STAYING SAFE TRAVELLING TO AND FROM SCHOOL

Dear Parents/Carers,

Your daughters have been reminded over the past few days, via the college bulletin, that it is important that they travel safely to and from school and do not talk to strangers. The school has had a number of reports of late of students in other schools being approached by strangers on the street. If you daughter is feeling unsafe they need to always call 000 and ask for the police. They also need to let you, and the school, know if they are approached by any strangers, at any time, or have been followed. If you, or your daughter, have any concerns because of something that has happened, or you have observed anything suspicious of late, please contact your daughter’s Pastoral Group Teacher as the first point of contact, followed by the Year Level Co-ordinator. The College will then follow it up with the Police. It is important for the girls to feel safe travelling to and from school at all times.

Thank you for your support

Assistant Principal Student Wellbeing

Anna Keppel
VISIT BY THE PRIME MINISTER

IT IS NOT EVERY DAY THAT THE OFFICE OF THE FIRST FEMALE PRIME MINISTER OF THE COUNTRY CONTACTS YOUR SCHOOL TO EXPRESS HER INTEREST IN MEETING SOME OF THE STUDENTS.

It is a credit to the profile of Mount St. Joseph Girls’ College that this request was made and on the day of her visit, the Prime Minister, Julia Gillard spoke to the girls about her knowledge of the College as a very good school through her time living locally and through the two MSJ graduates who work on her staff. This is high praise from a pioneering female leader of our country and all past and present students, staff and family members should take great pride in that strong College reputation.

During her visit the Prime Minister thoroughly enjoyed the depth of the questioning from the senior legal studies class about contemporary issues such as a Bill of Rights for Australia and care for defence force personnel returning from active service overseas. The girls also took the opportunity to ask both the Prime Minister and Nicola Roxon MP, former Attorney General of Australia, about who had been their leadership role models. It was inspiring to hear them share the stories of those family members and public office holders, both male and female that had shaped their leadership journey. As with all political leaders, there will be departures in thinking regarding some policy decisions and beliefs but the honour of being the first female Prime Minister of Australia is one that provides deep inspiration for a community of young women striving to make a difference in the world. As such, the visit was a day that will be remembered by all and the coverage of the visit in the print, online and television media will be archived at the College along with many of the photos taken by staff and students.

OUTSTANDING STUDENT SUCCESS

ON WEDNESDAY OF THIS WEEK STEPHANIE PAPADOPOULOS (12 CATHERINE) WAS AWARDED THE OUTSTANDING ACHIEVEMENT OF A PREMIER’S AWARD FOR HER PERFECT STUDY SCORE OF 50 IN FOOD TECHNOLOGY IN 2012.

The Premier’s VCE Awards are given to students who demonstrate outstanding achievement in the VCE. The awards ceremony held at the Melbourne Convention and Exhibition Centre was a very proud moment for the College and for Steph, her family and her Food Technology Teacher, Ms Nicholls. The prestigious Premier’s Awards recognise the highest achievers from the many thousands of Victorian students in each study area in Unit 3 and 4 of the VCE. For Steph to have achieved this honour whilst in Year 11 reflects an outstanding effort.

FEAST OF THE SACRED HEART OF JESUS

FRIDAY THIS WEEK IS THE FEAST OF THE SACRED HEART OF JESUS AND WITH AN ALTERED PROGRAMME FOR ALL YEAR 8 TO 11 STUDENTS DUE TO EXAMS, THE FEAST WILL BE OBSERVED WITHIN PASTORAL PRAYER.

It is an important feast for our College Community as members of a precious community founded by the Sisters of St Joseph of the Sacred Heart. In a homily around the Feast in 2008, Pope Benedict invited us to reflect upon the calling of the Sacred Heart…

…Every one of us, when she pauses in silence, needs to feel not only her own heartbeat, but deeper still, the beating of a trustworthy presence, perceptible with faith’s senses and yet much more real: the presence of Christ, the heart of the world…."

COMING EVENTS

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<td>Wed - Wed</td>
<td>5th June – 12th June Year 8 - 11 Exams</td>
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<td>Monday</td>
<td>10th June Queen’s Birthday</td>
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<td>Wednesday</td>
<td>12th June GAT Exam (Year 11 &amp; 12 girls studying VCE units 3 &amp; 4)</td>
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<td>Thursday</td>
<td>13th June Open Morning 9.00am-10.15am</td>
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<td>Thursday</td>
<td>13th June Year 12 Careers Excursion – University and TAFE</td>
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<td>Friday</td>
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<td>24th June Interschool Hockey</td>
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<td>Thursday</td>
<td>27th June Last day of term - Students</td>
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<td>Friday</td>
<td>28th June Staff Retreat</td>
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PRIME MINISTERS VISIT

ON TUESDAY THE 21ST OF MAY, THE COLLEGE WAS HONOUDED TO HAVE TWO VERY SPECIAL GUESTS WALK THROUGH OUR SCHOOL GATES. PRIME MINISTER JULIA GILLARD AND MS NICOLA ROXON M.P. CAME TO OUR COLLEGE TO VISIT OUR SENIOR LEGAL STUDIES CLASS.

Penny and I were lucky enough to welcome the Prime Minister and Ms Roxon M.P. when they arrived, and walk them through our school. During this time the Prime Minister questioned us about our plans for future endeavours once we leave high school at the end of this year.

Ms Gillard then took the time to present a lesson to the Year 11 and 12 Legal Studies students. We all felt honoured to be listening to her teach us about Australia’s current position in education, economy and her leadership journey, compared to the rest of the world. It was interesting to listen to and learn from such a knowledgeable and pioneering female leader.

The Prime Minister was more than happy to take a walk through our school and say hello to the hundreds of excited girls gathered outside. Prime Minister Gillard stopped to allow students to talk to her and have photos with them, which resulted in an amazing buzz and wave of school spirit.

The Prime Minister then ceremoniously turned on the new water feature that will be located in the new Science, VCAL and Food Technology building once it is completed. After all the excitement of her arrival, there was a press conference held in the Performing Arts Centre, which was something Penny and I had never witnessed before, so we were very intrigued.

