RE-ENROLMENT FORMS
Re-enrolment forms for 2014 were due last Friday. If you have forgotten to submit the form, please do so prior to end of term. Subject selections will be processed over the term break where the College has been advised a student is returning.

FEES TO BE FINALISED 1 OCTOBER
Please note that, unless a special arrangement has been approved, 2013 fees should be finalised by 1 October. A statement was sent out last week confirming your current balance. In cases where a direct debit / credit card authority has been completed, the final payment will be processed on 1 October. Your cooperation is appreciated.

MOUNT ST. JOSEPH GIRLS’ COLLEGE, ALTONA
OPEN DAY
SUNDAY 13TH OCTOBER
AT 10.00am-1.00pm

“Entrusted with something precious”

“Please note that, unless a special arrangement has been approved, 2013 fees should be finalised by 1 October. A statement was sent out last week confirming your current balance. In cases where a direct debit / credit card authority has been completed, the final payment will be processed on 1 October. Your cooperation is appreciated.”
WIZARD OF OZ

WHAT AN AMAZINGLY TALENTED PERFORMANCE WE ALL ENJOYED AS DOROTHY TRAVELLED WITH THE LION, SCARECROW AND TIN MAN ALONG THE YELLOW BRICK ROAD.

The feeling in the foyer before show time was nervous excitement and by the end of the show it was thrilled pride and admiration for the amazing musical, dramatic and technical skill the staff and students. The hundreds of hours of rehearsal, preparation, commitment and team work all resulted in an outstanding performance which transported all in the audience to Kansas and Oz through the magic of their amazing theatrical skills.

The are so many staff to thank for what was an excellent team effort but in particular we thank and congratulate the Producer - Belinda Sorbello, Director - Helen O’Keefe, Conductor - Ann Fichera, Costume Designer - Alex Zvi, Set Designer - David Meilak and key supporting staff, Cathy Hills, Gianna Galea, Darrel and Paul Downie, Litsa Tzelepis, Adam Gonzalez, Katharine Anastasi, Michelle Borg, Mary Cassar, Lidia Morlin, Tania Vranes, Mariza Devic, Jacqui Krell, Tina Pignatelli and all staff who contributed in any way.

We also gratefully acknowledge the support of parents and carers who were the ‘taxi drivers’ for all the rehearsals. It was a wonderful performance of an age old classic.

STUDENT LEADERS

AT THE ASSEMBLY ON TUESDAY THIS WEEK THE 2013 STUDENT LEADERS WERE CONGRATULATED ON THE WONDERFUL CONTRIBUTIONS THEY HAVE MADE THIS YEAR.

We are proud of their leadership and grateful for the achievements and events they have been successful in leading this year.

We also congratulated our newly elected senior student leaders for 2014 who have big shoes to fill but bring wonderful skills to their roles. We look forward to all the energy and enthusiasm that they will bring to their roles.

Many difficult decisions had to be made by staff and students due to the strength of the applicants so to all who applied we extend our thanks and we know they will exercise their rich leadership skills in the support of the many SRC initiatives of 2014.

DEBATING SUCCESS

CONGRATULATIONS MUST BE EXTENDED TO OUR YEAR 10 DEBATING TEAM ON THEIR AMAZING SUCCESS IN THE CURRENT DEBATERS ASSOCIATION OF VICTORIA (DAV) COMPETITION.

The team have produced some outstanding results and are currently preparing for the semi finals having made it to the top four teams in their division. Having witnessed the depth of their preparation, skill and attention to the adjudicating criteria, I am not surprised that they have made it this far in a competition of such high quality. We are all very proud of their drive and commitment to succeed and wish them well for the next finals challenge. Thank you to all staff, students and parents who have supported them and in particular to Mr Stracey for his coaching, encouragement and advice. We also congratulate Charlotte Cameron on her nomination for a Swannie Award which is an award presented to the student who is judged Best Speaker in the region.

PROFESSIONAL LEARNING

AS YOU WILL READ IN THIS EDITION OF SYNERGY, ALL TEACHERS RECENTLY SPENT A DAY AT A DIFFERENT SCHOOL LEARNING ABOUT AND COMPARING DIFFERENT STRUCTURES AND SYSTEMS.

Upon our return to the College we have had several opportunities to share ideas and explore initiatives that may be of benefit to our students. This type of professional learning which involves meeting other educators and seeing how other schools might be doing things is a useful form of professional growth. In a similar vein, I am writing these words for this issue of Synergy between classes at a leadership course I am attending at Harvard University in America. The course has participants in senior leadership positions from 21 different countries and I have learnt much from my time with them and from the lecturers with whom we are working.

I have also enjoyed sharing with them the many stories of learning and teaching success amongst our school community.

PRAYERS

We keep in our prayers Frances Campisano (9 Frances) after the recent loss of her father. We hope that Frances and her family feel the support of those who love and care for them at this sad time.

Principal

Catherine Dillon.
## COMING EVENTS

<table>
<thead>
<tr>
<th>Day</th>
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<th>Event Details</th>
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| Friday  | 20th September | Units 3 & 4 Trial Exams Begin  
English: (9:00am – 12:15pm)  
English Language: (9:00am – 11:15pm)  
VET Interactive Digital Media: (1:00pm – 3:15pm)  
LOTE – French & Japanese: (1:00pm – 4:15pm) |
| Friday  | 20th September | Term 3 Ends |
| Friday  | 27th September | Units 3 & 4 Trial Exams Continues  
Legal Studies: (9:00am – 11:15am)  
Health & Human Development: (9:00am – 11:15am)  
Further Mathematics: (12:30pm – 2:15pm)  
Mathematical Methods: (3:00pm – 4:00pm) |
| Monday  | 30th September | Units 3 & 4 Trial Exams Continues  
Drama: (9:00am – 10:45am)  
Studio Arts: (9:00am – 10:45am)  
Further Mathematics: (11:30pm – 1:15pm)  
Visual Communications: (11:30pm – 1:15pm)  
Religion & Society: (2:00pm – 4:15pm)  
Mathematical Methods: (2:00pm – 4:15pm)  
IT Applications: (2:00pm – 4:15pm)  
History: Revolutions: (2:00pm – 4:15pm) |
| Tuesday | 1st October | Units 3 & 4 Trial Exams Continues  
Psychology: (9:00am – 11:45am)  
Physics: (9:00am – 11:45am)  
Specialists Mathematics: (12:30pm – 1:45pm)  
Media: (2:00pm – 4:15pm)  
Physical Education: (2:00pm – 4:15pm)  
Accounting: (2:00pm – 4:15pm) |
| Wednesday | 2nd October | Units 3 & 4 Trial Exams Continues  
English Literature: (9:00am – 11:15am)  
Business Management: (9:00am – 11:15am)  
Specialists Mathematics: (9:00am – 11:15am)  
Chemistry: (11:30pm – 1:45pm)  
Biology: (11:30pm – 1:45pm)  
Food Technology: (2:00pm – 4:15pm)  
Production Design & Technology: (2:00pm – 4:15pm) |
| Monday  | 7th October | Term 4 Commences |
| Wednesday | 9th October | SRC Farewell – 5:00pm – 6:30pm |
| Friday  | 11th October | Students finish 1:00pm |
| Sunday  | 13th October | Open Day – 10:00am – 1:00pm |

