MSJ is looking for families keen to host a Japanese student for two weeks (Sunday 28th July to Saturday August 10th). This is an ideal way for your daughter to develop her Japanese language skills as you converse with the Seirei student. It is also a great opportunity to learn about another culture. Students who have hosted students in the past are welcome to do so again. Application forms are available from Ms Bourke via email: sbourke@msj.vic.edu.au
THE END OF TERM IS UPON US AGAIN AND MUCH HAS AGAIN BEEN LEARNT, CREATED, DEBATED, PERFORMED, REFLECTED UPON, PRAYED FOR, ACHIEVED AND COMPETED FOR OVER THE 11 WEEKS OF THIS TERM. CONGRATULATIONS TO ALL STAFF AND STUDENTS FOR THE MANY PERSONAL BESTS IN MULTIPLE DIMENSIONS OF COLLEGE LIFE THIS TERM.

STAFF CHARISM DAY
On the last day of term all staff will be engaged in a history lesson at various sites throughout the city as we retrace the footsteps of Mary MacKillop from her family time in Melbourne and her ministry with her Sisters in Melbourne. It is very important that we continue to revisit the life and values of Saint Mary of the Cross to inform our Jospehite charism and Catholic mission at Mount St. Joseph Girls’ College over one hundred years after Mary’s life.

JUBILEE CELEBRATION – SR GERALDINE LARKINS
On the staff Charism day mentioned above, staff will enjoy a presentation from Sister Geraldine Larkins rsj who is the representative of the Sisters of St. Joseph on the MSJ College Board. Her insights of Mary MacKillop’s ministry of education and social welfare in Melbourne and Victoria will further deepen our understanding of our ministry as a Josephite school. I take this opportunity to congratulate Sr Geraldine on her Silver Jubilee that she celebrated this week with the 25th anniversary of her profession as a Sister of St Joseph. We are blessed to have Sr Geraldine involved in the leadership of our College and we congratulate her upon this proud milestone of service to God and to others through her commitment to the charism of Mary MacKillop.

WIZARD OF OZ
The sounds and sights of Munchkins and a girl with magical red shoes and witches and a scarecrow, a lion and a Tin Man are echoing out across the College as rehearsals continue for the Wizard of Oz College Production. Props, sets and costumes are also coming together and we look forward to the evenings of September 6th and 7th when audiences will enjoy the fruits of the many hours of labour.

SEMESTER 1 REPORTS
The Semester 1 reports have been uploaded to the parent portal this week and all students and parents are encouraged to use these reports as a source of conversation, affirmation and future goal setting. With the subject selection process for senior students on the near horizon, these conversations between students, staff and parents about Semester 1 reports and the feedback they provide are of very high importance.

COLLEGE CALENDAR
The updated Semester 2 2013 College Calendar will be emailed to staff and students in the coming fortnight. Please ensure you read it carefully and transfer pertinent College events and dates to your own diaries and calendars. The calendar is always available on the College website and intranet for staff and student access.

RESTING AND STAYING SAFE THIS BREAK
The fortnight break from scheduled classes is a good opportunity for staff and students to rest and renew their energy and commitment to their work. Parents are encouraged to continue conversations about safety with their daughters and this refers to safety in all forms of risk minimisation when online, with friends or out in the community. Please continue to make every effort to converse with your daughters about what is happening in their lives, what pressures are upon them, wise decision making and what goals they have set for themselves for Semester 2. Senior students will benefit from spending planned time throughout the coming fortnight on revision or any necessary reinforcement of learning from Semester 1.

SCHOOL EXPECTATIONS
It is an all too familiar fact that the first week of any term is often spent in conversation with a minority of students who have made decisions over the term break about things like facial piercings or extra ear piercings or unnatural hair cuts or colours such that they are no longer meeting school expectations. The school expectations are clearly detailed in the student diary and I encourage parents and students to be mindful of these expectations throughout the term break as well as during term.

Thanks to all staff for their work this term. I hope all have a refreshing break.

Principal

Happy Silver Jubilee to MSJ Board Member: Sr Geraldine Larkins rsj

COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 27th June</td>
<td>Last day of term - Students</td>
</tr>
<tr>
<td>Friday 28th June</td>
<td>Staff Retreat</td>
</tr>
<tr>
<td>Monday 15th July</td>
<td>Term 3 Commences</td>
</tr>
<tr>
<td>Tuesday 16th July</td>
<td>ACER Testing – Year 8 and Year 10</td>
</tr>
<tr>
<td>Wednesday 17th July</td>
<td>2014 Year 11 Subject Selection Day</td>
</tr>
<tr>
<td>Thursday 18th July</td>
<td>2014 Year 11 Subject Selection Evening</td>
</tr>
<tr>
<td>Tuesday 23rd July</td>
<td>VCAL Subject Selection Evening</td>
</tr>
<tr>
<td>Tuesday 23rd July</td>
<td>College Assembly</td>
</tr>
<tr>
<td>Thursday 25th July</td>
<td>Interschool AFL</td>
</tr>
<tr>
<td>Thursday 1st August</td>
<td>2014 Year 11 Subject Selection Interviews</td>
</tr>
<tr>
<td>Thursday 1st August</td>
<td>Open Morning</td>
</tr>
</tbody>
</table>
KEEPING COMPANY WITH SOME INSPIRING SENIORS...