Having the Prime Minister and Ms Roxon M.P. at our school, wasn’t only exciting, we felt honoured that she could take the time from her busy schedule to pay us a visit. It was an event that will forever be in our memory and we are sure all the girls here will also remember the day the first female Prime Minister of Australia came to our College.

By Lauren Borg and Penny Sdregas, College Captains

EDUCATION IN FAITH

YEAR 7 BELONGING DAY

ON THE 20TH AND 21ST OF MAY, THE YEAR 7 GIRLS HAD THEIR BELONGING DAY AT THE MARY MACKILLOP HERITAGE CENTRE.

We started our day with a little prayer and a tour that allowed us to witness many historical places, statues and artefacts connected to Mary MacKillop. We went to Saint Patrick’s Cathedral and got to explore the cathedral. With its amazing detail in design and layout, we were all very stunned. At the Heritage Centre we got to view many items that belonged to Mary MacKillop and the Sisters of St Joseph, like her wheel chair, clothes that were worn by the Sisters of St Joseph and we even got to walk on tiles that were present in the time of Mary MacKillop.

We had a very peaceful lunch at the Fitzroy Gardens and enjoyed the company of our friends. We had a fun arts and craft lesson facilitated by Ms Chris Sage, where we got to realise what special qualities we have and got to see how our friends see us. We had the opportunity to learn about Mary MacKillop and look deeper into her history. We also got to learn about the lifestyles back in those years and discovered many more interesting facts about Mary MacKillop and the Josephite Sisters. Belonging Day turned out to be an amazing day.

Nikola Separovic, 7 Veronica
THE YEAR 8 RETREAT

ON THURSDAY AND FRIDAY THE 16TH AND 17TH OF MAY, ELEVEN YEAR 11 GIRLS HAD THE OPPORTUNITY TO HAVE THE URBAN RETREAT EXPERIENCE.

During this 24 hour experience, we served in organisations such as the Salvation Army, Ozanam House, Bob Maguire Foundation and Florence Aged Care. We slept on the floor, walked the streets to see how so many groups like the Vinnies Soup Van help the homeless, ate at “Lentil as Anything” and had to work out how to exist on a limited amount of money.

Some of the comments from the students who participated were:

“Working at the Salvos was an eye opener for us, because we got to see and help out the people who actually contribute to helping the poor.”

“The quality of the food given to the less fortunate and the conditions they experience were definitely interesting to see.”

“To have the opportunity to help others made us feel good.”

“From the experience we got to see just how appreciative the less fortunate are towards those who are helping them out.”

“So many people care about the homeless and hungry.”

“There are lots of things one can do to help those less fortunate than ourselves.”

“The nursing home was challenging emotionally. It was sad to see old people living without their families in the last moments of their life.”

“This experience broke down stereotypes about the homeless.”

“We had a great sense of achievement in helping people.”

“We learnt so much about the homeless lifestyle.”

“Lentil as Anything” is my favourite restaurant.”

Overall it was a great experience as it opened our eyes to what is happening in the wider community. To see the new sculpture of Mary MacKillop at ACU and have our photo taken around it seemed so appropriate.

Emily Payne, Laura Nicholson, Emily Moloney, Liana Theodonidis, Jess Medra, Rebecca Kennedy, Kaylee Ellis, Winnie Lam, Djulia Concepcion, Emilia Antonowicz, Michiko Donal.

EMILY PAYNE, LAURA NICHOLSON, EMILY MOLONEY, LIANA THEODONIDIS, JESS MEDRA, REBECCA KENNEDY, KAYLEE ELLIS, WINNIE LAM, DJULIA CONCEPCION, EMILIA ANTONOWICZ, MICHIKO DONAL.
WELCOME THE STRANGER

ON MAY 6TH, THE COLLEGE AND SOME OF OUR YEAR 10 STUDENTS HOSTED A NUMBER OF STUDENTS FROM OTHER SCHOOLS FOR A SOCIAL JUSTICE SEMINAR TITLED “WELCOME THE STRANGER”.

So Olivia Ostrowska, Dannia Valencia-Bedoya, Taylor El Hout, Alicia Tokay, Stella Campanaro and Margaret Raffoul all welcomed girls from Sacred Heart College Geelong, MacKillop College Werribee, Genazzano College Kew, Emmanuel College and Thomas Carr College Tarneit.

The speakers on the day were:

- Archbishop Charles Bo from Myanmar (formerly Burma), who talked of how his country was affluent until independence when it became the victim of military dictatorship, which sent the country on a downhill financial spiral. Only in the past few years is the country returning to democracy and a better economy.

- Senator John Madigan, a Catholic DLP politician, who spoke from the heart about the unjust decisions made by the Australian Government with respect to East Timor and West Papua.

- Paw Sanba, a young woman from Myanmar, who has migrated here to Australia. Her story reflected the harshness of life for her family in Myanmar and yet great pride in her family and tribal area.

All students saw this as a great opportunity to hear the stories of other people and learn about events that were global in nature but not well publicised, which is the situation in Myanmar. Secondly, for the MSJ girls, it was a chance to meet with students from other schools and notice the similarities and differences between the schools. All girls were grateful for the opportunity.

By Olivia Ostrowska, 10 Therese and Daniela Valencia Bedoya, 10 Therese

THE VCE DRAMA CLASS

ON FRIDAY MAY 10TH THE VCE DRAMA STUDENTS HEADED DOWN TO MELBOURNE RECITAL CENTRE TO WATCH A NON - NATURALISTIC PERFORMANCE OF 'BEACHED' BY MELISSA BUBNIC.

We found ourselves immersed in a world of reality vs the imagination through the creative affects of multimedia & animation which brought the performance space to life! The classes have many theatrical areas to analyse & evaluate preparing us for our upcoming outcomes. We left the theatre questioning ourselves, how often do we judge people? The “satirical” style of performing had us laughing in our seats but then quickly retreat when we realised that it was actually quite demeaning or sad. The performance was roller coaster ride of emotions, a tale of hope, humanity, & manipulation.

