FEAST DAY OF ST. JOSEPH

THIS WEEK WE CELEBRATE THE FEAST DAY OF ST JOSEPH WITH AN ASSEMBLY, SCHOOL PRAYER, CLASSROOM LILY DISPLAYS AND LUNCHTIME ACTIVITIES. MARY MACKILLOP CHOSE ST JOSEPH AS HER PATRON, AND THE FOUNDERS OF OUR SCHOOL NAMED THE SCHOOL AFTER HIM, BECAUSE OF THE VALUES EXPRESSED IN HOW HE LOVED AND CARED FOR MARY AND JESUS.

In speaking about St Joseph Pope John Paul II reflected, “Saint Joseph was a just man, a tireless worker, the upright guardian of those entrusted to his care. May he always guard, protect and enlighten families.”

We look to St Joseph to inspire us to trust in God and care for each other in the same humble way modeled by how he lived his faith filled life.

RECENT STUDENT SUCCESS

In the pages ahead you will read of some of the wonderful successes of students over recent days and weeks. In particular I would like to acknowledge the wonderful efforts of our Year 8 girls who featured in the local press recently to recognize their efforts in the Premier’s Active Families Challenge. Also to Mr Meiliak and his 2012 Year 11 Art class that won the Archbishop’s Award at the Catholic Education Week Visual Arts Competition. In the article about their success you will also read about the success of Grace Kennedy in Year 7 who won an award for her painting of Mary MacKillop which she painted last year when she was in Year 6 at St Mary’s Primary School, Williamstown. Congratulations to all involved.

EXTENDED STUDENT ABSENCES

A reminder again that any student who is planning to have an extended, non-medical related absence (eg. family travel) of more than three days must forward a written letter of application to me, at least one month before the intended absence date. The application needs to state the reason for the absence and the dates involved and will receive a written response. All absences obviously have an impact on school learning and are to be avoided where possible.

PROJECT COMPASSION

As we are entering the last fortnight of the Caritas Project Compassion effort for 2013, a speaker from Caritas will address our St Joseph’s Day assembly to explain how the Catholic Overseas Aid Agency Caritas assists those in need. As is always the case in our social justice efforts, we have sought to take a three pronged approach to our response. Firstly we have sought to become more educated about the issues at hand for the communities helped by Caritas. Secondly we have responded in prayer as individuals, classes and a whole school. Finally we have held several fund raising activities.

COLLEGE MUSICAL – WIZARD OF OZ

This week we have had the much awaited announcement of the 2013 College Production which will be The Wizard of Oz. There is much excitement amongst staff and students and we look forward to seeing the teamwork and talent that is sure to result in a highly entertaining production, so put the dates in your diaries now – Friday 5th and Saturday 6th September. Auditions for cast positions and decisions about crew roles will occur in the coming weeks. We thank Ms Belinda Sorbello (Performing Arts Domain Leader) and the other staff involved in the planning to date.

It has been a short term but as the pages of this edition of Synergy reflect, it has been a full and vibrant term. As we move towards Holy Week we wish all our families a happy Easter and time with family.

Thanks,

Principal

Catherine Dillon.

COMING EVENTS

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PRAYING HOLY WEEK…

THIS YEAR, UNUSUALLY, HOLY WEEK OCCURS IN THE LAST WEEK OF TERM 1, NOT DURING THE SCHOOL HOLIDAYS. THIS IS A GREAT OPPORTUNITY TO TRULY WALK WITH THE SCHOOL COMMUNITY ALONG THE FINAL STAGES OF THE JOURNEY THAT BEGAN ON ASH WEDNESDAY.

THE SIGNIFICANCE OF HOLY WEEK

Holy Week is the final week in our journey through Lent. Holy Week is especially significant and sacred as it recalls the last week of Jesus’ life in preparation for his death and the immensity of his resurrection. Historical documents tell us that as early as the fourth century the Church celebrated this ‘Great Week’ with a feeling of profound sanctity.

Holy Week, and all the other events of the Church’s year, leads up to Easter, the most significant celebration in the liturgical year and the heart of Catholic life. It is at Easter that we remember and rejoice in the resurrection of Jesus Christ. During Holy Week we have the opportunity to reflect on the events of the death and resurrection of Jesus that can be a turning point for the world and in the life of each believer.

Chris Morris and Sharon Freeman - Religious Education and Catholic Identity Group, Catholic Education Office Melbourne

FEAST DAY OF ST. JOSEPH…

MARCH 19TH IS THE FEAST DAY OF ST JOSEPH - THE SAINT AFTER WHOM OUR SCHOOL IS NAMED AND WHO MARY MACKILLOP CHOSE AS A GUIDING LIGHT FOR HER AND HER SISTERS. THERE ARE MANY LESSONS WE CAN TAKE FROM THE LIFE OF ST JOSEPH.

1. Saint Joseph was obedient. Joseph was obedient to God’s Will throughout his life. Joseph listened to the angel of the Lord explain the virgin birth in a dream and then took Mary as his wife (Matthew 1:20-24). He was obedient when he led his family to Egypt to escape Herod’s infanticide in Bethlehem (Matthew 2:13-15). Joseph obeyed the angel’s later commands to return to Israel (Matthew 2:19-20) and settle in Nazareth with Mary and Jesus (Matthew 2:22-23). How often does our pride and willfulness get in the way of our obedience to God?

2. Saint Joseph was selfless. In the limited knowledge we have about Joseph, we see a man who only thought of serving Mary and Jesus, never himself. What many may see as sacrifices on his part, were actually acts of selfless love. His devotion to his family is a model for fathers today who may be allowing disordered attachments to the things of this world to distort their focus and hinder their vocations.