ON THURSDAY JUNE 13TH, YEAR 7 STUDENTS HAD THE OPPORTUNITY TO PARTICIPATE IN THE ST LEO’S PARISH ANNUAL MASS AND LUNCHEON FOR SENIOR MEMBERS OF THE COMMUNITY.

Some of the reactions of students were:

- “We felt lucky for what we had since many of the people were not as healthy as our grandparents.”
- “We were just happy to help out”
- “We wondered what it was like for these people to live given their limitations and appreciated our own fuller lives.”
- “All the girls were glad to contribute to the wider community and the Church.”
- “We were happy to put into practice what we learn in class.”
- “We gave them big smiles and made them happy.”

By Clare Lloyd, 7 Catherine and Amanda Raffoul, 7 Joseph

CELEBRATING ABORIGINAL RECONCILIATION...

THE SOCIAL JUSTICE SRC WERE REALLY KEEN TO RECOGNISE THIS WEEK WITH A NUMBER OF ACTIVITIES THAT ENGAGED THE STUDENTS AND EDUCATED THEM ABOUT THE INJUSTICES THAT HAVE HAPPENED TO ABORIGINAL PEOPLE AS WELL AS THE STRUCTURES THAT EXIST TODAY WHICH DISEMPOWER ABORIGINAL PEOPLE.

The College was fortunate to have an Aboriginal elder, Konrad “Yamba” Ross, resident in the College for four days during Reconciliation Week. Konrad visited many classes, telling us about Aboriginal Culture and History and he had many artefacts to display.

Other activities we did in that week included:

- We watched the movie “The Sapphires”, which showed the challenges faced by Aboriginal people and how a highly successful group of Aboriginal musicians overcame them to succeed and make history.
- Staff and students painted their hands for a mural of hands pledging support for Reconciliation.
- Konrad Ross visited Year 9 Humanities classes and talked of his family, upbringing and Aboriginal items that he treasures.
- Konrad led Boomerang throwing on the oval each lunchtime, which the girls found both challenging and satisfying.
- He helped Year 7 with their Aboriginal Art unit and explained to them the meaning of the symbols.

Our bark paintings that were done in 2012 during MMADD day were displayed around the College to remind students of the stories these paintings told as well as the importance of the week.

This has been the most engaging Reconciliation Week we have had during my time at the College.

By Stella Campanaro, Junior SRC Social Justice Captain

TIME TO STOP AND THINK...

RETREAT – A DAY OF REFLECTION AND INSPIRATION. A DAY TO BROADEN OUR MINDS ABOUT THE WORLD AROUND US.

On Friday the 24th of May, the Year 11 students set out to the Newport Substation for this annual event. The day commenced with a prayer and introduction of the guest speakers. Everyone was then split into three separate groups and rotated around during the day. We experienced a range of activities.

- A Youth Mission Team talked to us about leadership and our connection with God, concluding their discussion with a small and moving performance.
- Two young men from the Amberley Retreat Centre came to discuss social justice and focused on clearing up any misconceptions about asylum seekers as well as promoting Edmund Rice Camps.
- Ms O’Keefe and Sr Jeanne (from Joseph’s Corner) played some fun games with us and talked to us about Mary MacKillop.

The day concluded with a prayer, and soon we were back at MSJ, our lives richer and our perception of the world changed.

By Nicole de Souza, 11 Therese

KEEPING COMPANY WITH SOME INSPIRING SENIORS...
ALL ABOARD…

AS THE WINTER BLUES SET IN, A LITTLE RAY OF SUNSHINE WAS SEEN AT MSJ IN THE FORM OF THE YEAR 12 VCAL TRAVEL EXPO.

The task required the girls to put together a dream holiday for two people working with a budget of $30,000 and present their holiday by setting up a booth for the expo. Visitors were given a travel voucher to spend on their favourite holiday.

We saw holidays to Fiji, an adventure holiday to New Zealand, the Philippines, a European getaway and a boat cruise through the rivers of Russia. Through completing this task, the girls learnt about currency exchange, time differences, reading maps, measuring distances, booking flights and budgeting using Excel spread sheets.

Congratulations to all the girls in the Year 12 VCAL Numeracy class who put on an impressive expo and allowed us all to escape the winter blues for at least a lunch time and dream a little! Special congratulations to Maddisen McKenzie, 12 Joseph, who sold the most holidays and won the travel bag.

—

BETWEEN A ROCK AND A HIGH PLACE…

AS A PART OF OUR YEAR 12 VCAL PERSONAL DEVELOPMENT CLASS, WE ENJOYED A CHALLENGING VISIT TO HARDROCK ROCK CLIMBING CENTRE IN THE CITY.

We travelled via three connecting trains from Westona to Melbourne Central and then walked the 10 minutes from to the Hard Rock Climbing Centre. Upon arrival were involved in a safety lesson where we were taught how to belay and climb safely.

Teamwork was the most important skill displayed while rock climbing as each of us had to have complete trust in our partner. One person climbed the artificial rock face while the other person belayed them by holding ropes in place to keep them safe. We all enjoyed the activity and most of us made a strong effort to achieve our goal to climb all the way to the top. When they made it to the top and looked down we were surprised at how high they had climbed. We climbed for an hour and a half and then we had a great lunch at Melbourne Central.