By Belinda Sorbello

SEMESTER 1 EXAMINATIONS

AS PER THE STUDENT CALENDAR ON THE COLLEGE WEBSITE, THE EXAMINATION PERIOD FOR YEARS 9, 10 AND 11 IS WEDNESDAY JUNE 5TH THROUGH TO WEDNESDAY JUNE 12TH.

In the coming days students will be given an examination timetable and the dates and times of each exam must be read carefully.

All students must attend their scheduled exams in their full school uniform.

Year 9 students will have scheduled classes when not sitting exams.

Students enrolled in a Unit 3 / 4 study will also sit the VCAA General Achievement Test (GAT).

The GAT will be held on Wednesday June 12 from 10.00am to 1.15pm. Students must arrive at least 30 minutes prior to the commencement.

By Tonya Nicholls

FOOD TOP DESIGNS FORUM

YEAR 12 FOOD TECHNOLOGY STUDENTS ATTENDED THE FOOD TOP DESIGNS FORUM AND VIEWED THE INCREDIBLE FOLIOS ON DISPLAY FROM SOME VERY TALENTED VCE STUDENTS FROM 2012.

The first speaker of the forum was the State Assessor from Food and Technology and she spoke about how to best complete the folio, which is worth 40% of the study score. The second speaker was a chef from a Mexican restaurant called ‘Mamma Setta’. He was an inspiring chef who spoke about the development of new menu ideas through the use of new food products.

The folios at Top Designs were terrific and we have excellent folios at MSJ from our past students so current students have access to these, which is invaluable to their studies.

By Tonya Nicholls
LEARNING & TEACHING

GETTING TO UNDERSTAND THE DESIGN INDUSTRY
ON WEDNESDAY THE 1ST OF MAY, THE YEAR 12 AND 11 VCD CLASSES WENT ON AN EXCURSION TO ‘TOP DESIGNS’ AT THE MELBOURNE MUSEUM.

We viewed an exhibition of 2012 folios, listened to VCAA representatives, and heard from Mr. Chris Murphy from ‘Mother Bird’ and his journey to become a Graphic Designer. Chris displayed work from one of his projects, the ‘Billy Blue College of Design’.

Later that evening we traveled into the Convention Centre and attended ‘Agideas’ Designer Forum and Expo. This International event gave us the opportunity to hear from designers from all around the world talk about the path that awaits us in a career in Design.

Further in preparation for our Design Industry SAC, we traveled to Mrs. Kubacki’s house where Sarah O’Keefe, an international graphic designer, spoke to us about design in the business world. Sarah spoke about the design process and working with one client for the London brand “Heath and Heather’s” tea range where she was asked to create a new branding and packaging designs. It was very detailed and helped give the class an insight into what a designer is required to do in the professional industry design.

Mrs Kubacki made us very welcome in her home by providing an afternoon tea, which was simply delightful.

By Maysn Smith, 12 Anne

A BRIEF HISTORY OF MATHEMATICS
ON WEDNESDAY 22ND MAY, THE YEAR 7 AND 8 GIRLS PARTICIPATED IN A MATHEMATICS INCURSION TITLED ‘A BRIEF HISTORY OF MATHEMATICS’, PRESENTED BY MR ROD QUANTOCK.

Rod is a well-known Australian comedian who shares the importance of Science and Maths with children around Australia. He was extremely funny and told many jokes that we could all relate to. Many of his jokes were connected really well to the topic and were all great comments that related to society or history. He took us on a journey from the beginning of the universe to the beginning of modern Mathematics. We also got to participate, as Rod would call for volunteers to play different parts such as the Earth or Time. It was also really inspiring to hear how he viewed the universe and how he wanted us to aspire to achieve the best we can for our future. We left with the encouragement and belief that girls are equal to boys in Mathematics and Science and can achieve anything they wish to.

I would definitely say that the majority left feeling great about what they just experienced.

On behalf of the students we would like to thank the Maths Co-Ordinator Mr Krishna for organising the event and all the staff that participated.

By Olivia Kivlighon, 8 Catherine

CSIRO MATERIALS AND STRUCTURES EXCURSION
ON THE 15TH OF MAY, FOUR YEAR 12 PHYSICS STUDENTS TREKKED ACROSS MELBOURNE TO HIGHTET TO ATTEND AN ACTIVITY DESIGNED TO GIVE THEM A GREATER UNDERSTANDING OF THEIR STUDY INTO MATERIALS AND THE STRUCTURES THAT THEY ARE USED TO CREATE.

Pulling, pushing, cranking and whacking various materials and model structures were techniques employed to find the definitive destruction point, whilst taking various scientific qualitative and quantitative measures for later analysis. The work conducted will be used back in the classroom as part of the students’ assessment. Whoever thought that science is about breaking stuff?!

By Alicia Leckie and Alina Pham

 Temper hairpins to see the effects on strength.
TOP ARTS
TOP ARTS IS AN ANNUAL EVENT WHICH HAS BEEN HELD AT THE NATIONAL GALLERY OF VICTORIA SINCE 1994. IT SHOWCASES THE TOP ARTWORKS OF VICTORIAN STUDENTS WHO HAVE COMPLETED EITHER ART OR STUDIO ARTS IN VCE, WITH THE AIM OF PROVIDING INSPIRATION FOR CURRENT AND FUTURE STUDENTS OF THESE SUBJECTS.

After viewing the collection there was no doubt that the Year 11 Studio Arts classes had been amazed and inspired. We first viewed the artworks in the new exhibition space on the ground level of the Ian Potter Gallery at Federation Square. We were then treated to an informative session and a folio viewing where we were able to see the development work that had led to the final pieces displayed in the exhibition. Each folio was an intensely personal reflection of the artist, exhibiting different techniques and styles of artwork. An array of media was presented; film, photography, textile work, painting and life drawing were used in creating the exemplary artworks. The excursion to the Top Arts Exhibition gave us great insight into what it takes to achieve an A+ folio. We look forward to the challenge next year and in the meantime we have some ideas to take into our Unit 1 Folios.