3. Saint Joseph led by example. None of his words are written in Scripture, but we can clearly see by his actions that he was a just, loving and faithful man. We often think that we primarily influence others by what we say, when so often we are watched for our actions. Every recorded decision and action made by this great saint is the standard for men to follow today.

4. Saint Joseph was a worker. He was a simple craftsman who served his neighbors through his handiwork. He taught his foster son Jesus the value of hard work. It is likely that that the humility Joseph exhibited in recorded Scripture spilled over into the simple approach he took to his work and providing for the Holy Family. We can all learn a great lesson from Saint Joseph, who is also the patron saint of workers, on the value of our daily work and how it should exist to glorify God, support our families and contribute to society.

5. Saint Joseph was a leader. But, not in the way we may view leadership today. He led as a loving husband when he improvised to find a stable for Mary to give birth to Jesus, after being turned away from the Bethlehem inn. He led as a man of faith when he obeyed God in all things, took the pregnant Mary as his wife and later brought the Holy Family safely to Egypt. He led as the family provider by working long hours in his workshop to make sure they had enough to eat and a roof over their heads. He led as a teacher by teaching Jesus his trade and how to live and work as a man.

ST LEO’S PARISH MASS & LUNCHEON FOR THE ELDERLY…

ON THURSDAY, MARCH 14TH, THIRTEEN YEAR 7 STUDENTS VISITED ST LEO’S PARISH IN ALTONA NORTH TO ASSIST WITH THE MASS FOR THE ELDERLY AND THE LUNCHEON THAT FOLLOWED.

The girls read at Mass, took part in the sacraments, especially the Sacrament of the Sick and then helped out with the luncheon.

The girls responded well to the challenges of the day such as when communication was difficult because of language barriers or disability that comes with being a senior. All the girls were able to say that they had a successful day because they had achieved their goal of initiating conversations with the people who attended.

Director of Mission

Mick Leonard
CONVERSATION WITH THE ARCHBISHOP…

LED BY MINISTRY CAPTAIN MEHERET HAILMELEKOT, A CONTINGENT OF SRC MEMBERS AND FAITH LEADERS FROM THE STUDENT BODY JOURNEYED TO CAROLINE CHISHOLM COLLEGE TO MEET WITH OTHER STUDENT LEADERS FROM CATHOLIC SCHOOLS.

With more than a dozen schools from across Victoria participating in this annual event, our students were offered the rare opportunity to exchange ideas with fellow students leaders as well as experience different perspectives on concepts relating to faith in the 21st century.

The theme for the day was “friendship” and breaking down barriers and as the group broke up to meet in small workshops, our students quickly embraced the challenge as they debated and discussed new ways in which to engage and promote faith amongst today’s youth.

Of course, the highlight of the day was the keynote speech delivered by Archbishop Dennis Hart, who passionately informed the students in attendance that as leaders, it’s their job to help work towards creating a better school environment for Catholic values to flourish.

The Q&A session with the Archbishop offered up some interesting topics as the students asked what they can do to ensure the continued relevance of faith in an increasingly busy and materialistic world.

After the Q&A session the students said their goodbyes to their fellow college leaders and returned home, energised by what they had heard and eager to continue the process of promoting and practising Catholic teachings in their everyday lives and at MSJ.

Student Liaison Co-ordinator

Brad Abraham

GETTING TO KNOW OUR POPE…

• Jorge Mario Bergoglio was born Dec. 17, 1936, in Buenos Aires, Argentina.
• He was one of five children of an Italian railway worker and his wife.
• He is the first Jesuit to become Pope and he speaks Spanish, Italian and German.
• He is the first Pope from the Americas and the first from outside Europe in more than 1,000 years.
• He rides a bus to work, wears an ordinary priest’s robe and lives with an older priest in a simple apartment where he cooks his own meals, rather than live at the luxurious residence he was entitled to as Archbishop of Buenos Aires.
• He came second in the voting of the conclave that elected Benedict XVI, eight years ago.
• He is an avid soccer fan and is a member of Buenos Aires’ San Lorenzo club.
• He is taking the name Francis I, after St. Francis of Assisi.
• Following an infection as a teenager, Bergoglio had a lung removed.
• When some priests refused to baptize the children of unwed mothers, Bergoglio took them to task, calling them “hypocrites.”

CELEBRATING ST PATRICK…

ON THE 14TH OF MARCH, A GROUP OF YEAR 9 SRC GIRLS, ACCOMPANIED BY MISS MEURANT, CAUGHT THE TRAIN TO ST PATRICK’S CATHEDRAL TO CELEBRATE ST PATRICK’S DAY.

After a nice walk through the city, we finally made it to the Cathedral.

The Mass commenced with a march in which we participated along with representatives from all the Catholic schools in Victoria. The Archbishop of Melbourne, Denis Hart, was the celebrant for the mass in which we celebrated Saint Patrick’s life as well as the beginning of Pope Francis’ reign. The mass concluded with another banner ceremony and a little parade in the courtyard.

Stella Campanaro - 9 Therese
LEARNING & TEACHING

WE ARE SAILING…
ON MONDAY 4TH MARCH, THE YEAR 11 VCAL CLASS WENT TO THE ROYAL VICTORIAN YACHT CLUB TO LEARN HOW TO SAIL.

On arrival we met Coral and Ray who taught us about the different ropes and life jackets, how to navigate a sailboat and what to do if we capsized.