It was great to use our rock climbing excursion to demonstrate teamwork, communication and leadership skills as required by the learning outcomes of this subject. Thank you to Miss Krell and the teachers at the Hard Rock Climbing Centre.

By Ji Hye Hyun, 12 Catherine, and Natalie Shearer, 12 Veronica 12 VCAL

CHATTING ABOUT THE GAT

IN PREPARATION FOR THE GAT, ALL YEAR 11 AND 12 STUDENTS WERE PROVIDED WITH INFORMATION THAT EMPHASIZED THE IMPORTANCE OF THE GAT AND STRATEGIES THAT WOULD ASSIST THEM IN COMPLETING THE GAT.

The GAT involves two written tasks on reading comprehension and communication of ideas and information, and a multiple choice test in two sections:

- Thinking in Mathematics, Science and Technology
- Thinking in the Humanities, Arts and Social Sciences.

Mr Stracey and Ms Layton provided students with structural information about the GAT examination, including question structures and practice.

While the GAT results do not automatically contribute towards the VCE, the results do play a very important part in the final assessment of the VCE, as they are used to check that the Examinations, SACs and SATs have been accurately and fairly marked. Further, if a student is ill, has an accident or experiences severe personal hardship at the time of an Examination, a student may apply for a Derived Examination Score (DES). The GAT results contribute towards the calculation of the DES.

Students will receive their GAT results at the end of the year. Numerical scores will be reported for each of the three components:

- Written communication
- Mathematics/Science Technology
- Humanities/Arts/Social Sciences

The State mean for each component will also be reported. The GAT may be used directly for tertiary selection.

Further information on the GAT can be found at:

BY JI HYE HYUN, 12 CATHERINE, AND NATALIE SHEARER, 12 VERONICA 12 VCAL
LEARNING & TEACHING

OUR BRILLIANT BRAINS AND BEYOND…
AS PART OF OUR YEAR 9 SCIENCE STUDY, WE RECENTLY VISITED THE MELBOURNE MUSEUM.

We discovered the wonders of ancient dinosaur skeletons, the brilliant brain and the different types of bugs. We recorded findings of similarities that humans have with other species. We watched an informative film on the human body in the IMAX cinema, which gave us the inside story of how our bodies’ systems work, including the digestive and reproductive systems, and also viewing our bodies in x-ray and thermal films. The Year 9 girls had a very enjoyable and informative time and would surely love to explore more in the future.

By Adriana Velevski, 9 Veronica

INSIDE A BUSINESS…
ON WEDNESDAY 29TH MAY, 2013 THE YEAR 12 BUSINESS MANAGEMENT CLASSES ATTENDED AN EXCURSION TO VIEW THE WAREHOUSE AND FACTORY OPERATIONS OF MODSCAPE IN BROOKLYN.

We attended this excursion to broaden our knowledge of Modscape’s inputs, processes and outputs in preparation for our Operations Assessment.

Modscape is a Melbourne firm specialising in prefabricated modular housing construction. They have quickly established themselves as the market leader since their launch in 2006. Modscape homes have been in high demand in a variety of urban, rural and coastal locations throughout Australia.

Modscape is a revolutionary alternative to the traditional process of building or buying a home as they use prefabricated modules to create adaptable and flexible housing solutions for any accommodation need. Sustainability in all aspects of design and construction is a strong component of the organisation’s culture.

We learned how the organisation designed their homes and customised these homes to suit particular wants and needs. We went behind the scenes and saw some homes in the process of being built and fitted before transportation to sites. Many key processes were clearly innovative and the organisation has delivered buildings to a variety of consumers, including Melbourne University, Melbourne Zoo, Councils and home owners, within their twelve week timeframe.

We had an enjoyable day and all of the girls were excited to be shown and informed about all aspects of Modscape’s operations and to have the opportunity to ask questions and prepare for our assessment task.

By Nicole Magowan, 12 Veronica, Jasmin Chapman, 12 Therese and Caitlin Duncan, 12 Veronica

THE GREAT GATSBY ON SHOW IN YARRAVILLE
FOLLOWING THE TRAUMA OF WORLD WAR ONE, THE 1920s SIGNALL ED A TIME OF PROSPERITY AND CHANGE. THE SOCIAL, POLITICAL AND ECONOMIC CHANGES THAT THE ROARING TWENTIES HERALDED LED TO SWEEPING CHANGES ACROSS THE GLOBE.

F. Scott Fitzgerald’s classic American text, The Great Gatsby, gives us an insight into the effects of excess as we track the life of Jay Gatsby, his love for Daisy and the trauma that follows. The Year 11 students have recently been studying the text as part of their English class.

We recently trekked to the Sun Theatre Yarraville to see Baz Luhrman’s vision in 3D. Frenetic camera work, a luscious score and a great cast made it an interesting, if slightly odd, experience. As another way into the text, it was fantastic.

Thanks to Ms Anastasi for organising the excursion!