## FOUNDER’S DAY AMAZING RACE

**FOUNDER’S DAY IS ONE OF THE MOST ANTICIPATED DAYS IN THE SCHOOL CALENDAR. FOUNDER’S DAY WORKS TO ENCOMPASS THE SPIRIT OF ST MARY MACKILLOP IN ENGAGING AND HOLY WAYS.**

Our Year 10’s participated in an “Amazing Race” which embraced several of Mary’s core values: life, ministry and teamwork. The race started with a quiz on Mary’s early life and work. Our first clue led us to the tradesman shed. Our group was ecstatic to discover we were the first ones there and were in the lead. The race led us to all corners of the school, from our holy chapel to our lively pond. The inner competitor broke through each student’s exterior and it was clear all of the students wanted to be the first to cross the finish line. Although there were some hiccups along the way, it was evident that each girl put in their all when they returned to their homerooms, weak and sticky. We would like to thank all of the teachers involved for the wonderful effort they put in; it was a fantastic morning.

_By Ellie, Jennie, Kirby and Libby 10 Francis_

We started the race off by completing a quiz, which then got us to our first clue. We explored and ran around the whole school trying to locate our next clues and locations, while at the same time learning about our school’s history. From this experience we learnt about Josephite schools and reflected on the life of Mary MacKillop. As well as learning about our school and Mary MacKillop, we worked well in a team to figure out the clues and strived to win. All students were determined and took this activity seriously as we were competing for a prize, which was a $20 iTunes gift voucher. We took a lot from this experience and at the same time, we had a lot of fun.

_By Aimee, Kira, Bridget, Melanie & Alexandra B_

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_Dramatization of the Gospel at MSJ Founder’s Day Mass_

_Carnivale at MSJ Founders Day Celebrations_
MOUNT ST. JOSEPH GIRLS’ COLLEGE
– 2013 FOUNDER’S DAY

AT MOUNT ST. JOSEPH GIRLS’ COLLEGE OUR ANNUAL FOUNDER’S DAY, CELEBRATED ON THE FEAST DAY OF ST MARY OF THE CROSS MACKILLOP, IS ALWAYS SOMETHING TO LOOK FORWARD TO AND 2013 LIVED UP TO EXPECTATIONS. OUR THEME FOR THE YEAR HAS BEEN “ENTRUSTED WITH SOMETHING PRECIOUS” AND OUR CELEBRATION EXPLORED THIS THEME.

MORNING SESSION
The day began with each year level learning more about St Mary of the Cross through people engaged in Josephite ministry. Four sisters came to MSJ. Sister Jeanne Dwyer spoke of her work with families affected by drug and alcohol addiction; Sister Mary Fermio spoke of her experience as a founding staff member of our school; Sister Margaret Malady spoke of her work in Peru and Sister Therese Quinn spoke of her time at our school and her ministry through art. Ms Jenny Glare from MacKillop Family Services also spoke about her work helping past clients re-connect with their families. There was also an Amazing Race, exploring the College and learning more about Mary MacKillop, the Josephite Sisters and their ministries.

FOUNDER’S DAY MASS
We celebrated our mass with a few small changes intended to educate students about the difference between the Liturgy of the Word and the Liturgy of the Eucharist. Hence the lectern and the altar were set up on stages at each end of the hall and the students gathered around in the round. Our choir were magnificent under the direction of Ms Ann Fichera and Ms Cathy Hills with a notable rendition of Psalm 23. As we prepared for the Gospel, Year 9 students led a procession that honoured the Bible and held the Aboriginal Message Stick to remind us of God speaking through the proclamation of the Word. The homily began with the dramatization by two Year 11 girls of a dialogue between Mary MacKillop and Julian Tenison Woods. In the dialogue the students spoke of their vision for education, including some musings about the founding of MSJ College. Father Tony then completed the homily and we enjoyed the celebration of the Eucharist together.

CARNIVALE
After mass, it was time to celebrate with some lunch and rides. The girls had a ball eating their sushi and fairy floss! Dingo pups were there to be patted and have a photo with. An animal farm attracted many who were keen to feed the lambs, the calf, the chooks and the geese. And of course, there were the rides to enjoy with friends, whether it was the big slide, the climbing jumping castles or the jostling.

Overall, it was a great day of education, prayer and celebration for St Mary of the Cross MacKillop.

YEAR 12 URBAN RETREAT

AT THE END OF AUGUST, ELEVEN YEAR 12 STUDENTS VENTURED OUT ON THEIR URBAN RETREAT EXPERIENCE.

It was a non-stop experience of aged people, generous volunteers, lonely people, scary people and new, often disturbing, information.