We then launched three boats, two small and one large, onto the water. The large boat was able to hold three students and Coral while the small boats only had room for two students. As the boats only held 7 students at anyone time, the rest of the class were on a speedboat from where we could watch what was happening and alternate with the people in the sailboats.

Soon it was Sarah, Monique and my turn to board the big boat with Coral. Two people sat at the front to navigate the sails and one person was at the back of the boat and in charge of steering.

Towards the end of the day we had to intentionally capsize the boat so we could put into action the techniques we had learnt in the morning for righting the boat. We were split into two groups and when my group got into the boat, we were all asked to move to one side so that the boat tipped us into the water, which had us all screaming! However, we quickly calmed down and got to work righting the boat. Everybody in the group had a role to play, mine was to stay at the front of the boat in order to act like an anchor and watch where we were going. We worked really well as a team. We righted the boat very quickly and worked well in helping every one get back in. Overall, it was a great experience.

Shannon Briscoe - 11 Therese

MOTION IN ACTION…
ON THE 5TH OF MARCH THE YEAR 12 PHYSICS CLASS HEADED OFF EARLY TO LUNA PARK IN ST KILDA. THE PURPOSE OF THIS EXCURSION WAS TO EXPERIENCE DIFFERENT TYPES OF MOTION.

Taking the early 8:28 train, we took off for our destination. We started our day with an aerobatic display from the RAAF Roulette team. After this, we moved into Luna Park and began rotations through the rides. Despite the burning sun, tram delays and long queues, we managed to collect the data we needed in order to complete part of our SAC all while having lots of fun.

Much thanks to Mrs Loft and Mrs Devic for organising this excursion for us.

Tara Burnett, Alicia Leckie, Yu Yun Lim and Alina Pham - 12 Francis

FOOD FOR THOUGHT…
VISUAL COMMUNICATION ISN’T ALL JUST ABOUT DRAWING, SOMETIMES IT’S ABOUT RESEARCH.

The Year 10 Visual Communication class was provided with some cupcakes to use as inspiration as they developed ideas for their fictitious client - a franchise specialising in baking cup cakes.

Once the class had used the cakes as a reference for their ideas and drawings, they were able to eat and enjoy!

Teacher
Clare Kubacki

Visual Communication students; Aimee Rape (10J), Kirby Spry (10F) and Leanne Deltiglio (10C) in discussion about what makes a good cup cake, as they research for their logo designs.
LEARNING & TEACHING

BEHIND THE FASHION SCENE...

ON WEDNESDAY THE 6TH OF MARCH A GROUP OF 42 STUDENTS COMPRISED OF YEAR 11 AND 12 TEXTILES STUDENTS PLUS OTHER STUDENTS INTERESTED IN FASHION AND DESIGN, ATENDED A ‘BEHIND THE SCENES’ FASHION RUN WAY SHOW.

This event, organised as part of the L’Oreal Fashion Festival, was held at the Australian Academy of Design in Port Melbourne. The night consisted of a snap shot of what goes on behind the scenes of a fashion show - the make up, the hair, the garments, the speeches, the models, the choreography and the constant flashing and clicking of numerous cameras & lights.

We were lucky enough to see past MSJ students; Annie Cabral (guest speaker & Creative Director of Runways) and Louise Tyler (Model), fulfilling their dreams of being a part of the fashion industry. With a little bit of luck and a lot of hard work many of us too hope to achieve our aspirations to work in the design world.

Ellen Mc Guirk - 10 Joseph and Rachel Mc Guirk - 12 Therese

METRO TRAINS INCURSION...

ON THURSDAY THE 7TH OF MARCH, ALL THE YEAR 7 GIRLS HAD THE OPPORTUNITY TO ATTEND A METRO TRAINS INCURSION AS PART OF OUR PASTORAL PROGRAM.

We were informed about safe train travel and the risks of dangerous behaviour whilst travelling on Metro Trains. Some of the information presented included following the rules, such as no graffittiing, and treating the train and other passengers with respect.

We also learnt how to behave safely when we are waiting for a train by avoiding running on the platform and standing behind the yellow line. We also learnt about the role of the authorised officer and how to use them for help if needed.

All the Year 7 students were also informed that if we were travelling by ourselves at night or felt uncomfortable, we were to board the first carriage, as it is closest to the driver, and could also press the red emergency button. We thank Shay Miller from Metro Trains for teaching us all of these handy tips.

Chloe Milenkovski and Rebecca Donaldson - 7 Catherine

KEEPING THEIR COOL...

ON FRIDAY THE 8TH OF MARCH, TWO BIOLOGY CLASSES WENT TO THE MELBOURNE ZOO FOR THEIR STUDIES OF ADAPTATIONS. EVERYONE WAS LOOKING FORWARD TO GOING TO THE ZOO AND SEEING ALL THE DIFFERENT TYPES OF ANIMALS! WHEN WE ARRIVED THE SUN WAS ALREADY BURNING BRIGHT AND WE WERE INTRODUCED TO OUR ZOO BIOLOGY TEACHERS AT THE ZOO SCHOOL.

We learnt about thermoregulation in different types of animals. The animals we studied included seals, penguins, and yellow monkeys. After we had discovered these animals, we went into a classroom and were able to touch the fur of a Leopard and a Red Panda as well as the skin of a slimy snake. The point of this exercise was to understand the difference in how these animals regulate their body temperature.

An interesting fact learnt is that a seal cools down by the evaporation of bubbles coming off their skin as they glide through the water.

It was a great day at Melbourne Zoo, learning how animals keep warm or cool without the electronic devices that we humans have access to.