By Natalie Tarle, Year 11

PATHWAYS NEWS

WESTERN REGION CAREERS EXPO
ON THURSDAY 9TH MAY ALL YEAR 11 AND 12 VCE STUDENTS ATTENDED THE WESTERN REGION CAREERS EXPO AT WERRIBEE RACECOURSE.

Each student was able to research and receive quality information from many different exhibitors. Representatives from universities, TAFE, employment, industry, apprenticeships, government organisations and private providers were available for students to ask questions and students all walked away with arms full of information. This was a valuable experience for each student as they continue to plan their pathway and transition from the College.

Thank you to all teachers who helped supervise the students.

YEAR 10 WORK EXPERIENCE
FROM JUNE 24TH TO 28TH, ALL YEAR 10 STUDENTS WILL BE UNDERTAKING WORK EXPERIENCE. ALMOST ALL STUDENTS HAVE BEEN PLACED IN A VARIETY OF WORK PLACES. SOME ARE PLACED LOCALLY AND SOME ARE IN THE CITY. THIS IS A GREAT OPPORTUNITY FOR THESE STUDENTS TO EXPERIENCE THE WORLD OF FULL TIME WORK.

Year 10 students are currently completing a series of Safe at Work activities resulting in a certificate of completion. This certificate is mandatory for all students undertaking work experience in order to ensure they are being safe while in the workplace.

Thank you to Year 10 Humanities teachers who have supported the Safe at Work session.

MELBOURNE UNIVERSITY GUEST PRESENTATION
ON WEDNESDAY 15TH MAY WE HAD A PRESENTATION FROM TWO MSJ GRADUATES WHO ARE CURRENTLY ATTENDING MELBOURNE UNIVERSITY STUDYING BACHELOR OF ARTS.

Current year 10, 11 and 12 students were invited to attend the presentation and be informed about Melbourne University life. Students were engaged as they heard about many important and relevant aspects of studying at University such as enrolment procedures, support staff and choosing subjects. The presentation was informative and amusing as we were given an inside look at the Melbourne University lifestyle.

Thank you to all students and teachers who attended.

Thank you to Gabrielle and Carmen for taking the time out of their studying to present.

IMPORTANT INFORMATION REGARDING THE UMAT REGISTRATIONS ARE NOW OPEN.

Students wishing to undertake a career in medicine or health sciences must complete the Undergraduate Medicine and Health Sciences Admissions Test (UMAT) 2013. Unlike last year, this year there are no extra questions, nor will there be any extra time added to the test. However, there is one major change, and this change will be reflected in the UMAT National Institute of Education (NIE). 2013 practice tests are available from www.nie.edu.au and will be provided to students with their UMAT registration via the Australian Council for Education Research (ACER) website. Interested students are asked to report to the Careers Resource Centre for more information.

TAXATION FILE NUMBERS
STUDENTS WHO REQUIRE A TAX FILE NUMBER SHOULD COLLECT A TAXATION FILE APPLICATION FORM FOR SECONDARY STUDENTS FROM THE CAREERS RESOURCE CENTRE.

This form must be completed by the student and returned to Miss Krell for authorisation and forwarding to the Australian Taxation Office for processing. Upon processing of the application, the tax file number will be sent directly to the student by the Australian Taxation Office.

SENIOR PATHWAYS AND TRANSITION PROGRAM – YEAR 10
Each Friday, for the majority of this term, four Year 10 students will be travelling to Victoria University in Werribee to participate in a series of workshops focussing on their Pathways and Transition. These sessions will be about occupational health and safety and career readiness and the programme will involve a work experience placement.

By Natalie Tarle, Year 11

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By Natalie Tarle, Year 11
LEARNING & TEACHING

HOW TO OBTAIN A STUDY SCORE OF 50, IN THE BEST SUBJECT AT MSJ!

WHO AM I? I HAVE THE BEST JOB IN THE SCHOOL! I AM, SURROUNDED BY AMAZING, HAPPY, YOUNG PEOPLE, WHO INSPIRE ME WITH THEIR ENTHUSIASM AND CREATIVITY. I TEACH A SCIENCE AND HEALTH BASED SUBJECT WHICH TEACHES LIFE SKILLS. MY SUBJECT AREA IS HANDS-ON, FUN AND WE GET TO EAT WHAT WE CREATE! CAN YOU GUESS? I AM A FOOD TECHNOLOGY TEACHER!

I am particularly fortunate to teach VCE Food Technology. Last year one of my students, Stephanie Papadopoulos, obtained the highest possible study score of 50 in Food Technology. On June 5th 2013, I was privileged to see Stephanie presented with the Premiers VCE Award along with all the top subject achievers in Victoria. This was an exciting experience and guest speakers such as the Premier Denis Napthine, John Marsden and Giaan Rooney all presented to the students. This was definitely, one of my proudest career moments.

From this experience I have been asked, “How does a student score a 50?” Of course student ability is important but student motivation is the key to success. Stephanie worked incredibly hard all year. If I asked the students to complete a task, she did it straight away. She submitted drafts, she asked questions, she was diligent, dedicated, organised and committed. I spoke to Stephanie’s parents at the award ceremony and we talked about her success. They reiterated how hard she worked at home. She spent many long hours on her folio and she didn’t stop until it was perfect. Her folio combined with her commitment to her revision for the final exam got her across the line. Stephanie and I sat together many times in the weeks leading up to the exam and she asked for clarification of topics, I tested her verbally, and she did lots and lots of practice exams. She certainly deserved her score of 50.

My current Year 12 girls, are working on their folios. Each week, I guide and support my students to create amazing food items. They have made a range of ice cream flavours inspired by baklava, pistachio, amaretto, caramel, orange and rainbow. We have tested home made pastas, ravioli, bread, cannolis, macaroons and donuts all with a huge array of colours, flavours, spices and creative twists. Often, I leave work buzzing with excitement at what I have seen my students achieve. Also, with a full tummy from all the taste testing! See, I told you I had the best job at MSJ!