Some of the highlights and comments from students were:

- Lentil As Anything – interesting concept that allowed those who could pay for food to do so and supported those who couldn’t.
- Placements were great – gave a sense of satisfaction in helping out others who needed it for no return.
- Helping pack up bread for the poor in South Yarra – we did it in 10 mins and it would have taken them over an hour.
- The city walk at night exposed us to things we wouldn’t normally see, which both inspired and scared us.
- Working with the Salvation Army – we made the food for the cafeteria downstairs where lots of homeless came for food as well as preparing 50 take away containers of pasta for the van that night. The feeling of contributing in some way enriched my sense of myself.
- Sitting around in the whole group either at the coffee place or at night where we slept, just having lots of different conversations about the events of the retreat.
- Eating out in the cold and wet, standing up at Lentil As Anything, like homeless people.
- Cooking the barbecue at the Bob Maguire Foundation and listening to all the stories of the volunteers and what they came across as well as those who were enjoying the barbecue.
- Great experience – taught me a lot!

The experience certainly inspired us to do something in the future acting on the words of Mary MacKillop “Never see a need without doing something about it”.

By Jordan Fry, Meheret Hailemelekot, Yordanos Solomon and Cassie Meilak from 12 Veronica, Maysn Smith from 12 Anne, Carolyn Le, Jasmine Chapman, Amelia Browne, Nicole Satalich and Katy Newman from 12 Therese and Isabella Raunik from 12 Frances.

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MORNING TEA WITH THE PRINCIPAL TERM 3
ON THURSDAY THE 15TH AUGUST, THE COLLEGE HELD A MORNING TEA WITH THE PRINCIPAL THAT WAS ATTENDED BY APPROXIMATELY SEVENTY PARENTS AND THEIR DAUGHTERS.

Our morning teas are a highlight of the College calendar that enable us as a Josephite Community to showcase the variety of activities being conducted in and out of the classroom. Parents and students were given the opportunity to meet various members of the leadership team, the Year Seven Co-ordinator, the e-Learning Leader and the students in the various classrooms.

Our current Senior Student Representative Council (SRC) members escorted the families around the College on a tour which included visits to the following areas: the new building development, performing arts, textiles, art, multi-media, computer laboratory, science laboratories, chapel, Information Resource Centre (library), Year 7 and 8 open learning space (hubs), Mary Mackillop Centre (hall) and gymnasium with a final stop at the food technology room where parents were given a morning tea of scones, jam and cream that had just been freshly baked.

The SRC students took the families on a tour and during their visits to the classrooms students in the various classes in Years 7-12 were able to show the parents how computers are used in the school for learning and teaching purposes.

For any further details regarding enrolments please contact the College Registrar on (03) 8398 2000.

Assistant Principal Student Wellbeing
Anna Keppel

FÉLICITATIONS ET BONNE CONTINUATION!
ON FRIDAY AUGUST 16TH 2013, IT WAS THE YEAR 11 AND YEAR 12 FRENCH STUDENTS’ TURN TO TAKE PART IN THE BERTHE MOUCHETTE FRENCH ORAL COMPETITION.

The Year 11 students were asked to recite a poem, and then converse with the examiner about the poem. They were also asked to answer general conversation questions in French.

The Year 12 students, on the other hand, answered general conversation questions in French and also had to discuss their Detailed Study with the examiner.

Two of the Year 12 students were selected as Finalists. This means that the examiner awarded them 20/20 for their conversation and discussion. The two students are Sonia Gavirko and Stephanie Papadopoulos.

Stephanie and Sonia took part in the Finals of this competition on Saturday September 7th, at the Alliance Française de Melbourne.
Well done so far and we wish them both continued success.

L.O.T.E. Teacher
Angelina Di Lorenzo-Hubble

YEAR 9 BEYOND HORIZONS – MOVE AND GROW
THROUGHOUT THIS YEAR, THE YEAR NINE COHORT HAS BEEN DIVIDED INTO THREE GROUPS WITH DIFFERENT TOPICS.

We chose our topics in relation to our interests and what we would like to enquire about. Our topic is Move and Grow, where we are investigating the different areas of health. Examples of these topics include ‘How has the media affected our health and wellbeing’, ‘Organ Donation’ and ‘The different exercise routines and dietary requirements elite athletes have compared to the average person’, just to name a few.

Our second week of this program began on Monday 12th August, where we continued our studies and investigations. Our excursion was on Wednesday and to begin the day we set off to Exercise Research Australia. Here we took part in field testing and compared our results to those of an AFL team and an under-17’s netball team. Our field-testing included a 10-metre sprint and a vertical jump test. We were then given a small lecture about Sport Science and witnessed a VO2 Max test. This was used to measure the oxygen intake and fitness level of an individual.

We then made our way to Bounce, a trampoline filled park, for an hour session. Here we were able to freely jump throughout the park. This was incredibly exhausting but extremely fun as we all had a laugh and a few falls.

Overall, this experience of the Beyond Horizons Program has been one that we won’t forget. The useful information that we have acquired during the week has given us a lot to think about for our future. We thank the teachers that were involved in this program, as it would not have been possible without them.

By Adriana Velevski (9 Veronica) & Emma Jansen (9 Catherine)
YEAR 12 VCAL TEAM PROMOTE THEIR EXPERIENCES AND LEARNING TO YEAR 9’S
ON FRIDAY AUGUST 30TH, THE YEAR 12 VCAL GIRLS WENT TO A YEAR 9 APPLIED LEARNING LITERACY CLASS TO PRESENT THE OPTION OF VCAL AS A CAREER/STUDY PATHWAY.

The Year 9’s were polite and easy to communicate with. They asked valuable questions about TAFE, what classes we attend during our three days per week of schooling at MSJ and most significantly what we do during our work placements.

The VCAL team of girls confidently delivered information and career discussions about our future plans and further studies. The Year 9’s were very interested in the fact that some of us have already arranged full-time jobs for 2014 via our current places of employment.

We encouraged the Year 9’s to chat more with us about their plans and we asked them who was already interested in VCAL. We reassured them that VCAL is an effective learning pathway and that it is a more hands-on alternative to VCE. We explained how the excursions we attend take us out of our comfort zones to extend and prepare us for life and that TAFE and the work placement prepares you for the workplace in the very near future. It was important that we highlighted how we still feel a part of the MSJ community and we are involved in Year 12 events and Pastoral group activities.