Adriana Trakakis - 10 Joseph

Viewing the design graduates exhibition

Annie Cabral giving our girls an insight into the Design Industry

Mrs Kubacki with former MSJ students Louise Tyler (2007) and Annie Cabral (2005)

Tayla Brooks (11F) and Lucy McConville (11J) having a close encounter with a snake
STUDENT WELLBEING

YEAR 9 RETREAT DAY...

ON THE 15TH OF MARCH THE YEAR 9 COHORT SET OFF TO THE WERRIBEE RACECOURSE TO ATTEND RETREAT DAY. THE THEME OF OUR RETREAT EXPLORED OUR SELF IDENTITY, WHAT SHAPES THAT IDENTITY AND HOW UNDERSTANDING OURSELVES WILL ASSIST US IN UNDERSTANDING GOD AND HIS LOVE FOR US.

We commenced the day with Morning Prayer. We were then assigned into groups in which we spent the rest of the day participating in activities together including meditation, discussion and lectures. The first activity was a meditation and yoga class, where we relaxed our mind and connected with our inner selves. This was a time to reflect on our responsibilities in life and to get away from any of life’s troubles.

The second activity was a seminar that discussed the issues in today’s society caused by media and our peers. This was to make us aware that we are created as individuals and should not be influenced by other people. The NET team hosted the final activity. We engaged in games, storytelling and smaller group discussions associated with God’s love for us and the impact it has on our lives.

To conclude the day we ended with afternoon prayer and thanked God for the great opportunities and activities that we were able to participate in on our year 9 retreat day. Overall the day was very informative, enjoyable and relaxing and we would like to thank the MSJ and Werribee Racecourse staff.

Margaret Raffoul - 9 Therese

STUDENTS FROM THE SENIOR TEXTILES AND DRAMA CLASSES HAD THE SPECTACULAR OPPORTUNITY TO SEE THE STAGE PLAY ‘WAR HORSE’, BASED ON THE BELOVED NOVEL BY MICHAEL MORPURGO, AT THE MELBOURNE ARTS CENTER. WALKING INTO THE THEATRE NOT KNOWING WHAT TO EXPECT, IT SOON BECAME CLEAR AS TO WHY THE TIMES LABELED THIS PRODUCTION “THE THEATRICAL EVENT OF THE DECADE.”

Set in the era of World War I, the story is centered upon Albert, a teenage boy from a Devon Village who throughout the play is searching for his beloved horse, Joey, after his desperate father sells him to the British cavalry. Nick Stafford, the man who adapted Morpurgo’s novel for the stage, was thought by the author to be “mad” and many of the girls on this excursion felt the same way – how exactly does one create a stage play that focuses on horses, with no actual horses to help tell the story? Will there be holograms? Actors dressed up in horse-like attire? A few minutes in and all our questions were answered. With dexterous manipulation, twelve accomplished puppeteers breathed existence into the realistic puppets that were crafted by the Handspring Puppet Company in South Africa. After the initial astonishment, one soon forgot the human operators of the life-sized puppets as the great creatures dominated the rather bare stage and took us on a journey that was not only imaginatively realised but also impeccably created.

The wartime period and landscape were conjured through various folk tunes that were sung live with the accompaniment of a piano accordion, which was counterpointed with the unpredictable sounds of battlefield gunfire and explosions that filled the entire theatre, creating an atmosphere of realism that aroused sorrowful and fearful nostalgia in the audience – most of whom hadn’t experienced the horrifying effects of war in their lifetime.

At times humorous and others, tearful, ‘Warhorse’ successfully captured the steadfast bond between a boy and his horse, the trepidation and bravery of the battlefield and the yearning voices of the families left to wait in anxiety on the home front – the students and teachers from MSJ no doubt exited the theatre with the ringing of a horse’s gallop in their ears.

Monaliza Ziba – 11 Veronica

CUT SNAKE...

AS PART OF THEIR STUDIES, YEAR 12S VISITED THEATRE WORKS IN ST.KILDA, WHERE THEY WATCHED THE PERFORMANCE ‘CUT SNAKE’.

Produced by Sydney Independent Theatre Company Arthur, and directed by NIDA graduate Paige Rattray, all students agreed this was an exceptional piece of theatre. It was performed by three talented actors in a tent on a very warm day - thankfully, audience members were supplied with fans. However, everyone forgot the warm conditions as they were taken on a roller coaster adventure following the character of Jumper on his overseas trip to ‘Europe -Asia. Once again, my drama students proved to be exceptional audience members.

I look forward to our next theatre visit in mid May, where we will see the performance ‘Beached’ at the Melbourne Theatre Company. Thank you to Mr Stracey for being our chauffeur on the day, and also lets not forget to thank Ackland Street for providing us with delicious post theatre coffee and cake!

Year 12 Drama Teacher

Katherine Anastasi

The yoga and meditation class
STUDENT WELLBEING

YEAR 7 CAMP GUNDIWINDI...

On the 25th of February 7 Anne, Catherine and Ignatius set out for camp. When we arrived we had a brief snack and then found out who would be sharing our tent/cabin. The people in the cabins put their belongings in their cabin and went off to have free time, whilst the people in the tents pitched and organized their tents before joining them.

At the camp there were trampolines, a volleyball court and playground for us to use in our free time. After everybody had settled into camp we started with the first of a range of activities that we would participate in over the 3 days. After the first round of activities we cooled off under the sprinklers.

Later that night after dinner we went into the hall where we learnt some bush dances. After that we had some supper and went to bed.

The next day we did some more activities and at night we had a Mass followed by wildlife show with all different types of animals like lizards, owls, snakes and insects.