VCAL EXCURSION

ON MONDAY THE 28TH OF MAY, THE YEAR 12 VCAL CLASS WENT TO TREES ADVENTURE HIGH ROPES PARK IN BELGRAVE AS PART OF THEIR PERSONAL DEVELOPMENT CLASS ASSIGNMENT.

Trees Adventure is a high ropes and flying fox adventure course, consisting of four courses ranked at various levels of ability and agility. We were challenged in many different ways as we participated in the obstacle courses, encouraging teamwork and positive communication. We all supported each other whilst out on the courses and had an amazing time. The feedback from all the girls was very positive and greater than expected. We all enjoyed the challenge and would love to do it again!

Overall, it was a great experience for all the girls – even Miss Krell had an awesome time – and the trip assisted us in meeting the expectations of our assignment.

By Zandalee Owen, 12 Francis

OFF TO THE YOU YANGS

ON THE 30TH OF MAY WE HAD OUR OUTDOOR EDUCATION EXCURSION TO THE YOU YANGS.

We were taught by the instructors how to control a mountain bike properly and followed the trails going through the You Yangs. It was pretty hard but everyone was successful in completing each course. We rode 8.5 kilometres on the different tracks up and down hills and through trees the You Yangs had to offer.

We also went bush walking and followed a short trail to ‘Big Rock’, where we stood on top of a giant rock on the edge of the mountain, taking in the scenery. Our group then set off for the Flinders Peak Trail that was very hard and felt like it was never ending. We were all very exhausted walking up hills on slippery steps and gravel. We stopped when we were almost at the top for a break then continued walking. Once we reached the top, we were all so proud of what we achieved as we had completed a 3.2 km walk which was mostly uphill and in the rain. The view was amazing and definitely worth the exhausting walk. The day was loads of fun and definitely worth it. We were very lucky with the weather and enjoyed the lovely experience. Thanks to Mrs O’Brien, Miss Pope and Miss Cheesley.

By Naomi Moustos, 9 Veronica
LEARNING & TEACHING

DANTE ALIGHIERI POETRY COMPETITION
WELL IT’S THAT TIME OF YEAR AGAIN, WHEN THE DANTE ALIGHIERI POETRY COMPETITION IS BACK!

Students who study Italian from Years 9-11 had the opportunity to participate and we all chose a poem that we thought we were able to recite to a lovely judge who then assessed our recital skills. Lots of preparation went into learning our poems as we practised and practised until we learned them perfectly. The poems become more and more challenging every year. On the day of the competition, we were all filled with nervous anticipation and excitement. One by one we met the judge who greeted us in Italian and with a smile, and then we recited our poem. Within two minutes we had finished reciting our poems and the judge had thanked us and there was nothing left to do but to wait anxiously to hear the results and hope our hard work has earned us a place in the competition.

By Giulia Abate, Year 9

Year 12 Excursion – University and TAFE
ON THURSDAY JUNE 13, YEAR 12 STUDENTS WILL GET A TASTE OF WHAT UNIVERSITY IS ALL ABOUT.

Students will spend the day touring two campuses. It is a great opportunity for year 12 students to experience university life and view the facilities. Students have chosen their Universities of interest and in groups will travel to the venues with staff. They will be given a map of the universities grounds to explore the grounds, courses and faculties.

TIPS TO HELP YOU THROUGH EXAMS
EFFECTIVE STUDY BEFORE THE EXAM IS IMPORTANT. THERE ARE ALSO STRATEGIES YOU CAN EMPLOY ON THE DAY TO HELP YOU DO AS WELL AS POSSIBLE AND STAY ON-TRACK THROUGH THE EXAM ITSELF.

Manage your stress. You’ll be less stressed if you’ve got an idea of how the lead-up to your exams is going to look, so plan what you’re going to study and when, and stick it up on the wall, or on your desktop. Break it down into manageable chunks and start working through it at the rate you planned. It’s probably more boring at the start, but it’s far less stressful.

Plan some break times and days off too!

Do it together. There are other people studying for the same exam, and they probably don’t like having to lock themselves away to study any more than you do. Get together with them and take the books outside from time to time. If you’re not as strong in certain areas, it could help to talk to other students as well. If you are good at it, share the brain-wealth.

Get enough sleep, eat good food, and keep moving. It’s really important you look after your physical health when studying for exams. Make sure you’re stopping to eat regular meals and try to set aside 30 minutes a day to do some exercise, even if it’s just going for a walk. Having enough sleep is also really important.

STUDYING EFFECTIVELY
Exams are easier if you go in well prepared, so studying effectively is important. People learn differently, and what works for others might not work for you. Find a way that suits you.

Some good general tips are:

• Have a clean, organised area to study in
• Find out what the exam content is likely to be, and study that
• Make lists of small, manageable study tasks, and work through them
• Try to ignore, or switch off, distractions like phones, social networks and email. “We know it’s hard!”
• Get copies of past exams and practice with them
• Study in groups if you find it helps
• Revise and re-learn things you have already studied
• Try not to procrastinate (too much!)

ON THE DAY
The best way to avoid exam-day stress is being well prepared.

• You can make them easier by:
• Giving yourself time to relax for a night or two beforehand so you’re fresh
• Using reading time to read through the whole exam (or at least the questions that will require medium to long answers, like essays)
• Planning your time, question-by question, and sticking to it
• Knocking off easy questions first, and hopefully leaving yourself extra time for hard ones
• Breathing deeply and remembering what you’ve learned before you go in to the exam

Source: ReachOut.com is run by the Inspire Foundation

Deputy Principal Learning and Teaching
Joanna De Bono
FRIDAY NIGHT FOOTBALL
ON FRIDAY THE 24TH OF MAY, 26 STUDENTS FROM YEARS 7-10 WENT TO THE MCG TO SEE COLLINGWOOD PLAY THE SYDNEY SWANS.

We left the College at 6.15pm, but unfortunately due to the heavy traffic and minimal parking we did not arrive at the game until the beginning of the second quarter. The walk through the park from the bus to the MCG also took a little longer as the girls were so excited by the possums running along the grass that they almost forgot we had to get to the MCG in a hurry!