By Adriana Velevski, 9 Veronica

THE MODSCAPE PROCESS

The Modscape 6 Step Process we learnt about

By Nicole Magowan, 12 Veronica, Jasmin Chapman, 12 Therese and Caitlin Duncan, 12 Veronica

Bound for Yarraville. L-R: Georgina Stewart, Lucy McConville, Monaliza Ziba, Brittany Ross, Maddison Grima, Megan Clerkin, Maddison Horvat

The 3 D Experience. L-R: Ciara Cauchi, 10 Joseph, Alexandra Hill, 10 Frances, Ivy Mutuku, 10 Therese

Year 11s waiting at Westona for the train
LEARNING & TEACHING

A GLIMPSE OF THE FUTURE…
ON THURSDAY 13TH JUNE 2013, YEAR 12 VCE STUDENTS HAD A DAY EXCURSION TO VISIT UNIVERSITIES.

Students chose to visit two from four of the leading tertiary institutions in Melbourne including RMIT, University of Melbourne, Australian Catholic University (ACU) and Victoria University. The students were given a presentation which included an overview of courses available and an insight into the many opportunities each university has on offer. The students were then given a campus tour which even included a campus ‘Amazing Race’.

Students were able to experience the location and feel of each university as well as gain an insight into what pathways, courses and experiences are on offer at the different campuses. This is an important part of each student’s pathways planning as all Year 12 girls will be lodging their tertiary and further study preferences with VCAT in September.

A true taste of campus life was enjoyed by all as they enjoyed their opportunity to dress casually and enjoy lunch in one of the many campus cafés.

Thank you to all the teachers who came along on the day.

Pathways Coordinator
Jacqueline Krell

SEMESTER ONE REPORTS...
FIRST SEMESTER REPORTS BECAME AVAILABLE TO PARENTS VIA THE PARENT PORTAL ON JUNE 26TH AT 3:30PM. BY NOW PARENTS AND CARERS SHOULD HAVE ACCESSED THE REPORTS ONLINE USING THE USERNAME AND PASSWORD FROM THE TERM 1 INTERIM REPORTS.

These reports are an important means of communicating with you about your daughter’s progress in Semester One. The academic reports provide an overview of your daughter’s progress towards learning outcomes in each subject, her work habits and level of effort at this point in time. The pastoral reports inform you of her daughter’s contribution to her Pastoral group, attendance rates, acquisition of house points, involvement in extra curricular activities and the way in which she represents the College in the wearing of the uniform.

Please take some time to read and work through all of the reports with your daughter and to discuss her progress to date. In order to maximise the benefit of the teacher feedback that is provided in the reports, it is very important that all students use the assessments and comments to set general study goals and subject specific goals for Semester Two.

Director of Learning & Teaching
Narelle Layton

COOKING UP AN ITALIAN STORM…
ON THE 6TH AND 20TH OF MAY THE YEAR 12 VCAL STUDENTS HAD THE OPPORTUNITY TO EXPERIENCE COOKING SESSIONS WITH TWO CHEFS FROM AMICONI RESTAURANT, WHICH IS LOCATED IN WEST MELBOURNE.

We undertook the two Italian cooking sessions as part of our VCAL Literacy class. We are compiling a recipe book containing recipes from the experience, as well as recipes from local celebrities and identities. During our sessions we made Homemade Potato Gnocchi, Bolognese sauce, Italian doughnuts with cinnamon and sugar, Arancini balls and Tiramisu.

During the Amiconi experience we gained skills in food handling including how to prepare and safely handle food. Overall the cooking experience with Amiconi chefs was a great success and our results were very tasty.

We would like to take this opportunity to thank Ms Kent and Ms Vranes for organising the sessions and giving us the opportunity to participate in such a fun and memorable experience. We would also like to thank all the other staff members who were involved in organising this opportunity for us.

By Nancy Akok, 12 Joseph

COOKING UP AN ITALIAN STORM…
ON THE 6TH AND 20TH OF MAY THE YEAR 12 VCAL STUDENTS HAD THE OPPORTUNITY TO EXPERIENCE COOKING SESSIONS WITH TWO CHEFS FROM AMICONI RESTAURANT, WHICH IS LOCATED IN WEST MELBOURNE.

We undertook the two Italian cooking sessions as part of our VCAL Literacy class. We are compiling a recipe book containing recipes from the experience, as well as recipes from local celebrities and identities. During our sessions we made Homemade Potato Gnocchi, Bolognese sauce, Italian doughnuts with cinnamon and sugar, Arancini balls and Tiramisu.

During the Amiconi experience we gained skills in food handling including how to prepare and safely handle food. Overall the cooking experience with Amiconi chefs was a great success and our results were very tasty.

We would like to take this opportunity to thank Ms Kent and Ms Vranes for organising the sessions and giving us the opportunity to participate in such a fun and memorable experience. We would also like to thank all the other staff members who were involved in organising this opportunity for us.

By Nancy Akok, 12 Joseph

COOKING UP AN ITALIAN STORM…
ON THE 6TH AND 20TH OF MAY THE YEAR 12 VCAL STUDENTS HAD THE OPPORTUNITY TO EXPERIENCE COOKING SESSIONS WITH TWO CHEFS FROM AMICONI RESTAURANT, WHICH IS LOCATED IN WEST MELBOURNE.

We undertook the two Italian cooking sessions as part of our VCAL Literacy class. We are compiling a recipe book containing recipes from the experience, as well as recipes from local celebrities and identities. During our sessions we made Homemade Potato Gnocchi, Bolognese sauce, Italian doughnuts with cinnamon and sugar, Arancini balls and Tiramisu.