The next day was our last and final day at camp. We did one last activity before hopping on the bus to go home.

Aimee Parsons – 7 Ignatius

Last week the Year 7 girls went to camp. It was amazing. The activities we did included flying fox, yabbying, damper making, initiatives, low ropes course, giant swing, and archery.

My favorite was the giant swing. It was so much fun! I felt like I was flying. I liked making damper, it was delicious! I liked when we saw the lizards and snakes, it was awesome!

We also went to a bonfire liturgy and made roasted marshmallows. We said prayers before meals and the food was quite nice. I liked meeting new people and even made some more friends!!!

I loved camp and I’m sure everyone else did too!!

Chelsea Broad – 7 Therese

Youth Mentors Leadership Camp...

On Friday the 15th - Sunday 17th of February Jess Daley and Sophie Wareham had the opportunity to go to a leadership camp at Don Bosco. This weekend was a fun and educational event full of friendships and fun times.

Over the weekend, we did a lot of team building activities and trust exercises. On the first day we introduced ourselves using a name card, which we then swapped. It worked sort of like Chinese Whispers so by the end we had a complete strangers name card and had to remember their favourite food, the occupation they hoped to have when they are older and their favourite holiday destination. This was a very funny experience, which allowed us to get to know the people around us.

We also did an exercise where you had to partner up with someone you didn’t know before the camp and with your back to them had to fall into their arms trusting them to catch you. We started off standing on the ground falling back onto one person and gradually got higher and higher with more people catching us. By the end, we had fallen from a table and then a 6ft pedestal, having been safely caught each time!

We all learnt how to be comfortable around people and to have the confidence to contribute to discussions and to work not only alone, but in a group environment. We all made friends that will last a lifetime and new opportunities arose. If we had the chance to go again, we definitely would in a heartbeat.

Sophie Wareham - 11 Catherine
YEAR 10 RETREAT…

On Friday the 15th of March, the year 10s ventured on down to the Newport Substation, where we were greeted by different associations, all teaching us something new and different. Over the course of the day, we learnt about Muslim, Jewish and Christian religions and human trafficking and we were able to discover more about our true self through recycled art. In one of the presentations, we were made aware of how common human trafficking and slavery really are in our world. We can all support the awareness of human trafficking and slavery by purchasing ‘Fair Trade’ chocolate this Easter. The day was a positive and meaningful experience that we all enjoyed and are all grateful for.

Adrienne and Arlie - Co-Captains 10 Catherine

The year 10 Retreat Day was overall a very engaging day, with three varied activities to capture everybody’s interests. We discovered more about the declaration of human rights, human trafficking and about cultural diversity.

Raquel Mancini - Co-Captain 10 Therese

It was an amazing opportunity to be able to speak to three women of different religions. Jewish, Christian and Muslim women in the room allowed us to deeply understand the differences between the religions and their beliefs. We also were given the answers to tough questions relating to each of these cultures. We also learnt about Human Trafficking and the extent to which it occurs in Australia. We learnt some small ways in which we can help put a stop to this horrible act.

Brooke Bakaric - Co-Captain 10 Anne

The Retreat Day was a day filled with knowledge, excitement and experience! It was a great day where everyone was open with one another, which enabled everyone to conceive a broader learning. The day was all about making a difference in the world and acting in a sympathetic, humble manner to those less fortunate.

Adrianna Trakakis - Co-Captain 10 Joseph

STUDENT WELLBEING SERVICES TEAM...

THERE ARE TWO COUNSELLING STAFF MEMBERS AT THE COLLEGE. PARENTS ARE ABLE TO MAKE REFERRALS TO THE COUNSELLORS BY CONTACTING THEIR DAUGHTER’S YEAR LEVEL COORDINATOR, OR CONTACTING THE COUNSELLORS DIRECTLY (IF CONTACTING COUNSELLORS DIRECTLY, PLEASE LET OFFICE STAFF KNOW THE REASON FOR YOUR CALL).

Counselling Services at the college are confidential, meaning that feedback to parents is limited, but available. Students are also able to refer themselves for counselling, and this is a common referral type at the college. The counsellor’s names and availability is below:

Ms Susha Arnheim: Monday – Friday
Ms Sharyn D’souza: Wednesday – Friday

STUDENTS CAN SPEAK TO THE STUDENT WELLBEING SERVICES TEAM ABOUT A RANGE OF ISSUES, INCLUDING:

- Body Image
- Conflict Resolution
- Self Confidence
- Anger Management
- Depression
- Stress Management
- Identity
- Relationships
- Anxiety
- Grief and Loss
CODE ONE…

ON THURSDAY THE 28TH OF FEBRUARY, THE YEAR 8 GIRLS WERE LUCKY ENOUGH TO GO OVER TO WATCH THE VICTORIA POLICE BAND, ‘CODE ONE’, PLAY IN HARRINGTON SQUARE.

Code One put on a special show for the community, and some Year 8 Mums, Dads and siblings also came to watch. The students created their own dance floor and sang and danced along to all the latest Top 40 chart stoppers! At one point, Brian Carbery, the lead male vocalist, asked if anyone wanted to play on the instruments. Both Emma Livori (8A) and Jessica San Miguel (8C) got up and played some very impressive drum beats! Jess also sang with Sophee-Anne Goullet (8V) and Constable Lorena Novoa, the lead female vocalist from Code One.

Thanks to all the teachers who came along to supervise and enjoy the show. Special thanks to Ms Dillon and Mrs Keppel who organised the event for the Year 8 students.