The Year 12 VCAL girls did a great job in preparing and delivering our individual power point presentations about various components of the VCAL program. The Year 9’s were engaged and happy to listen to us and we all loved the opportunity to come to know some like-minded younger students. We really appreciated the scrumptious afternoon tea! Thanks to Ms Krell and Ms Thomas for organizing this opportunity.

By Zandalee Owen Year 12 VCAL

YEAR 11 ‘ELEVATE EDUCATION’ INCURSION
ON MONDAY SEPTEMBER 9TH, ALL YEAR 11 STUDENTS WERE INVOLVED IN A SEMINAR DELIVERED BY ‘ELEVATE EDUCATION’.

This was a fantastic seminar delivered with enthusiasm by Elliot and Mietta. They provided the students with a lot of valuable information including:

STUDYSENSEI
SKILLS COVERED:

• Dynamic reading – How to read a text and pull out the key points, not just summarise every sentence.
• Note taking – How to get the ideas the students have extracted from their reading into an organised set of notes that will facilitate effective learning.
• Conceptual learning skills – Teaching students how to break the information into its relevant parts as opposed to simply rote-learning the material.
• Independent learning – What independent learning means and how to get it done.
• Standing out on assessment – Students are shown how to distinguish themselves from the thousands of other students who are all taught the same material.

ACE YOUR EXAMS
SKILLS COVERED:

• Effective preparation – Students are introduced to eight steps used by the state’s top students to prepare for an exam.
• Fixing mistakes – Students are shown how to identify exactly what they’re doing wrong on mock exams and practice papers, and how to ensure these mistakes are not made in the exam room.
• Allocation of time – Students are taken through a step-by-step process to ensure preparation is completed in advance to prevent last minute cramming.
• Exam room techniques – Including stress management, planning, time allocation and how to tailor a succinct, focused answer.

The girls left these sessions with a useful booklet and a renewed focus and enthusiasm for study.

By Kelly Sexton
**LEARNING & TEACHING**

**PATHWAYS**

**IT IS AN EXTREMELY BUSY TIME OF YEAR IN THE CAREERS DEPARTMENT WITH ALL STUDENTS IN YEARS 7 TO 11 BEING INVOLVED IN SUBJECT SELECTION.**

In this process it is important for students to have an idea of an area of study they may be wishing to pursue post secondary and be aiming towards this with their subject selection choices and their results in the classroom.

If students have any concerns or queries about this they should come and see me in the careers office.

**THE VICTORIAN TERTIARY ADMISSIONS CENTRE IS NOW OPEN FOR ALL YEAR 12 STUDENTS TO PUT THEIR UNIVERSITY AND TAFE PREFERENCES IN FOR 2014.**

This is an important time for ALL Year 12 students to be making decisions on what courses and area of study they wish to apply for in 2014.

I have been having appointments with all Year 12 students regarding the VTAC process.

VTAC charge a $27 fee which is strictly due on the 27th September 2013.

All students are expected to have this paid by the due date. If not VTAC will NOT put their application in for processing.

I will be available at the College during the school holidays on Tuesday 24th September for any last minute VTAC enquiries and also on Wednesday 2nd October for any SEAS enquiries. If you wish to see me on these days please follow the link below to book your appointment. (This link has been emailed to all Year 12 students) [https://www.google.com/calendar](https://www.google.com/calendar)

If you or your daughter has any concerns regarding this process please contact me at the College.

*Jacqui Krell*

**EARLY ACHIEVERS PROGRAM:** Entry is based on: minimum ATAR set by ACU (58.5 for most courses); Year 11 & 12 academic reports (for some courses), community service, leadership, volunteering etc.

**ELIGIBILITY AND APPLICATION:** You must apply for the course through VTAC, UAC or QTAC by 27th September. The course must be your first preference.

- Apply through the online portal on the ACU site for the Early Achievers program by 21st October (see link below)
- Achieve the required minimum ATAR for course
- Meet eligibility criteria for the course


**SCHOOL VISITS**

**ON THE 20TH OF AUGUST ALL TEACHING STAFF SPENT A DAY VISITING ANOTHER SCHOOL WITH A VIEW TO RESEARCHING WITHIN FIVE AREAS OF FOCUS:**

The four focus areas for the visit:

a) Learning and Teaching Initiatives and Processes
b) Student Leadership and Wellbeing Initiatives and Processes
c) Catholic School Identity Initiatives and Projects
d) Support of Learning Through Digital Devices and Programmes
e) Support of Learning Through Buildings and Facilities

Staff in small groups of 2 or 4 attended 22 Catholic secondary schools and 4 Catholic primary schools. The purpose of the day was to broaden the experiences and knowledge of contemporary learning with a view to improving learning and teaching practices and thereby influencing the learning outcomes of our girls. The staff have prepared group reports with recommendations regarding possible improvements and initiatives to be considered at MSJ.

**PORTFOLIO PARTNERSHIPS PROGRAM.**

**STUDENTS WILL HAVE TO COMPLETE TWO STATEMENTS RELATING TO THEIR SHORT AND LONG TERM GOALS AND COMMITMENT TO THE COURSE.**

Also, there will be a prerequisite of gaining an ATAR of 50+ for higher education (as well as completing other prerequisites/extra requirements as stated in the VTAC guide). Please note that PPP is available to all courses listed in the VTAC guide with the exception of:

- Bachelor of Laws
- Bachelor of Laws/Bachelor of Business
- Bachelor of Laws/Bachelor of Arts
- Bachelor of Clinical Sciences (Osteopathy)

**SNAP**

**AT RMIT, COMPETITION FOR PROGRAMS CAN BE VERY STRONG WITH MANY ELIGIBLE APPLICANTS COMPETING FOR A LIMITED NUMBER OF PLACES.**

Mount St Joseph Girls’ College has been determined by RMIT to be a part of their Schools Network Access Program which allows students additional consideration in selection or priority access to courses studied at RMIT.

**RMIT UNIVERSITY**

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**SYNERGY NEWSLETTER**
STUDENT WELLBEING

VISIT TO AMOROSA RESTAURANT
ON FRIDAY 23RD OF AUGUST OUR FOOD TECHNOLOGY CLASS VISITED AMOROSA, A MODERN ITALIAN RESTAURANT IN WILLIAMSTOWN.