During the Amiconi experience we gained skills in food handling including how to prepare and safely handle food. Overall the cooking experience with Amiconi chefs was a great success and our results were very tasty.

We would like to take this opportunity to thank Ms Kent and Ms Vranes for organising the sessions and giving us the opportunity to participate in such a fun and memorable experience. We would also like to thank all the other staff members who were involved in organising this opportunity for us.

By Nancy Akok, 12 Joseph
LOVING LITERATURE!

ONE OF THE LITTLE KNOWN FACTS ABOUT OUR GREAT CITY IS THAT MELBOURNE IS A UNESCO LISTED GREAT CITY OF LITERATURE. HOUSED IN THE STATE LIBRARY, THE WHEELER CENTRE OFFERS AN OPPORTUNITY FOR ALL MELBURNIANS TO ENGAGE WITH WRITERS PAST AND PRESENT.

Recently the Year 12 Literature class attended a lecture on one of the texts that they are studying this year, Charlotte Bronte’s Jane Eyre. It was an exciting opportunity to hear from experts on the text and to consolidate their own ideas about the text. Similarly, the Year 11 students had the opportunity to attend a lecture on Emily Bronte’s Wuthering Heights.

After our late afternoon lectures, we wandered into China Town for a meal at the Shanghai Dumpling House and followed it up with hot chocolates in the QV building before boarding the train back home.

Books and food: a recipe for a great night!

By Mark Stracey and Alison Duncan
Literature Teachers and lovers of dumplings

THAT’S ENTERTAINMENT…

ON THURSDAY THE 20TH OF JUNE, A VERY NERVOUS YEAR 12 VET MUSIC CLASS HAD TWO PERFORMANCES; AN EXCLUSIVE PARENTS AND FRIENDS WORKING REHEARSAL, AND A PERFORMANCE OPEN TO THE WHOLE SCHOOL. EACH BAND HAD SPENT HOURS POLISHING THEIR SETS, MAKING SURE ON THE DAY THEY PLAYED TO THE BEST OF THEIR ABILITY.

As parents and friends arrived the nerves started to build up, but as the first band started family, friends and students were really supportive of each other and nerves subsided a little. We were all so proud to show off our talents to our families and we were so grateful that they were there to support us despite their busy schedules.

Playing in front of the school was much more nerve racking as we had previously spent the whole morning performing but we were excited by yet another performance.

Although these performances were the cause of high anxiety for a while, we all found that it was a much needed tool for helping us perform outside of school and it definitely helped us to develop our skills as performers. All in all it was a great experience and one that we will remember and look back upon as good memories.

By Courtney Micallef, Rachel Vella and Kate Williams
(Yr 12 VET Music Students)
It is important to teach our girls that if they skip meals they do not lose weight instead they will eat more food later and have no energy for classes and other activities. Young growing girls need to listen to their brain and body rather than emotions when deciding what to eat. Some tips for students include:

- Recognising non-hungry eating triggers - such as when they are bored, sad or anxious.
- Eating when they are hungry
- Using their judgement - experiment with portions.
- Having a relaxed attitude to food - not to be upset if the meal is not a precise balance.
- Being adventurous - trying new and fun ways of preparing food.
- Not banning foods - they can have their really favourite foods such as chocolate but all of it has to be in moderation.
- Sharing with others - sharing food with others rather than eating alone.

If you have any concerns about your daughter’s eating patterns please do not hesitate to contact our College Counsellors for further information and support.

Assistant Principal Student Wellbeing

Anna Keppel

GIRLS EATING WELL...

YOUNG PEOPLE NEED TO BE MINDFUL OF THEIR DIET ESPECIALLY THESE DAYS OF HIGH JUNK FOOD AND PROCESSED FOODS.

Growing girls in particular need at least three serves of fruit and vegetables per day. Remaining hydrated is very important even in the cooler weather so students are encouraged to have a water bottle in class.

Teenagers need to eat more food because of their growing bodies so it is very important that they listen to their bodies and address their hunger by eating healthy food. Girls are encouraged to eat healthy snacks such as fruit or muesli bars which they are permitted to have in class during period two to bridge the gap between breakfast and Recess.

Dr Michael Carr Gregg, a well respected adolescent health professional recommends that teenagers eat more of what is known as ‘brain food’ especially before tests and exams. These brain foods include eggs, yoghurt, fish, oil, blueberries, avocados and flax seeds. Therefore it is important for the vegetables and fruit that young people eat every day come from all the five colour groups: blues/purples; reds; yellows/oranges; whites; greens. As a parent there are many websites for you and your daughter to look at together that encourage healthy eating and a healthy lifestyle such as http://kidshealth.org/teen/ and the Healthy and Active Australia website http://www.healthyactive.gov.au

SRC ROUND UP

IT’S BEEN A FRANTIC END TO TERM 2 FOR THE SRC. ALTHOUGH THE END OF SEMESTER IS USUALLY ASSOCIATED WITH MID-YEAR EXAMS AND WORK PLACEMENTS, THE SRC HAS BEEN BUSY ORGANISING AND HOSTING OTHER IMPORTANT EVENTS TO SHOWCASE THE MANY OTHER ASPECTS OF COLLEGE LIFE.