Year 8 Coordinator

Emma Litchfield

CELEBRATING WOMEN…

ON FRIDAY THE 8TH OF MARCH THE MSJ COMMUNITY CELEBRATED INTERNATIONAL WOMEN’S DAY - A GLOBAL DAY CELEBRATING THE ECONOMIC, POLITICAL AND SOCIAL ACHIEVEMENTS OF WOMEN IN THE PAST, PRESENT AND FUTURE.

Women are recognised for their achievements, regardless of divisions, whether national, ethnic, linguistic, cultural, economic or political. It is a day to review how far women have come in their struggle for equality, peace and development.

The day kicked off with a breakfast for the senior students (10-12) who could bring along any woman in their lives who they found inspirational. Special guest Sister Jeanne Dwyer, from Joseph’s Corner, joined us and gave us an insight into the issues that women are faced with in every day life. She inspired all present by encouraging us through her words to always live life through our values and convictions in order to make this a better world for women, men and children to live in.

Afterwards, to celebrate with the whole school community and raise funds for worthy causes, the SRC sold homemade vanilla cupcakes with purple icing, and other merchandise such as ribbons and pens.

In total, the SRC was able to raise over $1,000 for Caritas and Joseph’s Corner, an organisation that works with the community to assist people in dealing with the harmful effects of drug and alcohol use.

A big thank you to all the students and staff who participated and supported the event, it couldn’t have been done without you!

Assistant Principal Student Wellbeing

Stephanie Papadopoulos
– Social Justice Senior Leader

A MESSAGE TO WOMEN OF THE WORLD…

MANY ACTIVITIES WERE UNDERTAKEN THROUGHOUT INTERNATIONAL WOMEN’S DAY, ONE OF THEM GAVE STUDENTS THE OPPORTUNITY TO “WRITE A MESSAGE TO THE WOMEN OF THE WORLD.”

The students and staff were encouraged to write a prayer, quote or message to women all over the globe, on a craft wood figure of a woman. The aim being to express our concerns and thoughts for women all over the world and their individual struggles and to highlight the different females in the world; whether they be survivors, heroes or inspirations that all demonstrate the qualities of courage, persistence, confidence and hope. These messages were attached to a ribbon and displayed for the entire school to view, read and acknowledge.

We would like to say thank you to everyone who participated in writing a message, or helped make International Women’s Day 2013 remarkable.

Margaret Raffoul and Stella Campanaro - 9 Therese
ARCHBISHOP’S AWARD FOR RELIGIOUS ART…

Each year students from both Secondary and Primary schools throughout Melbourne are invited to enter artworks for the Catholic Education Week Visual Arts Exhibition. This year, eleven students from Unit 1 Religion and Society and Art represented our College with their collaborative sculpture project.

Based on a photo of two founding Sisters of St Joseph taken in 1964, the students were set a challenge of creating five sculptures for the Reflection Garden. The task was made even more daunting when the girls were presented with their medium, a slab of Hebel Stone. They then spent six weeks cutting, carving and sanding their designs into shape.

The five completed sculptures represent a decade of education at Mount St Joseph Girls’ College. The legacy of St. Mary MacKillop and her sisters is also symbolised in each sculpture.

On March the 17th the sculptures were awarded the 2013 Archbishop’s Award for Religious Art in the Secondary Schools’ Division. This was a wonderful acknowledgement of the efforts and persistence shown by our girls. Congratulations to the following students; Tianna Baquero, Jacinta Boribon, Nancy Li, Dimity Maloney, Rachel McQuirk, Amy Paris, Jordyn Parker, Kimberley Phung, Rosy Polarbaw, Isabella Raunik and Stephanie Webb.

Congratulations also to Grace Kennedy of 7 Ignatius who was presented with the Kairos Award in the Primary School division for her amazing oil painting depicting Mary MacKillop. Grace completed her life size painting last year whilst she was in grade 6 at St Mary’s Primary School, Williamstown.

DIGITAL LEARNING

TECH SAVVY LEARNING…

THE COLLEGE CONTINUES ITS COMMITMENT TO PROVIDING STUDENTS AND STAFF ACCESS TO CONTEMPORARY TOOLS. CENTRAL TO THE COLLEGE MISSION IS THE IMPORTANT PROVISION OF AN INNOVATIVE AND CHALLENGING CURRICULUM TO PROMOTE A LOVE OF LEARNING.

In Term Two, we will embark upon an iPad Pilot Program for Year 9 students and all staff. We have upgraded our College network in preparation for an increase of 240 iPads connecting from various locations across the campus. Year 9 students will receive an iPad Mini that has been partially funded through the Federal Government Computer Fund now in its final year.

Mobile technologies are increasingly being promoted to enhance learning and augment outdoor communications and collaboration. Next term, the Year 9 curriculum sees the beginning of a new program built around a personalised, inquiry focussed approach that will run during Terms Two, Three and Four.

The iPad Mini was selected to complement this program. Students will be onsite and offsite when engaged in this program that has as an academic expectation learning within the spheres of Health & Wellbeing, Literature, Sustainability, Drama and the Arts. The iPad will be trialled by all involved in this exciting program and by all staff regardless of whether they teach Year 9 so that staff remains skilled and ever prepared to teach in a contemporary learning environment and share with the students their love of learning.

We will report regularly on the progress of this Pilot Program in future Synergy newsletters and would encourage any feedback you would like to share with us along the journey.

Director of Digital Learning

Fran Dorgan

GOOD FOOD PRACTICE…

CONGRATULATIONS TO OUR CANTEEN STAFF; HEATHER RINALDI, DENISE SPITERI AND SUSAN OLIVA, WHO RECEIVED A HOBSONS BAY CITY COUNCIL FOOD SAFETY AWARD ON THURSDAY 14TH MARCH.