We had great seats on level one, two rows from the fence, with sensational views of the action of the game. The girls had never been so close to the play before and there was excitement all round. Lots of hot chips, bags of lollies and soft drinks were consumed through the night. Whilst most of the girls were thrilled with being so close that they could slap hands with the victorious Sydney players at the fence at the end of the game, the Collingwood supporters in the group were fairly miserable all through the night.

Everyone had a great time, made new friends, and it was wonderful to see how the senior girls looking out for the junior girls throughout the evening.

VICTORIAN U/18’S LACROSSE TEAM
TARA KELLY AND JAYD TEMBY FROM YEAR 12 RECENTLY REPRESENTED VICTORIA IN THE U/18 LACROSSE NATIONAL TOURNAMENT.

They played seven games in total against South Australia, Western Australia and a President’s team that was from New Zealand. The Victorian team did extremely well as they were undefeated throughout the whole tournament and won the Grand Final against Western Australia 17-4. It was a fabulous opportunity for them to improve and develop their skills as lacrosse players.

BIG SCIENCE COMPETITION
ON MAY 23RD OVER 200 STUDENTS ACROSS THE COLLEGE PARTICIPATED IN THE BIG SCIENCE COMPETITION.

The competition tested each entrant’s understanding of some fundamental concepts within different aspects of Science. Spanning across the fields of Biology, Chemistry, Physics, Earth Science and Psychology the paper was designed to link theoretical knowledge to real world scenarios. The feedback from the students following its completion was very positive.

We would like to thank all those who participated, the teachers involved in running it. We are also looking forward to the release of results and the distribution of achievement certificates.

ENSEMBLE PERFORMANCES
WHAT A SEMESTER! OVER THE PAST TWO TERMS, YEAR 11 AND 12 GIRLS HAVE FOCUSED ON NON-NATURALISTIC DRAMA FROM A DIVERSE RANGE OF CONTEMPORARY PERFORMANCE STYLES.

With the development of our performance, we manipulated dramatic elements, expressive skills and performance styles to enhance the non-naturalism of our performance. With the theme of “Humanity versus Technology,” as a group we followed a stimulus to create a 20 minute performance.

This was the fifth year the Inner-West Cluster Ensemble Performance has been held, with MSJ having performed at them all. It brought tears of joy, relief and stress but as a whole ended extremely well. Facing a judging panel of five VCAA assessors, the girls from MSJ were exceptional, receiving commendations from the panel. As a group, we would not have made it without Ms Anastasi, Ms Sorbello and Ms Chute. Their support and advice got us through the hard times, so we would love to thank them for everything!

By Nicole Sciberras, Year 12 Drama Student
CO-CURRICULAR ACTIVITIES

ASPIRING JOURNALIST PARTICIPATES IN CADETSHIP
OUR CONGRATULATIONS ARE EXTENDED TO NICOLE DE SOUZA OF YEAR 11 FOR HER RECENT STINT AS A JOURNALIST-IN-TRAINING FOR AUSTRALIAN CATHOLIC MAGAZINE.

Nicole was one of six students from around Victoria selected to work at the magazine throughout the month of May.

Nicole had many wonderful opportunities including producing articles for the magazine, conducting interviews, assisting in the layout and design of the production and working closely with experienced journalists. Nicole’s work will be featured in the next edition.

By Lisa Groves, 9 Therese, and Taylor Mitvalsky, 9 Francis

DEBATING ASSOCIATION OF VICTORIA COMPETITION
PUBLIC SPEAKING IS WIDELY REGARDED AS ONE OF THE MOST CHALLENGING SKILLS THAT WE CAN ENCOUNTER.

This year, the College is proud to announce that we have a number of teams competing in the Debating Association of Victoria (DAV) debating competition. They are to be congratulated on their willingness to attend training meetings and to represent the College at these evening debates.

Congratulations to the following girls:

**B GRADE (YEAR 11)**
Jessica Daley, Georgina Stewart, Rachel Barber, Ashleigh Morley, Michaela Mastroianni
Coach: Mr Stracey

**C GRADE (YEAR 10)**
Paige Morrison, Nyandeng Thuc, Elizabeth Seychell, Alana Egan
Coach: Mr Stracey

**D GRADE TEAM 1 (YEAR 9)**
Sarah Farrugia, Naomi Moustos, Kate Formosa, Josephine Mazzeo
Coach: Ms Duncan

**TEAM 2 (YEAR 9)**
Mariya Snizhko, Yedner Kane, Stacey Nguyen, Genevieve Byrne
Coach: Ms Kubat

**TEAM 3 (YEAR 8)**
Olivia Kivilghon, Deana Galea, Maria Nguyen, Keerthi Yadaw
Coach: Ms O’Keefe

**TEAM 4 (YEAR 8)**
Greta Doell, Melissa Carabott, Charlotte Cameron, Amelia Mazzeo
Coach: Ms Skahill

Best wishes to all the teams for the next round of debates that will be held at Williamstown High School on Wednesday, May 29th 2013.

By Mark Stracey, Debating Coordinator

YEAR 7 INTERCASS NETBALL CHALLENGE

During this tournament the Year 7 girls competed in several rounds playing against the other Pastoral classes. Before the tournament could begin the Year 9 girls had to create posters, make fixtures, construct score sheets, make sure there were enough position bibs for every person, write up the rules, notify the Year 7 girls about the tournament (which involved going to all their pastoral classes), setting up the rings and deciding which jobs we needed to do each day.

We believe that the tournament was a big success and congratulations to 7 Ignatius A who defeated 7 Francis B. The final score was 6-5.

By Lisa Groves, 9 Therese, and Taylor Mitvalsky, 9 Francis

English Coordinator

Mark Stracey

Nicolette De Souza, 11 Therese.
Photo courtesy of Jesuit Magazines

Marina 7 Ignatius in action as GK

Beautiful shooting action in the Grand Final

7 Ignatius with their Grand Final trophy

Debating Coordinator

Mark Stracey
COMMUNITY

GRAND FRIENDS AFTERNOON

This year the College held the Grand Friends’ Afternoon on the 9th May, and it was a huge success, attended by approximately 160 guests and students.