May 21st was Sister Irene McCormack Day. Irene McCormack Day is an event with growing significance at MSJ as the College seeks to highlight the monumental work of Sister Irene, who gave her life helping the underprivileged in Peru. To remember Sister Irene, the SRC organised a lolly drive with all proceeds going to charity and a hand print on calico as a symbol of recognition for Irene’s work.

National Reconciliation Week began on May 27th and the SRC, working in tandem with the R.E. Department, organised a screening of The Sapphires and held indigenous painting and boomerang throwing sessions as a way of celebrating indigenous culture and its unique place in Australia’s heritage.

After the exam period ended, the Arts Portfolio held the annual MSJ’s Got Talent extravaganza where students are welcome to sing, dance and perform any act they want in front of the school. Auditions finish at the end of the term and the finalists will be invited to perform in JJAMM Week next semester.

To round out the term, the SRC organised a Staff/Student Dodgeball game. The competition was fierce and played in good spirits as both sides let their hair down after a hectic semester.

So far 2013 has been an exciting year for the SRC and, as the second semester approaches, we have several more projects in the pipeline to ensure all students have the opportunity to embrace College life. Stay tuned.

BUSTING UP STRESS...

ALTHOUGH EXAMS ARE OVER, STRESS CAN BE TRIGGERED BY MANY SITUATIONS AND CAN BE DIFFICULT TO MANAGE.

Stress can make you feel tired, anxious and overwhelmed when not managed effectively. Practising healthy coping strategies can help to reduce stress. Healthy coping strategies include;

- Getting enough sleep
- Eating healthy foods
- Getting fresh air
- Getting physical exercise
- Expressing your feelings by talking or writing
- Focusing on the positive in yourself and the situation
- Reminding yourself that things will eventually get better
- Participating in fun activities
- Laughing

Finding a balance can be tough, but allowing yourself time for these actions is important for overall wellbeing. The Student Wellbeing Services Team (SWST) can assist with stress management and are currently helping a group of Year 7 students to combat stress.

If you need help from the SWST see your Year Level Coordinator or fill in a self-referral form outside the SWST offices.

Anna Keppel
Assistant Principal Student Wellbeing

Susha Arnheim
College Counsellor

Sharyn D’Souza
College Counsellor

STUDENT WELLBEING
SPORT REPORT

SHOOTING HOOPS...
ON TUESDAY 28TH OF MAY 29 STUDENTS VENTURED OUT TO MELBOURNE SPORTS AND AQUATIC CENTRE (MSAC) TO PARTICIPATE IN THE SCSA DIVISION 2 BASKETBALL TOURNAMENT.

It was a great day with all the MSJ teams participating with great sportsmanship and team spirit. Congratulations go to the Senior and Junior teams who made it into the finals, but unfortunately could not secure wins in the finals hence both teams finished 4th, which was a pride worthy effort.

Well done also to the Intermediate team who finished 6th overall and showed significant improvement throughout the day.

Sports Co-Ordinator
Natalie O’Brien

RUNNING TO KEEP WARM...
ON TUESDAY THE 18TH OF JUNE, TWELVE GIRLS FROM YEARS 7 TO 9 TRAVELLED TO YARRA BEND PARK TO COMPETE IN THE SCSA INTERSCHOOL CROSS COUNTRY. ALL OF THE GIRLS WERE EXCITED AND READY TO GO ON THE BUS DESPITE THE COLD WEATHER!

In the Junior section the girls had a great run with Demi Utber, (7 Ignatius) coming second and Grace Goldworthy (7 Catherine) coming close behind in fourth place. We were very lucky with the weather and we did not have to run in the rain.

Thanks to everyone who participated and made this day so enjoyable.

By Cara Looby, 9 Anne

FITNESS IN THE FRAME...
ON THURSDAY MAY 30TH, THE YEAR 11 AND 12 PE STUDENTS VISITED EXERCISE RESEARCH AUSTRALIA (ERA) IN NORTHCOTE.

Students spent the day exploring two key areas of studies from the Unit 3 PE course. Energy systems and fatigue are two complex areas that require consolidation to enhance success in Unit 4. The Year 11 students have also explored energy systems as part of Unit 1. The Year 11 PE class benefited from being exposed to the Year 12 PE course. The students were fortunate enough to have an informative lecture from Dr Melissa Arkinsaw (one of the writers of a Year 12 PE text book). It was a great opportunity for the students to experience exercise science and view the facilities. The lab is a nationally accredited testing facility. Students (Jayd Temby (12 Joseph) Caitlin Duncan (12 Veronica) and Stephenie Webb (12 Veronica) from the Year 12 PE class were given the opportunity to complete a Max Vo2 test and a blood lactate test. ERA also runs courses in Certificate III and IV for fitness and as a result of our visit some students have signed up for these courses.

VCE Health & PE Teacher
Stacey Bourke

VCE Health & PE Teacher
Courtney Baka
VCD GUEST SPEAKERS

ON MONDAY 27TH MAY 2013, FORMER MSJ STUDENTS LUCY SPRY AND BREANNA GILBERT, WHO GRADUATED IN 2011, VISITED DURING LUNCHTIME TO HIGHLIGHT THEIR EXPERIENCES AS TERTIARY STUDENTS.

