As the term draws to a close, we again look back with pride at the student and staff commitment and achievements of recent weeks.

**College Production - Hairspray...**
It was with great excitement and pride that audiences enjoyed the inspiring performances and team effort in the production of Hairspray. The talent of the cast and musicians, and the skill of the crew, along with the guiding roles of the staff team and the essential support of family members, culminated in a performance we can all be proud of. Congratulations to Ms Belinda Sorbello for her leadership of the students and staff, and to all who contributed to the success of the production through their involvement on stage, back stage, in the orchestra, in sound and lighting, in publicity, in costume design, in transport, stage construction or front of house support. Thank you also to all who supported the students and staff involved through their presence in the audience and enthusiastic applause.

**Commitment to Learning...**
Our Year 12 students are moving into the critical period of pre-exam preparation, revision and consolidation of learning. They are stretching themselves to learn as deeply as possible so that through their commitment, they may enter this final stage of their secondary school learning with the confidence of knowing that they will use the final assessment period to demonstrate their best learning. For students in Years 7 to 11, the recent interim reports give an update as to progress on the goals set at the start of the year and revisited at the start of this semester. Students and parents/carers are encouraged to keep dialogue with their teachers open, and to seek support from teachers within and beyond set class time. Students achieve their best learning outcomes when parents/carers and teachers share in, and actively support, their learning achievements and challenges.

**Student Leaders...**
At our College assembly this week we paused to thank and congratulate the committed achievements of the 2014 College Captains, Jessica Deller and Monaliza Ziba and the team of senior and junior student leaders they worked with to lead our College so strongly this year. We also announced with great pride, the new College Captains and members of the Senior and Junior SRC teams. We congratulate Brooke Bakaric and Arlie Den Ouden as 2015 College Captains. The number, and leadership skill breadth and depth, of applicants for all leadership positions was reflective of the talent and commitment of so many of our students. All members of both the 2014 and the 2015 SRC teams are acknowledged further on in this edition of Synergy.

**Open Day and Back To MSJ Day...**
All family members are encouraged to visit the school on Sunday 12th October. The annual Open Day with school tours and activities will occur from 10am to 1pm followed by another of our Golden Jubilee celebrations with past staff, students and community members invited to return from 1pm to 4pm to see how much things have changed. Details of the day appear further on in this edition of Synergy and on the College website. We hope to see you there.

_Esther Dillon_
Principal
**EDUCATION IN FAITH**

“Have courage no matter what your crosses are”  
- Mary MacKillop 1890

The Mount St. Joseph Girls’ College motto of Virtue and Courage recalls the spiritual and dynamic leadership of Saint Mary of the Cross MacKillop.

Mary MacKillop’s life required tremendous courage, hope and faith in Christ. In her ministry as co-founder of the Sisters of St. Joseph she encountered many sufferings and obstacles. These included her ex-communication, financial difficulties, illness and conflict within the order. At all times Mary looked to the cross for inspiration and continued to be a courageous leader of faith. Mary MacKillop is a woman who stands as a great example of courage and trust in God’s providence.

Each house in our College has a value associated to the key beliefs of Mary MacKillop and the Sisters of St. Joseph. Next Term Penola House, whose value is courage, will promote and raise awareness of examples of courage in our own community.

The students at Mount St. Joseph Girls’ College continue to look to Mary MacKillop as an example of courage and faith in Christ. When we gather as a community we sing our College song, which reminds students; that “With courage we can strive for all”. As we continue to look at the suffering of the world, illness, terror and conflict we look to Saint Mary for peace and guidance as we at MSJ walk with courage and determination.

God our comforter you stand with us  
in all our sorrows and difficulties.  
May we like Mary MacKillop respond with faith and courage in all the hardships that we face in our life.  
St.Mary of the Cross,  
accepting of the cross in life,  
pray for us.

(Prayer sourced from www.marymackillop.org.au)

Danielle Fairthorne  
Director of Catholic Identity

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**CATECHESIS WITH CARDINAL DOLAN**

On Sunday the 17th of August, eight MSJ students and teachers travelled to Genazzano College to experience a Catechesis by Cardinal Timothy Dolan, Archbishop of New York.

Upon arrival, we went to schools’ Chapel where are labyrinth had been setup. It was red lines painted on a sheet of tarp. The idea was that you walk the path of the labyrinth with an open mind and an open heart. Whilst you follow the lines you let go of all of your stress and the things that distract you and focus on the moment. When you reach the center of the labyrinth you do whatever feels natural - sitting, standing, kneeling. It is time of clarity and reflection. You can pray, read a book, meditate, think about your next move in life or even write a poem or diary entry.

As we prepared to leave the labyrinth we thought about all the things we reflected on whilst following the path, particularly how lucky we were to have family and friends around us for support. Overall the labyrinth was relaxing and it was good to takes some time out to appreciate the lives we live.

We then moved to the school’s theatre for Catechesis, as the seats were filling up, we listened to the soothing sound of young musician, Emily Bryant. She sang songs and played instruments along with an ensemble of young adults named Evergreen. They shared inspirational lyrics about how God is present in their lives and how He is always there for us. After the music, Cardinal Timothy Dolan took to the stage and introduced the focus of his Catechesis. He spoke to us about our two past Popes; Pope John Paul II and Pope Benedict, and our present Pope, Pope Francis.