The Food Safety award recognises dedication to good food handling practices.

Five Food Safety Awards were awarded across five categories, with the MSJ Canteen winning in the Schools Category.

COMMUNITY

YR 11 COMMUNITY SERVICE HAS BEGUN...

MADDISON GRIMA, MONICA DERVAN AND BRITTANY ROSS ARE PICTURED PREPARING TO SERVE THE MIDDAY MEAL AT OZANAM COMMUNITY CENTRE IN NORTH MELBOURNE ON FRIDAY 15TH MARCH.

Student volunteers do a two hour shift during which they serve the meal and then clean the dining room.

The recipients appreciate a warm smile and a friendly greeting, accompanying their hot meal, very much.

YR 11 Religion and Society and Art students with their Sisters of St Joseph sculptures

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Director of Digital Learning

Fran Dorgan
CHOOSING A CAREER...

THIS IS THE FIRST CAREER INFORMATION SEGMENT FOR 2013... MORE WILL FOLLOW THROUGHOUT THE YEAR. HOPEFULLY YOU FIND THEM HELPFUL AS YOU TRY TO DECIDE ON A CAREER, AND IN DECIDING WHERE YOU WILL STUDY ONCE YOU FINISH SCHOOL.

Reading the newsletters will help you keep in touch with new courses, career seminars, Career Expos, Open Days and information about selected careers. Take a few minutes to read each edition, and plan to attend events that will assist you in your decision making.

“Open days are a great way to assist in deciding where you wish to study once you have finished school.”

Universities and TAFE Institutions hold annual Open Days for the public. They are an opportunity to visit, talk to staff and students, collect information and see facilities. As such, they are a useful tool in deciding where you wish to study once you finish school. They are generally held in Term 3. Year 10 or 11 is a great time to start your visits; starting in Year 12, while not ideal, is not too late!

SATURDAY 3RD AUGUST
Monash Uni. (Berwick, Gippsland, Parkville, Peninsula campuses)

SUNDAY 4TH AUGUST
Deakin Uni. (Warmanbool); Monash Uni (Caulfield, Clayton); Swinburn (Hawthorn)

SUNDAY 11TH AUGUST
Australian Catholic Uni. (Melbourne); Deakin (Geelong); RMIT

SUNDAY 18TH AUGUST
La Trobe Uni (Bendigo); Melbourne Uni. (Parkville & Southbank-VCA);

SUNDAY 25TH AUGUST
ACU (Ballarat); Ballarat Uni; Box Hill Institute: Deakin (Burwood); La Trobe

UPCOMING EVENTS
• Year 12 Pathways Appointments Term 1
• Year 10 work Experience Term 2
• YEAR 12 Career Expo Term 2

If you or your daughter have any comments or concerns regarding pathways please telephone me at the College on 8398 2000. I look forward to providing pathways support to your daughter throughout her time at Mt St. Joseph Girls’ College.

Pathways Coordinator
Jacqueline Krell

CO-CURRICULAR ACTIVITIES

PREMIER’S ACTIVE FAMILIES CHALLENGE AND OUR OLYMPIC ATHLETE VISIT...

ON TUESDAY MARCH 5TH, THE YEAR 8 STUDENTS WERE FORTUNATE ENOUGH TO HAVE A VISIT FROM ONE OF AUSTRALIA’S 2012 OLYMPIC ATHLETES. AS MSJ IS LEADING THE STATE IN THE NUMBER OF STUDENTS REGISTERED FOR ‘THE PREMIER’S ACTIVE FAMILIES CHALLENGE’ OUR STUDENTS WON THE PRIVILEGE TO HAVE OLYMPIC ATHLETE, VICTORIA BROWN, SPEAK TO THEM.

Victoria has been a member of the Australian Women’s Water Polo Team, the Aussie Stingers, for eight years. After narrowly missing out on selection for the 2008 Beijing Olympics she made her mark as the number one goalkeeper and was named Australian Female Player of the Year in 2010. She sustained major injury and illness setbacks in 2011 but made selection for the London 2012 Olympics against the odds.

The Aussie Stingers beat Hungary by two goals in extra-time to win Bronze in London. This was their third consecutive game that was forced into extra time. When the girls walked out for the medal ceremony they appeared to be the proudest Bronze Medalists at London.

Every Olympian has a story and almost every story is based around an athlete’s ability to bounce back from adversity. That is certainly the case here. Victoria is well known for her resilience and strength of character. Her story is of a fun loving Australian who was faced with many challenges in pursuit of a dream and who learnt an enormous amount along the way. She enjoys being able to share her story, her knowledge and her enthusiasm in the hope that it will inspire others to achieve.

As well as telling the girl’s her story, Victoria was able to inspire the year 8 students to take part in the Challenge which requires them and their team members to get active by doing 30 minutes of physical activity per day for 30 days between March 4 and April 14, 2013. Each student who entered received an incentives card and gets regular email up dates on how to stay active. We hope all the Year 8’s have fun taking part in the Challenge and enjoy the benefits of a healthy and active lifestyle.

Health and Physical Education Teacher
Denise Bowring

Pathways Coordinator
Jacqueline Krell
CLEAN UP AUSTRALIA DAY 2013…

WOW WHAT AN EFFORT!

Clean Up Australia Day was held on Sunday the 3rd March and yet again the MSJ community came out in force. Our large group consisting of 94 students and 15 staff happily rose early Sunday morning and met at Cresser Reserve in Seaholme. This was a significant increase on last year’s attendance.