Mrs Kubacki invited students from Years 7-12, who were interested in a possible pathway in the design field, to listen to the informative talk.

Lucy and Breanna spoke about their studies at RMIT in the Visual Merchandising which is a two year certificate course. Their talk was supported by a Power Point presentation highlighting their creative and diverse examples of work completed in the last 18 months of their course.

Student quote from the day:
“Great talk, as it introduced us to a course that would give you a range of skills in the design area, particularly if you are not sure what design career path you want to pursue.”

DEBATING GLORY…

IT TAKES A LOT OF DISCIPLINE TO GET THROUGH THE EXAM PERIOD AND TO PREPARE FOR TWO ROUNDS OF DEBATES AT THE SAME TIME.

There’s the energy that’s needed to get through the late nights of preparing for end of term assessment and the challenge of preparing cases for debate! And that’s just the challenge facing the debating team coaches!

For the students there is the added pressure of having to perform on the night of the competition.

In the last three weeks, we have competed in two nights of debates. Congratulations are extended to our teams who have won 10 of their 12 debates! Whether they were arguing “That we should have the right to sell our votes” or “That we should abolish all forms of incarceration for people under the age of 18”, each team worked hard to mount a strong case. It was a fantastic effort from all team members as they delivered clear coherent speeches.

As we head into the final round of debates on July 31, we have three teams who remain undefeated! This is an impressive effort and our congratulations are extended to each of the girls in each team for their commitment and skill.

Debating Coordinator
Mark Stracey

PARENTS AND CARERS GROWING THEIR DIGITAL SKILLS…

IN MAY WE HELD OUR FIRST EVENING WORKSHOP FOR PARENTS AND CARERS EXPLORING THE MANY FUNCTIONS OF THE IPAD MINI.

The iPad Mini is provided at Year 9 to improve collaboration, to personalise learning and to provide a blended learning approach where technologies sit side by side with other teaching activities to achieve learning goals. Face-to-face presentations are now recorded, paper-based and online content is being scanned and captured, and students working in pairs and groups are sharing their reflections and knowledge with teachers and students via a mobile device. Our evening workshops are designed to showcase this blended approach to learning and share what we know about getting the most from your mobile devices.

We realise that learning with and about technologies does not happen in isolation and is a shared responsibility given the number of people now using mobile devices. Our workshops are a collaborative effort and are co-facilitated by College staff and the Junior (Yr9) eLearning Leader, Hayley Ianna.

Please let us know what you would like explored during these Digital Learning workshops via an email.

To: reply@msj.vic.edu.au

A warm invitation is extended to the next Digital Learning workshop which will be held on Wednesday 14th August from 7pm – 8pm.

Director of Digital Learning
Fran Dorgan

Breanna, left and Lucy seated, discuss their work at RMIT in Visual Merchandising

Debating Team:
Back: Melissa Carabott (8 Anne) Grace Kerr (8 Therese Middle) Greta Doell (8 Catherine)
Front: Charlotte Cameron (8 Therese) Alison Ramsay (8 Anne)

Debating Team:
L- R: Nyandeng Thuc (10 Anne) Elizabeth Graham (12 Anne), Paige Morrison (10 Joseph) and Alana Egan (10 Catherine)

Debating Team
Front: Josephine Mazzeo (8 Therese) Naomi Moustos (9 Veronica) Sarah Farrugia (7 Frances) and Kate Formosa (9 Frances)
CO-CURRICULAR ACTIVITIES

WELL DONE! FÉLICITATIONS!

ON FRIDAY JUNE 7TH, 2013, TWO FRENCH EXAMINERS FROM THE ALLIANCE FRANÇAISE DE MELBOURNE CAME TO MOUNT ST. JOSEPH GIRLS’ COLLEGE, TO LISTEN TO 205 STUDENTS FROM YEARS 7 – 10 RECITE FRENCH POETRY.

There was a fair degree of nervousness, perhaps even stage fright, on the day, but all students acquitted themselves valiantly. The Berthe Mouchette Competition is a unique and memorable experience for the students and it reinforces the vitality of French in Australia. Every year for over a century, millions of young Victorians have been bringing French poetry to life in Australia. This year 11,000 students from 82 schools participated in the Years 3-10 Competition.

In order to achieve Finalist status, students had to achieve a perfect score of 20/20. It is with the greatest of pride, therefore, that we congratulate the following students on being selected as finalists in the competition.

YEAR 7
Mary Abboud
Charlee Appleby
Sarah Boutros
Sheridyn Cameron
Hannah Clarke
Carla den Ouden
Maria Dudu
Breanna Formosa
Kyra Griffin
Amelia Mc Pherson
Dhriti Modi
Isabella Morlin
Sarah Nevins
Presiana Petkova
Emily Pond
Mary Raffoul
Jacinta Savic
Merin Terence
Chi Tran
Thanuki Wanigasena
Emilie Washington

YEAR 8
Greta Doell
Louisa Elia
Emily Hovenden
Eleanore Hunter
Celine Lopez
Hoang Thu An Nguyen
Maria Nguyen

YEAR 9
Tara Bateman
Jessica Wolff

YEAR 10
Madeline Bosanko
Adrienne Currie
Thyra Javier
Hoang Lan-Anh Nguyen
Elizabeth Seychell
Nyang Deng Thu
Laura Whitmore

The above-mentioned students have proceeded to the second round of this competition at the Alliance Française de Melbourne. Years 7 and 8 competed on Sunday June 23rd, and Years 9 and 10 compete on Sunday July 28th.