Our class departed school after recess and boarded the bus. When we arrived we were greeted and seated and the waitress served us water and took our drink orders. The layout of the restaurant was definitely not traditional Italian, it was more modern and it looked like it was originally a warehouse. The walls were decorated with different paintings and the seating area was very spacious. It was a very nice environment to enjoy good food.

The style of service was very different to a normal a la carte restaurant. Large dishes of pizzas and pastas were placed on the table and everyone helped themselves.

My favourite pizza was the tomato and basil. I loved the gnocchi which was served in a creamy pesto sauce; it wasn’t like anything I ever tasted before. Other pastas included carbonara and penne.

After our mains were finished plates of cannoli were served. The cannoli shell was hard to crack and the chocolate sauce was amazing. Most of us were expecting a creamy custard filling, however, it was filled with a lumpy ricotta paste, which was not as we had expected.

The visit was a great experience. The class enjoyed socializing and enjoying good food.

Thank you Miss MacNaughtan.

By Maria Dinh (10 Anne)

STUDENT WELLBEING

YEAR 7 BOUNCE BACK PASTORAL PROGRAM
TERM 3 HAS BEEN AN EXTREMELY BUSY ONE FOR ALL OF THE YEAR 7’S.

The focus of our Pastoral Program this term has been “Bounce Back”. At its core, the program teaches the girls about the importance of courage, persistence and resilience as core principles in our lives. We began the term talking about resilience and encouraged the girls to define the concept of resilience in an artistic and symbolic way. The winners of the art competition were: First Place: Chi Tran (7T), Second Place: Isabella Papamihail (7F), Third Place: Megan Khoo (7A). All place winners received a $20 iTunes voucher and their artwork was displayed in the Year 7 Hub.

We have also been focusing on the importance of teamwork. Our Buddy Activities have continued with 7 and 12 Anne hosting a Slumber Party themed lunch with lots of party games and dress-ups and 7 and 12 Therese hosting a Mexican Fiesta. The Year 9 Sports Coaching Class has also run a lunchtime volleyball competition, taking on the roles of coaches and umpires. The Year 9’s have guided the 7’s through a very competitive competition. Congratulations to the winners, 7 Joseph.

The last four weeks of the term have seen the Year 7’s letting their creative juices flow as they vied to win the most creative noticeboard competition – the prize was a hot chip lunch. Competition was extremely fierce as the girls tried to create a statement about the concepts of Courage, Persistence and Resilience – the core values of the Bounce Back Program in the most creative way – but also make a statement about themselves as a Pastoral Group. The winner of the completion was 7 Francis, with 7 Veronica receiving a very high honourable mention from the panel of judges.

Congratulations also to the following girls for receiving a Mary of the Cross Award this term: Janet Chhoa (7A), Brittany Powell (7C) Aimee Parsons (7I), Amanda Raffoul (7J), Amanda Raffoul (7I), Jacinta Savic (7I) and Stephanie Nguyen (7V).

Thanks as always to the Year 7 Pastoral Group Teachers who continue to guide and support their students.

As the Year 12’s quickly approach the final stages of classes for the year, a number of internal and external wellbeing sessions have been held for students.

On Tuesday 3rd September the Year 12 cohort attended a wellbeing session led by Red Frogs. The Red Frogs team does a great job by visiting secondary schools around Australia and talking about the best ways to stay safe and have a great time at Schoolies.

Nicole Sciberras noted that Beyond Blue and Red Frogs have teamed up, presenting the “Safe Schoolies” education seminar, for Year 12 students. This partnership promotes the opportunity for young people to reach out and know that there is always support from every angle in their lives, whether they are in a good state of mind or possibly at the most vulnerable point in their lives. Alana Hellmann acknowledged that “Red Frogs was an enriching experience for all those that attended. I was made aware of the dangers and things that could happen whilst at a party or during Schoolies. Red Frogs provideswalk homes if needed and even come to your house to cook you pancakes in the morning. I know my Schoolies experience will be safer with red Frogs around.”

Assistant Principal Student Wellbeing

Anna Keppel

RED FROG

AS THE YEAR 12’S QUICKLY APPROACH THE FINAL STAGES OF CLASSES FOR THE YEAR, A NUMBER OF INTERNAL AND EXTERNAL WELLBEING SESSIONS HAVE BEEN HELD FOR STUDENTS.

The workshop was run by ‘Values for Life’, an educational program aiming to inspire young people and their families to fulfill their full potential.

The workshop had a focus on key factors for parents and caregivers to help with awareness of the pressures and dangers of drugs and alcohol in society. The presenters discussed how drugs and alcohol impact on the community and why people use drugs. A key message was that it is important for our young people to develop resilience.

For more information on how to approach drugs and alcohol with your daughter, visit http://theothertalk.org.au/

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Assistant Principal Student Wellbeing

Anna Keppel
# MEET OUR STUDENT LEADERS IN 2014

The Student Representative Council at Mount St. Joseph Girls’ College promotes school spirit, community service and the development of leadership skills. Students work in action teams on initiatives and activities throughout the year, in addition to representing the College and the student body on various issues and a range of College events.

In this article you will find the students who were successful in attaining a leadership position in the Junior and Senior SRC for 2014. All the students will be attending a leadership camp from Monday the 14th October to Tuesday 15th October at the Don Bosco Camp Safety Beach.

Congratulations to the successful applicants for next year. The College would also like to thank the 80 students who applied for an SRC role, however this time were unfortunately unsuccessful. We encourage you to apply for future leadership positions in 2014.

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### SENIOR SRC

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<thead>
<tr>
<th>Academic Captain</th>
<th>Wellbeing Captain</th>
<th>Arts Captain</th>
<th>Ministry Captain</th>
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<tr>
<td>Jessica Daley</td>
<td>Malia Corrigan</td>
<td>Faith Angaika-Peter</td>
<td>Maddison Grima</td>
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<th>Performing Arts Leader</th>
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<td>Michaela Mastrioanni</td>
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<td>Louise Lay</td>
<td>Stacey Nguyen</td>
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### JUNIOR SRC

Tenison School Captains - Courtney Rogers and Nicola Verhofr

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<td>Olivia Kivlighon</td>
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<td>Christine Yankoufas</td>
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<td>Louisa Elia</td>
<td>Erin Edwards</td>
<td>Winnie Lam</td>
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*With Thanks*

Assistant Principal Student Wellbeing: Anna Keppel

SRRC Liaison Co-ordinator: Brad Abraham

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SYNERGY NEWSLETTER
STUDENT WELLBEING

SUMMER UNIFORM TERM 4
AS OF THE START OF TERM 4 MONDAY 7TH OCTOBER THE STUDENTS WILL COMMENCE WEARING THE SUMMER UNIFORM.