The afternoon commenced with students collecting their special guests under the sails and then escorting them over to the Mary MacKillop Centre where they were entertained by a selection of musical performances from students in Years 7, 8 and 9.

Emilie Washington, from Year 7, gave a beautiful vocal performance of ‘Someone Watching Over Me’. This was followed by Grace Lai and Siobhan Nolan from Year 9 performing a violin duet. Grace then performed a beautiful solo exam piece. Deanna Galea from Year 8 concluded the performances with two numbers, ‘You Raise Me Up’ followed by ‘Over the Rainbow’. Guests and students were treated to afternoon tea, which comprised an assortment of sandwiches, cakes and refreshments.

Each student then accompanied their grand friends on a tour of the school, not forgetting to visit their Pastoral Groups, and introduced their guests to the other students. Alanna Attersall from Year 7 was truly excited that her Grandparents were able to come down from Forestville, Sydney for the event. Olivia and Sheridan Cameron (12 years old) in Year 7 enjoyed four generations of their family being present when they were accompanied by their great-grandmother Audrey Appleyard (90 years old), grandmother Elizabeth Rummery (66 years old) and mother Jacqui Cameron (43 years old).

It was a marvellous event enjoyed by all and our thanks go to all the students and staff who helped make it such an amazing community event for the College. Thanks also goes to all the students who were so proud in showing off their school to their grand friends. We welcome all of you to our College community and hope you come back again in 2014.

By Ebony Grech, 9 Francis

GRAND FRIENDS AFTERNOON

“Grand Friends’ Day was a great opportunity to invite our grandparents/friends to come and see our college.

The afternoon started with students collecting their family/friends under the sails and escorting them to the Mary MacKillop Centre. Once there we were greeted by teachers and students and were asked to find a seat. To start the afternoon off, Year 7, 8 and 9 girls showed us their talents by singing and playing the violin. We then enjoyed some afternoon tea of cakes, sandwiches and hot food. This was followed by the girls taking their grand friend on a tour of the school. Thank you to all the grand friends that made an effort to come to MSJ. Everyone involved really appreciated you being there and taking part in the fun experience. Also thank you to the teachers and students who put the afternoon together. It was a great success.”

By Olivia Gatt, 7 Veronica

Assistant Principal Student Wellbeing

Anna Keppel

“On the 9th of May students in Years 7, 8 and 9 invited their Grand Friends to our school for an afternoon tea and a tour.

Some students were selected to perform and they all did a wonderful job. All the grand friends enjoyed the day and loved seeing our school. My grandparents came and they had a wonderful afternoon and thought the school was amazing. Thank you to all the students that helped serve food and to all the teachers that helped organise the event. It was a great afternoon!”

By Siobhan Nolan, 9 Francis and Grace Lai, 9 Joseph, perform a violin duet

Siobhan Nolan, 9 Francis and Grace Lai, 9 Joseph, perform a violin duet

Alanna Attersall, 7 Therese, and her Grandparents from Sydney

Four generations came together when twins Olivia and Sheridan Cameron, 7 Joseph, invited their Great Grandmother, Grandmother and Mother

Mija Weightman, 7 Ignatius, with her Nunna Pauline, Aunty Mary and Nan Sirpa.
HELPING YOUR DAUGHTERS WITH CONFLICT RESOLUTION

I RECENTLY ATTENDED THE ‘GIRLS IN EDUCATION CONFERENCE’ IN MELBOURNE AND WAS FORTUNATE ENOUGH TO ATTEND A SESSION FACILITATED BY DANIELLE MILLER, THE AUTHOR OF ‘THE BUTTERFLY EFFECT’, A BOOK FILLED WITH GREAT ADVICE AND RESOURCES FOR BOTH MOTHERS AND DAUGHTERS.

In this article I would like to share with you the ten steps of conflict resolution that Danielle discussed at the conference, which can be taught to girls to help them deal with conflict respectfully.

1. Plan Ahead
Most teenagers are impulsive so they need time to think about what they are going to say to the other person.

2. Aim for Privacy
A one to one conversation is always preferable - it is best not to involve their other friends. However if your daughter is fearful about speaking to the other girl she may take a support person (however this should not be a parent).

3. Focus on How You Feel
Girls need to use ‘I’ language – e.g. ‘I felt hurt that you talked about me to other people’. It is a good idea to help your daughter brainstorm emotions.

4. Admit your Mistakes and Apologise
Sometimes your daughter may need to apologise if she feels even partly at fault. A good apology should also include what she is going to do to make amends or do differently in future.

5. Be Specific
Teenagers tend to generalise and exaggerate. Girls need to clearly articulate what upset them and not dig up old wounds.

6. Offer Time
It is wise to offer the other person time to think, so that they do not speak impulsively. For example “Can we talk at lunchtime about what happened the other day?”

7. Be Calm
Girls need to be taught simple breathing and visualisation activities that can help them to be calmer.

8. Be Assertive
Help your daughter to use assertive phrases such as “I don’t like it when you say that” and “I expect you to treat me with respect”.

9. Expect to Be Heard
It is important that your daughter asks the other person to stop what they are doing so that she has the other person’s attention - unless she has picked a bad time to talk.

10. End on a Positive Note
It is important to help girls understand that they do not need to be friends with everyone. Some friendships do end. Even though they are no longer friends they can still be friendly to each other.

These ten steps can also be used between parent and daughter.

STUDENT WELLBEING

DEMYSTIFYING TEENAGE MENTAL HEALTH – PARENT INFORMATION EVENING

A PARENT INFORMATION NIGHT WAS HELD ON MONDAY THE 13TH OF MAY. MORE THAN 50 OF OUR PARENTS CAME TOGETHER IN THE PERFORMING ARTS CENTRE FOR AN INTERACTIVE PARENT WORKSHOP FOCUSING ON DEMYSTIFYING TEENAGE MENTAL HEALTH. ANDREA SKINNER, HEADSPACE COMMUNITY AWARENESS OFFICER, ALONG WITH A SOCIAL WORKER FROM HEADSPACE, PRESENTED AN INFORMATIVE AND EDUCATIONAL INFORMATION SESSION FOR OUR PARENTS.

