366 4999

F +61 3 5366 4850

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

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

Student Wellbeing - 7 Tips for Managing Exam Stress

7 TIPS FOR MANAGING EXAM STRESS **REACH OUT.COM**

FOR YOUNG PEOPLE		FOR PARENTS/CARERS
Stay organised with to-do lists and study timetables	1.	Give them time off chores and non-urgent family stuff
Take regular study breaks	2.	Encourage them to keep doing the activities they did before exams
Have a dedicated study space	3.	Help them set up a study space and make sure the rest of the family understands
Have a long term goal	4.	Chat with them about what they want to do after exams
Get as much sleep as possible	5.	Remind them to go to bed at a regular time each night
Remember your health: eat well and stay active	6.	Go on study break walks with them and try to cook wholesome meals
Talk to the people around you	7.	Make a time to chat to them and let them vent

Community News – Moorabool Shire Council News

Wadawurrung and Wurundjeri
Welcome to Country, Flag Raising and Smoking Ceremony Information.

**BE BRAVE.
MAKE CHANGE.**

NATIONAL RECONCILIATION WEEK 2022
27 MAY – 3 JUNE #NRW2022



Join us to celebrate Reconciliation Week

Ballan
Council Offices, Stead St
Monday 30 May - 3.00pm

Wadawurrung
Welcome to Country, Flag Raising
and Smoking Ceremony

#NRW2022
#BeBraveMakeChange



**BE BRAVE.
MAKE CHANGE.**

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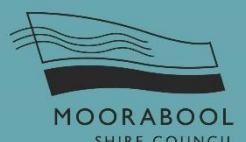


Join us to celebrate Reconciliation Week

Bacchus Marsh
Village Green, Main St
Friday 27 May - 11.00am

Wurundjeri
Welcome to Country, Flag Raising
and Smoking Ceremony

#NRW2022
#BeBraveMakeChange





COVID-19 vaccinations for children are available

Your local community has upcoming COVID-19 vaccination clinics at:

Bacchus Marsh Primary School

Where: 56/62 Lerderberg St, Bacchus Marsh

When: 10am – 12pm on **Saturday 11 June 2022**

This clinic is accessible to people with a disability.

Ballan Primary School

Where: 8-14 Duncan St, Ballan

When: 1.30pm – 3.30pm on **Saturday 11 June 2022**

This clinic is accessible to people with a disability.

Vaccinations are also available for adults at all clinics.

Just walk in, no booking required.