We ask that in preparation of the change to summer uniform that the length of the dress is checked in the meantime as the requirement according to the College diary is that the dress is to be worn to the knee. We ask for your support in ensuring that your daughter’s dress length is adjusted so that it meets the uniform policy.

The second hand uniform shop will be open every second Tuesday of each month from 3.00pm-3.45pm if parents wish to purchase second hand items of the summer uniform, which will depend on availability. Otherwise all uniform purchases can be made through Academy Uniform.

Uniform Expectations:
Students must have long hair tied up at all times. Hair must be of a natural hair colour. No extreme haircuts are permitted.

• Students are only permitted to wear single colour ribbons that are either black, white or blue.

• Students must wear the correct uniform on the correct day. PE Uniform is only to be worn on days students have PE. On Assembly days, all students are to attend school in their College uniform, including their blazer. Only a small religious symbol can be worn on a necklace beneath clothing.

• Students are permitted to wear two earrings in each lobe, such as a small stud or sleeper. No other piercings are permitted (including tongue). Band-aids or plastic fillers to cover piercings are not permitted. Visible tattoos are not permitted.

• Students are not permitted to wear any form of visible makeup, nail polish etc.

• Students are not permitted to have coloured nail extensions or false eye lashes.

• Religious bracelets are not permitted.

Unacceptable items of jewellery will be confiscated and handed into the front office and returned at the end of each term. Parents will be contacted if their child continually flaunts these expectations.

Summer Uniform Requirements:

SUMMER UNIFORM
• Regulation blue summer dress worn to the knee.

• Navy Blazer
• Long or short white socks worn with black lace up, low heeled leather shoes or black T-bar buckled shoes.

• College navy jumper

SPORT UNIFORM (Only for PE class or Sport)
• College sport shorts
• Gold College polo shirt with College emblem
• College sport socks or plain white ankle socks
• College navy track pants with emblem
• College rugby top

SCHOOL BAG
• Official blue backpack or backpack on rollers
• Small school back-pack for excursions issued by College
• Fashion bags are not permitted at any time.

OPTIONAL ITEMS
• College navy spray jacket can be worn over the sports uniform only.

Thank you for your support in following the uniform guidelines of the College.

Yours sincerely,

Assistant Principal Student Wellbeing

Anna Keppel

P.E. Teacher
Kelly Sexton

YEAR 11 INCURSION: FIT 2 DRIVE
ON AUGUST 30TH, A FIT TO DRIVE (F2D) WORKSHOP PROGRAM WAS DELIVERED TO ALL YEAR 11’S AT MSJ.

F2D is a community program for young people that concentrates on personal safety and responsibility, giving them strategies to make them safer on the road. F2D actively encourages young people as road users to look after themselves and their friends.

The students began by examining their own levels of risk taking and their values, which then empowered them to make safer decisions about what they can do to reduce road crashes.

On the day, the program consisted of a Police Presentation of factual information focusing on speed, drugs, alcohol and fatigue. The activities also involved the MFB delivering a real life case study where young people make decisions about how to avoid dangerous outcomes.

P.E. Teacher
Kelly Sexton
FROM SEPTEMBER, FIVE THINGS TO REMEMBER:

SLIP! SLOP! SLAP! SEEK! SLIDE!

From September, Victoria’s UV levels are on the rise, so it’s time to dust off the sun protection gear and Slip, Slop, Slap, Seek, Slide whenever you are outside.

Check the SunSmart UV Alert for daily sun protection times – you can find it on the free SunSmart app, online (sunsmart.com.au), in the weather section of newspapers, or as a free website widget. If you can’t check the UV Alert each day, make sure you use sun protection every day from September to the end of April in Victoria. Don’t just wait for hot, sunny days.

Remember these five SunSmart steps during the sun protection times, even if it’s cool or cloudy.

1. Slip on covering clothing. If you can see skin, UV can reach it. Is your child’s skin covered with cool clothing today?

2. Slop on SPF 30 or higher broad spectrum sunscreen. Apply sunscreen before going outdoors and reapply every two hours. One application is not enough. Has your child had sunscreen applied and reapplied today?

3. Slap on a sun protective hat. The best hat shades the head, face, eyes, ears and neck. Does your child’s hat protect all of these areas?

4. Seek shade. Shady spaces help block some of the sun’s UV but not all so you still need to wear hats, clothing and sunscreen even in the shade. Does your child have shady places to play?

5. Slide on sunglasses labelled AS 1067. If practical, help protect your child’s eyes with sunglasses. Are your child’s eyes safe in the sun?

A note about vitamin D - the sun’s UV is the best natural source of vitamin D. From September to April in Victoria, most people need just a few minutes of sun exposure to the face, arms and hands (or equivalent area of skin) mid-morning or mid-afternoon on most days of the week to help with vitamin D. Even with sunscreen you can still get some vitamin D. Sun safe outdoor play throughout the day should not put your child at risk of low vitamin D.

Children with naturally very dark brown or black skin need even more sun exposure to help with vitamin D. These children usually don’t need to apply sunscreen but they should still use the other SunSmart steps during sun protection times.

For further information contact SunSmart: Ph: 9635 5148, Email: sunsmart@cancervic.org.au or Web: sunsmart.com.au.

P.E. Teacher

Kelly Sexton

THEY DID IT!!!!

400 TEAMS ACROSS VICTORIA HAVE BEEN COMPETING IN THE DAV DEBATING COMPETITION SINCE FEBRUARY THIS YEAR.

We are now down to the final eight teams and I am proud to report that our Year 10 team – Elizabeth Seychell, Nyandeng Thuc, Paige Morrison and Alana Egan – are one of these select few!