Headspace is a youth friendly service, which works with young people aged 12-25 to assist in building good mental health and wellbeing. This service is staffed by General Practitioner doctors, psychologists, social workers and other professionals whose main objective is to work with young people showing the early stages of a mental health issue.

Andrea asked parents to work in groups and come up with some solutions to varied issues that can affect adolescent girls from time to time. This was a very informative session with parents building an awareness of the issues our young women may be dealing with.

The main message from the evening was that communication between parents and their children/adolescents is vital in maintaining positive mental health. Andrea also stressed the importance of spending time together as a family.

To seek the assistance of staff at Headspace phone 9091 8222.

College Counsellor
Susha Arnheim

Andrea Skinner, Community Awareness Officer with Headspace

Parents workshopping
SPORT REPORT

INTERSCHOOL ATHLETICS

INTERSCHOOL ATHLETICS WAS A HUGE DAY, WITH NEARLY 70 GIRLS COMPETING AT LAKESIDE STADIUM IN ALBERT PARK.

We had many great achievements and came home with quite a few blue coloured first place ribbons. Some exceptional athletes on the day were as follows:

Grace Goldsworthy, 7 Catherine, for winning every race she entered.

Georgie Loader, 9 Therese, for placing first in her throwing events.

Brooke Bakaric, 10 Anne, for placing first in her throwing events.

Kirsty Gosling, 9 Veronica, for placing first in High Jump and her all-round achievements.

Demi Utber, 7 Ignatius, and Courtney Utber, 8 Veronica, for their all-round achievements.

The many girls who competed in extra events on the day and for those who competed in higher age groups, we would like to thank you for doing so and gaining those extra points for our school.

MSJ came 5th place overall, with the jnr and inter teams both coming 4th in their sections.

BADMINTON TOURNAMENT MONDAY 6TH MAY 2013

WE HAD MANY STUDENTS COME ALONG AND TRY OUT FOR THE MSJ BADMINTON TEAM, MAKING THE SELECTION PROCESS VERY CHALLENGING.

On arrival at MSAC the students were pleasantly surprised to see some players from the National team in training. The intensity of the training and their skills were amazing to watch. The MSJ Badminton Teams developed their skills and knowledge significantly on the day. The competition was tough with some well versed players showing their abilities. MSJ students were competitive and worked well as teams.

Thanks to Mr Hayashi and Ms Cheesley for assisting with the coaching.

MSJ BEST PLAYERS WERE:

Junior: Faye Gesalta
Inters: Mia Srijan
Seniors: Caitlin O’Farrell
AEROBICS

ON MOTHERS’ DAY, OUR AEROBICS TEAMS MADE THE VERY EARLY TRIP TO GEELONG TO COMPETE IN THE SCHOOL DANCE AEROBICS CHAMPIONSHIPS.

Our more experienced Senior team performed first and blitzed through their routine. Our year 7’s then performed on the stage for the very first time and did a fantastic routine. Our Senior team placed 7th and our Junior team placed 10th. Both teams will now advance to the first round of finals on the 23rd of June. Thank you to the girls for all of your hard work, and an extra big thank you to all of our mums that gave up their Mother’s Day morning to support their daughters in Geelong. All the best girls for round two!

Year 7 Aerobics team - competing for the first time

Team MSJ

Dina Ibrahim, 10 Catherine, developing her skills

Emma Lopreiato, 10 Catherine, with some help from Alyssar Daher, 10 Joseph, and Claudia Seldon, 10 Anne

Brooke Rich, 10 Therese, developing her skills

Jacinta Savic and Chloe King, 7 Therese

YEAR 10 PE EXCURSION

OVER THE PAST WEEKS, THE YEAR 10 PE CLASSES HAVE BEEN TO CROSSFIT IN WILLIAMSTOWN.

CrossFit is a strength and conditioning program that develops fitness through the most complete range of motion. The girls had to use their all of their muscles to perform tasks such as burpees, weights, rope climbs, squats, lunges and rope swings. The workouts really tested the girls and most felt the effects of using different muscles. It was great for the Year 10 girls to experience something they had never done before……and some will never do again because it hurt too much!

Health and Physical Education Teacher

Courtney Baka

SPORT REPORT
ETHICA WINTER CELEBRATION FUNDRAISER - CELEBRATING 10 YEARS
You are invited to join our celebration at a fundraising event, enjoy a complimentary glass of wine while you browse through our products and watch a presentation about each Ethica suport in Peru. Peruvian food and fair trade chocolate will be available for purchase.
When: Thursday, 13 June - 5.00 to 8.00pm
Where: Mary MacKillop Heritage Centre, 362 Albert Street, East Melbourne
RSVP on 03 9926 9300. Donations Welcomed!

SECOND HAND UNIFORMS
- Second Hand Uniforms can be purchased from the College every second Tuesday of each month between 3.00pm-3.45pm (This does not include school holidays).
- There are no exchanges or returns permitted on any items.
- Please be aware that all purchases are cash only, no cheques or credit cards will be accepted.
- All permitted items you wish to sell through the College are on consignment for a maximum period of 6 months, after which they will be returned if not sold.
- Blazers, jumpers, rugby tops, rain jackets and school bags must have the current school logo.
- Blazers, kilts and jumpers are required to be dry-cleaned prior to being brought in for sale. Any other items such as dresses, t-shirts, track pants and shorts must be washed and ironed.
- Any school bags up for sale must be in a good useable condition.
- The College does not accept any of the following items: Winter Blouse, Tights, Socks, Hats, Scarves and Shoes.

MARRIAGE ENCOUNTER WEEKEND
This weekend is a time for you and your spouse to be alone together, to rediscover each other and focus on your relationship in a very positive way. There is no group sharing.
Forget life’s tensions and interruptions and rekindle the closeness, intimacy, love and romance that brought you together in the first place.

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