Equipped with gloves, tongs and rubbish bags and working in small groups, our army of cleaners combed the parkland and coastal foreshore for rubbish. Within minutes bags were being filled with general rubbish and recyclables and after a few hours not only was there a collection of filled bags but also an assortment of odd larger ‘bits’ of rubbish from car parts and infant toys to a washed up buoy!

Our morning achievement in helping to make a difference in our local environment was well rewarded with a shared BBQ lunch.

A very big thank you to all the students and staff who participated in this wonderful community event held annually across Australia. Your enthusiasm and energetic efforts were greatly appreciated in making the event a worthy success.

Marzia Devic and Nigel Hartin - Sustainability Team Leaders

SPORT REPORT

SHOOTING HOOPS FOR ORGAN DONATION…

ON TUESDAY FEBRUARY 26TH, TWO TEAMS OF YEAR 9 MSJ STUDENTS PARTICIPATED IN THE ORGAN DONATION WEEK BASKETBALL CHALLENGE.

The event was a Hobsons Bay community event, between local schools and Victoria Police (who defeated MSJ in the grand final last year), to highlight Organ & Tissue Donation Week.

It was a reminder to discuss organ donation with your family and loved ones and register your intentions with Donate Life, the organ and tissue donation registry.

The challenge was set for this year’s team to go one better than last year and take out the final, unfortunately it wasn’t to be on the day. We played a round robin with each team playing 5 games throughout the day and while we did not win, it was great to see Sunshine defeat the Victoria Police team in the grand final playoff.

The Lions Club kindly provided a sausage sizzle for lunch and a number of guests spoke in support of the event and distributed show bags.

A great day was had by all.

More information about organ and tissue donation can be found at www.donatelife.gov.au

Ellen Tsantalis - 10 Francis

TENNIS ANYONE?...

ON THE 6TH OF MARCH, 20 STUDENTS FROM ALL YEAR LEVELS HEADED OFF TO BOROONDARA TENNIS CENTRE TO PARTICIPATE IN SCSA TENNIS. IT WAS A SCORCHING DAY OUT ON THE COURT, HOWEVER THE STUDENTS WERE ABLE TO PUSH THROUGH THE HEAT AND REPRESENT THE SCHOOL WITH GREAT ENTHUSIASM.

Well done to all the students who participated throughout the day. Congratulations to the students who aced their way into the final, especially to senior singles player, Fiona Jiang, who was the only player representing MSJ able to smash her way to victory during a final. Congratulations to Fiona whose excellent effort also won her the title of Best Grand Final Player for the senior squad.

A huge thank you to our sports teachers; Ms Bowring, Ms Bourke and Ms Cheesley, for making the event such a success.

Brooke Bakaric - 10 Anne
JOSEPH’S CORNER

Joseph’s Corner offers a free counseling service to the families and carers of victims of drug and alcohol abuse. This professional confidential service is available each Tuesday at 3 Birmingham Street, Yarraville, 9.00 am – 5.30 pm. Wednesday at 38 Guineane Avenue, Hoppers Crossing, 9.00 am – 5.30 pm. Monday, Tuesday and Wednesday at 13 Bellin Street, Laverton, 9.00 am – 3.00 pm. For further information or to make an appointment, please phone 9319 2680. This is a non-denominational service.

STUDENT ABSENCES

PH: 8398 2000
Please report student absences on the above number prior to 9.00am.
Please leave the following details:
Student’s Name
Student’s Pastoral Class
Reason for Absence
Your name and relationship to the student.

ACADEMY UNIFORM SHOP

Academy Uniform Shop at
238 Wolseley Street,
Thomastown is open Monday – Friday
9am – 5pm and Saturday 9am to 1pm.
Phone: 9460 8011.

PARENT INFORMATION SESSION – MINDSET: THE PSYCHOLOGY OF SUCCESS

ALL PARENTS, GUARDIANS AND WORKERS ARE INVITED TO ATTEND AN INFORMATION FORUM FOR SUPPORTING YOUNG PEOPLE BY ANDREW FULLER, A CLINICAL PSYCHOLOGIST AND FAMILY THERAPIST CONSULTANT PSYCHOLOGIST.

This session will assist parents in supporting young people to sharpen their brain for success in life.
Date: Tuesday 9th April, 2013
Time: 6.45pm to 8.30 pm (7pm start)
Venue: Altona Meadows Library & Learning Centre, Central Square Shopping Centre.
2 Newham Way, Altona Meadows (Melways Map 53 E12)
RSVP: By Friday 5th April, 2013
– Only 100 places available
For further details or to book, contact Hobsons Bay Youth Services 03 9932 4000 or stayingfit@mcri.edu.au

PARTICIPANTS NEEDED: FREE STUDY FOR OVERWEIGHT YOUNG PEOPLE LOOKING FOR HELP.

Murdoch Children’s Research Institute at The Royal Children’s Hospital is running a randomised clinical trial of an online weight management program for overweight adolescents. Participation involves completing height, weight, blood pressure and waist circumference measurements and an online questionnaire at baseline, 3, 6 and 12 months. Parents are also invited to participate. Every 3 months there will be a draw for a $100 gift voucher for those participants who have kept their appointments. The results will demonstrate the feasibility and effectiveness of using the personalised, targeted Staying Fit program for addressing weight-related behaviours during adolescence. Recruitment has commenced and we are looking for 550 overweight young people aged 12-17 living in metropolitan Melbourne.
Enquiries Karly Cini 9345 6954
stayingfit@mcri.edu.au
For more info: www.rch.org.au/cah/stayingfit