After tough but triumphant debates against Ivanhoe Grammar and St Kevin’s College, our girls are through to the quarter finals. They are to be commended for their dedication and hard work. Not only have they developed well-constructed and well argued cases but they have also competed fairly and with good grace.

On Wednesday 11th September, they compete against Gippsland Grammar at Genazzano College in Kew for a place in the semi finals. They are arguing the negative case “That extreme poverty should not be considered a sufficient reason to grant asylum to refugees.”

We wish them all the best for this tough debate!

OUR GIRLS DO IT AGAIN!

CONGRATULATIONS TO THE YEAR 10 DEBATING TEAM (PAIGE MORRISON, ALANA EGAN, NYANDENG THUC AND ELIZABETH SEYCHELL) WHO CONTINUE TO IMPRESS WITH THEIR PUBLIC SPEAKING SKILLS.

After a narrow one-point victory over Gippsland Grammar, they are now through to the State Semi Finals. This extraordinary achievement ranks them in the top four in the state!

Their next debate will be held on Wednesday October 9 at Sacre Cœur in Glen Iris at 8pm.

In equally exciting news, Charlotte Cameron of Year 8 has won a DAV Swannie Award. This award recognises the student who is voted as Best Speaker in the region. Charlotte is to be commended for her impressive achievement in her first year of debating!

Charlotte Cameron, 8 Therese

Debating Coach

Mark Stracey
CO-CURRICULAR ACTIVITIES

‘MIX DAY’

ON THE 26TH OF AUGUST, THE YEAR 12 VET MUSIC STUDENTS WENT TO A ‘MIX DAY’ AT COLLARTS IN SOUTH MELBOURNE.

It was a performance opportunity for the students that was aimed at helping students develop their chosen songs that they will perform for their end of year Exam.

When we arrived we went into the auditorium where Brett and Gene, who teach at Collarts, gave us some advice about the competitive music industry and how to improve our performance skills.

The three Year 12 bands all took turns to perform a song for Gene, who is the Music Coordinator, so he could evaluate the songs and give feedback to each band member. We were all given an hour to perform one or two songs, and were lucky enough to receive very helpful advice from such an experienced figure in the music industry.

Meanwhile in the studio, Brett was teaching some students how to use the recording equipment so that the bands could listen to their tracks at home. We used the program Pro Tools to mix and record all the songs. The next week we played the recordings over the PA during bell times!

It was a great learning experience for all students, and we will be taking on board all the helpful advice we were given, to not only improve on our end of year performances, but also for down the road, where some of us aim to have a career in the music industry.

By Fiona Jiang, 12 Catherine & Letitia Mandile, 12 Catherine

AURECON BRIDGE BUILDING COMPETITION

THREE YEAR 8 STUDENTS COMPETED IN THE 2013 AURECON BRIDGE BUILDING COMPETITION.

The competition is a prestigious event that seeks to promote engineering feats among secondary school students. The students involved are tasked with designing and constructing a bridge that is aesthetically pleasing and can carry intense weight. The students who represented the College were Louisa Elia (8 Veronica), Rhianna Everard (8 Vernica) and Mai Khoi Vu (8 Catherine).

Their construction used a combination of string and balsa wood that spread the load with a careful design. The students’ bridge weighed in at 155 grams (the weight of a small packet of popcorn) but carried a weight of 133 kg (the weight of a sumo wrestler). The students did extremely well and achieved a third placing for their efforts (after a minor controversy with the judging). Each student received one hundred dollars in prize money and the school received a cheque for $1000 for their efforts. Thanks to the competition organisers and congratulations to Lousia, Rhianna and Mai.

JLTAV JUNIOR SPEECH CONTEST

THE JLTAV JUNIOR SPEECH CONTEST WAS HELD AT WESLEY COLLEGE ON SUNDAY 25TH AUGUST.

Olivia Kivlighon from Year 8 participated this year. It was great to see our students speaking in Japanese in front of more than 100 people. She gave up lots of time to prepare for her two-minute speech. I am proud of her.

Well done, オリビアさん!!

MOUNT ST. JOSEPH GIRLS’ COLLEGE
"FOLLOW THE YELLOW BRICK ROAD..."

ON THE 6TH AND 7TH OF SEPTEMBER THE GIRLS OF MSJ FINALLY SHOWCASED THE ANNUAL PRODUCTION OF 'THE WIZARD OF OZ!' PERFORMED IN THE QUIN AUDITORIUM AT CAROLINE CHISHOLM CATHOLIC COLLEGE, OVER 90 CAST AND CREW MEMBERS PARTICIPATED IN THE JOYOUS AND MAGICAL SHOW THAT WAS!

We began our journey five months ago with nerve-racking auditions and an array of fun filled rehearsals. Singing, dancing and acting consumed our lives for the weeks leading up to the show and friendships began to quickly form between all students and teachers involved.

The hours were long and tiring but nevertheless it was all worth it on both performance nights when many commented on our professionalism and the smiles that we imprinted on all of the children who came to watch and enjoy. A definite highlight for us was the memories that we gained, one of them being our tendency to have singing rituals as a cast on the bus in order to create an enthusiastic atmosphere before the shows!

This production of course could not have been accomplished to the standard that it was without the hours of arduous work put in by all of the staff involved and we are tremendously thankful to all of them.

The audience was immensely captivated and, as the final curtain was drawn, everyone involved was overcome by sadness since it was over. However, we're looking forward to future productions and hope that they are just as successful and as fun to be a part of as ‘The Wizard of Oz’ was!

By Faith Angaika-Peter - the Lion, 11 Francis and Monaliza Ziba – Glinda, 11 Veronica
COMMUNITY

OTSUMA GIRLS’ HIGH SCHOOL VISIT...

ON FRIDAY 23RD AUGUST WE FAREWELLED 30 STUDENTS AND STAFF FROM OTSUMA GIRLS’ HIGH SCHOOL, A LARGE GIRLS’ SCHOOL IN TOKYO, JAPAN.