We wish them continued success.

LOTE Teacher

MORNING TEA WITH THE PRINCIPAL

ON THURSDAY THE 13TH JUNE THE COLLEGE HELD AN OPEN MORNING THAT WAS ATTENDED BY APPROXIMATELY FORTY PARENTS AND THEIR DAUGHTERS.

These opportunities enable visitors to meet the Principal, staff and students and give the College an opportunity to us to showcase the variety of activities being conducted in and out of the classroom.

Our current Year 9 Student Representative Council members escorted the families around the College on a tour of the school through various learning areas and a favourite stop at the Food Technology room where morning tea of scones, jam and cream were on offer. Our visitors were also given the opportunity to see first hand the new building being constructed on the premises. Parents were also able to discuss with students on the tour and in their visits to classrooms how the one-to-one laptop program and the Year Nine iPad mini program have benefited their learning and understanding.

Parents who are interested in attending any of the Open Mornings can contact the College Registrar on (03) 8398 2000. Our next open morning will be on Thursday 1st August from 9.00am-10.15am.

Assistant Principal Student Wellbeing

Ms. Dillon, College Principal, speaking to families on Open Morning

Families visiting the textiles room

Parents visiting classes and witnessing the use of laptops to support learning.
Please be aware that individual requests made at the Front Office will be attended to as soon as possible. Students can only be called during Pastoral Recess & Lunchtime periods. Thank you for your understanding.

ADMINISTRATION OFFICE HOURS
PH: 8398 2000
Payment of fees can be made at the Office from 8.00 am - 4.00 pm Monday – Friday. For any enquiries regarding the school accounts, please contact Administration.

SCHOOL HOLIDAY MUSIC THEATRE PROGRAMME
Includes Song & Dance, Drama & Acting, Theatre Dance Artz Collective
July 11th and 12th
2 / 50 – 61 Hudson’s Road, Spotswood, VIC 3015.
Hosted by Mrs Ziggy Clements from “Motherhood the Musical”.
Professional Industry Guest Teachers
Bookings: email to admin@artzcollective.com.au
Phone: 9339 6320 or 0425 731 569

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 Guinaune 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 9315 2680. This is a non-denominational service.

Jospehite Prayer and Spirituality Days
GracE In Transitions - living through transition in real time
“As we choose to enter into and co-operate with life transitions, we light the transition with the lamp of our personal compassion. By choosing not to abandon ourselves during trying times, we discover the constancy of the Universe loving us despite all harrowing experiences.” Julia Cameron, Author of The Artist’s Way
Facilitator: Sr Yvonne Harte rsj
Thursday July 11th 2013. St Joseph’s Convent, 16 Esplanade, Williamstown
Afternoon Session: 1.30pm-3.00pm. Evening Session (Repeat): 7.30pm- 9.00pm
Rsvp: Therese Quinn rsj 9397 7140. therese.quinn @sosj.org.au

INDOOR TENNIS PROGRAMMES
Westgate Indoor Sports, a premier tennis facility which provides an opportunity to avoid the wash outs this winter and to join one of Victoria’s leading tennis program deliverers – Tennis Programs Victoria. TPV has the following programs on offer and is a registered Tennis Australia Hot Shots provider:
• Modified Hot Shots Program (ages 4-10)
• Junior Coaching – private & group lessons
• Ladies Competitions – Monday to Friday with kid’s activity programs (9.30-11.30)
• School Holiday Programs – a fun based holiday program which includes tennis tournament, stroke production, various sports, fun & games, as well as lunch provided
  • Wednesday 3rd & Thursday 4th July
  • Monday 8th & Tuesday 9th July
  • 9am-4pm
  • Cost $55 per day
Venue: Westgate Indoor Sports Centre
Corner Grieves Parade & Doherty’s Road, Altona North
For all bookings and further enquiries please call
Paul Mick on 0415 511 150 or email p.emick2011@gmail.com

Dear Parents,
The uniform shop will not be open at the College over the holidays but will reopen next term. Thank you! Mrs Rinaldi

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.

Your marriage deserves that kind of attention.

Couples and a priest present the weekend. It is based around Catholic values but couples of all faiths are welcome.

2013 weekend dates: 9-11 August and 18-20 October in Melbourne.

For further information and bookings: Contact Marianne & Marcel Van den Bronk (03) 9733 0997 or Email vicbookings@wwme.org.au

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

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 Guinaune 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 9315 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
238 Wolseley Place, Thomastown
Open Monday - Friday 9am - 5pm and Saturday 9am - 1pm. Phone: 9460 8011
Open at the College
Monday 3pm - 4pm Wednesday 8am - 9am
Friday 1pm - 2pm

Tennis Australia Hot Shots provider:
– Tennis Programs Victoria. TPV has the following programs on offer and is a registered tennis facility which provides an opportunity to avoid the wash outs this winter and to join one of Victoria’s leading tennis program deliverers – Tennis Programs Victoria. TPV has the following programs on offer and is a registered