The students had been with us over the past eight days and there were many opportunities in this time for them to experience school life, Australian culture and to take in the many wonderful sights around Melbourne. Our Japanese language students also benefitted greatly from the experience as they had the opportunity to converse in Japanese, both in a formal classroom setting and through social activities such as shared lunches and sporting activities.

Deputy Principal Learning and Teaching

Joanna De Bono

SPORT REPORT

YEAR 7 LUNCHTIME VOLLEYBALL CHALLENGE

ON FRIDAY THE 6TH OF SEPTEMBER, 7 JOSEPH TEAM 1 AND 7 VERONICA TEAM 1 PLAYED IN THE GRAND FINAL OF THE YEAR 7 CLASS VOLLEYBALL COMPETITION.

It was a tough game as both teams were very good but in the end 7 Joseph won by a very small margin. All the girls had fun and played a fair game. The girls in 7 Joseph would like to commend 7 Veronica as they were amazing on the court and were very supportive of Joseph 1’s win. We would like to thank the teachers and students that were involved. We would also like to thank the Year 9 Sports Coaching class for organising the whole competition and being referees, scorers and helpful coaches to all the teams that participated.

By Hannah Clarke, 7 Joseph

ST. MARY’S WILLIAMSTOWN ATHLETICS DAY

ON TUESDAY THE 13TH OF AUGUST, A GROUP OF PREVIOUS ST MARY’S STUDENTS WENT AND HELPED OUT AT THEIR ATHLETICS DAY CARNIVAL.

Once down at the track, it was amazing to be able to run off and see the teachers who had taught us and the students who we knew. All of the students participating in the sports shared our excitement as they grouped together in their house colours to sing their house songs and get ready for their upcoming events. It was particularly funny when the preps arrived for their very first athletics day carnival. They were so excited to be there that the teachers had trouble even getting them to stand in a line. Each of us were given an area of the carnival to help with. We were placed on discus, which is where our 2012 Year 6 teacher was also coincidently placed, so it was especially great to see her and tell her about how we were fitting in at high school. The best part would have to have been when we come out with the idea of running against the Year 6 girls in their relay race, and we were to run with a rubber chicken! This of course only excited us more as we were handed the chicken and went to our starting positions. In the end, our relay team came first with amazing transitions of the rubber chicken. It was amazing to see that even though we had left the school, memories were still being made!!

Overall it was an amazing day seeing some of our old friends in younger year levels run, jump, skip and hop through the athletics. A big thanks to Mrs O’Brien for taking us and giving us the opportunity to go and see some of our old teachers and friends at the St Mary’s Athletics day!

By Alex Tsantarlis and Gwendolen Lynch, 7 Ignatius
SPORT REPORT

SOCcer
ON ONE OF THE COLDEST DAYS OF WINTER, THE SCSA SOCCER TEAM SET OUT TO DAREBIN SOCCER CENTRE TO PLAY AGAINST OTHER SCHOOLS.

Our junior team played well, winning a lot of their games, but unfortunately they lost the chance to play in the grand final by losing one too many games. Our senior team played amazingly. They won most of their games and only lost two. Their goal keeper, Stephanie Kelly, didn’t have any goals scored against her until Emma Chan accidentally put one past her and scored an own goal, causing the other team to win the match! With the seniors winning most of their matches, it meant that they went straight through to the grand final against Presentation College. With the support of the junior team the girls played brilliantly but the result ended up with a sudden death kick off. Stephanie blocked 2 of the 4 goals kicked against her, making it a draw for both teams, unless we scored the next goal! Luckily we did, resulting in our team winning the Grand Final. Congratulations to Chelsea Mifsud for winning the best player in the grand final.

Thanks to the coaches and players who helped make this day possible. We look forward to next competition where we hope to get both teams into the grand final.

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LACROSSE
ON THE 2ND OF SEPTEMBER, MOUNT ST JOSEPH GIRLS’ COLLEGE PLAYED IN A LACROSSE ROUND ROBIN AGAINST SIX OTHER SCHOOLS.

The day was full of running up and down a field challenging everyone’s fitness. There was also throwing and catching with a lacrosse stick. Some of the girls who were new to the game learned quickly how to pick up ground balls and pass between players. They can be proud of how quickly they picked up these skills and worked as part of a team.

RESULTS…..
Team A got to the grand final, where they played against Star of the Sea, and they ended up placing second overall. Team B played well with their skills and confidence improving throughout the day.

Lacrosse is popular sport in the local community; maybe some of these girls might consider playing it outside of school in the future.

By Taylah Hogg, 9 Anne

VOLLEYBALL
ON THE 28TH OF AUGUST A GROUP OF GIRLS FROM ALL YEAR LEVELS PARTICIPATED IN SCSA VOLLEYBALL AGAINST A NUMBER OF DIFFERENT SCHOOLS.

On the day of this event, we had split into two teams within each age group. Throughout the day our players played well within the games we attended, but unfortunately couldn’t bring home another trophy for the school. Thank you to all of the girls that attended. The day was a wonderful one with you all. We hope to see more students trying out next year.

By Taylah Hogg, 9 Anne
**MSJ Notice Board**

**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.

**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

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**PRAYER AND SPIRITUALITY DAYS 2013**

**St Joseph’s Convent**

16

**Thursday 12 September 2013**

**REMEMBERING THE OLD EMBRACING THE NEW**

A look at significant influences (people and/or experiences) that have helped develop your faith.

What do you take from these to enrich life in times of change?

**Facilitators: Judy and Mike Cain**

**Afternoon Session:** 1.30pm-3.00pm

**Evening Session:** 7.30pm - 9.00pm (repeat)

**rsvp** Therese Quinn rsj 93977496 therese.quinn@msj.org.au

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**CROSSING SAFETY**

It would be appreciated if parents and carers could assist us by reminding students that the crossing at the College’s main entrance is a pedestrian crossing only when flags are displayed. Flags are displayed at normal start and finish times. At all other times, extra care needs to be taken with approaching vehicles.

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**SCIENCE & TECHNOLOGY BUILDING**

There have been minor delays with the new science and technology building as a result of wet weather and ground rock. However, the building is progressing well with efforts now focused on internal fitout. The facility will provide 5 science rooms, food technology and VCAL centres and open learning areas.

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**Mount St. Joseph Girls’ College**

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