He explained that Pope John Paul II was the soul of the Church. Pope John Paul II had led a hard life prior to becoming Pope and so had formed a deep connection with God. In his time as Pope he brought soul to the Church. When he became Pope, his first words were “Do not be afraid”, implying that God was always there for us, especially through tough times.

When Cardinal Dolan spoke about the head of the Church, he spoke about Pope Benedict, who brought reason to the Church, and encouraged us to identify that reason and faith work together in harmony.

Finally, he spoke about Pope Francis. Saying that Pope Francis was the heart of the Church and that he resembled a man who was like Jesus. Pope Francis believes that acts of ‘ordinary courtesy’ can show great love and are just as important as big acts.

Cardinal Timothy Dolan was great to listen to, as he spoke from his experience of personally knowing all three Popes. He gave us a better understanding of the different aspects each Pope has brought to the Church.

We would like to thank Mrs Fairthorne, Miss Furlong and Miss Jones for organising the day and accompanying us.

Michaela Collins  
Christine Yankoulas

9 Anne  
9 Veronica

“There where you are, you will find God.”
VIRTUE, COURAGE AND VIOLENCE IN SOCIETY...

Did you know that a third of women would experience physical violence in their lifetime? Did you know that in 72% of all cases of violence, the victim had known the male perpetrator? Did you know that 60% of all counts of violence were committed in the home?

Well, these are some of the frightening statistics that the Year 10 girls learned on the 2nd of September, when we all went to the Williamstown Mechanics Institute for our Retreat Day. On the day, we focussed on the key values of virtue and courage, through the examples of domestic violence and its effects on the lives of others. Dr Christine Dew, a spokesperson from The Good Samaritan Inn, led us through the day telling us some shocking facts on the prevalence of domestic violence in our society. The number of reported domestic violence cases is rising, but that may mean that more people are now willing to speak up, rather than suffer in silence.

In groups, we discussed some questions regarding domestic violence. Some of these questions made us think about the influences of violence, such as gender stereotypes, which can be created early on in life by the toys a child has. For example, girls toys are in shades of pink or purple, and feature themes of domestic work and shopping, whilst boys toys were either blue or green, and feature monsters, cars and trucks.

Lastly, we came together to create a video showcasing the effects of domestic, physical and sexual violence and ways to speak up. We all held posters that spoke messages of support, and a camera went around filming us.

Overall, the Retreat Day made us think twice about the effects that domestic violence, and violence in general, has on people in our society. It made us realize just how courageous young women throughout society need to be to stand up against violence, stereotypes and peer pressure.

Katie Shumilov
10 Francis

CREATIVITY IN CHAPEL PRAYER...

Chapel prayer over the last month has been interesting. More creativity has been introduced, which makes us want to go each week to see what we will do. Our class, 7 Joseph hosted chapel prayer last Wednesday.

We had a class discussion and brainstormed ideas of what we would like to do. We decided to focus on relaxation and meditation. We then went over to the chapel to visualise the space and decide how the session would work.

Our RE teacher gave us all the opportunity to ring the Tibetan Bell. This was exciting. Most of us did ok on our first attempt; however, by our second attempt we had all mastered it. We use this bell at the start of Chapel Prayer each Wednesday, it makes such a beautiful sound.

Jemma Nunn was chosen to ring the bell on the day. Leah and Satine were responsible for the welcome and closing prayers. We nominated Angelique and Laura to run the meditation session as they had done this before. They did a great job guiding us on the day.

When Wednesday came around, we arrived at school and had a relaxing session before we started the day, we went into class with an open mind and this made it easier to learn.

Chapel Prayer is a great way to achieve teamwork within our Pastoral Class and a great way to start the day!! Everyone is welcome to join in each Wednesday morning at 8.20am. We are looking forward to seeing what happens next term!

Maddison Azzopardi and Angelique Pignatelli
7 Joseph
THE GIFT OF GIVING BACK...

In late August, myself and nine other senior students began volunteering with the Edmund Rice Tutoring Programme. The programme requires students to make a minimum five-week commitment to tutor primary school students from refugee backgrounds in numeracy, reading and writing.

The main idea of the programme is to help students with their studies while creating opportunities to talk and bond with them so they can further develop their communication skills.

The programme is run at different locations, but we have been going to Sunshine Harvester Primary School and tutoring refugee students from Burma.

I feel this programme is very important, not only for the students being tutored, but also for the tutors as well. I have been inspired by the students’ eagerness to learn and my outlook towards my own education has changed dramatically. This opportunity has been amazing and inspiring, and I hope to participate again in the future.

Ciara Cauchi
11 Francis

URBAN RETREAT - YEAR 12...

This term, a group of Year 12 girls volunteered to participate in the Urban Retreat, which allowed us to experience what it is like to be homeless.

We were given a budget of $20 each, which is all we could spend on food over the two days. On the first day, we visited a local nursing home, where we spent time playing bingo with the elderly. We then travelled to St Joseph’s church in South Yarra where we were to sleep on the floor overnight. We then ventured to Coles where we engaged in great debate about the wisest way to make the most of our budget.

Later that night, we volunteered at The Big Umbrella, where we gave meals to the less fortunate and were lucky enough to hear an inspirational story of a man overcoming homelessness and rebuilding his life to the point where he now holds a full time job.

The following day, our group was split up and we volunteered with a variety of organisations who support the homeless in Melbourne.

Overall, the experience was eye opening and very rewarding. It made us realise what we take for granted and truly appreciate what we have and we are thankful for the personal stories and people we met on our journey.

Maddison Grima (12V)
Ministry Captain

“There where you are, you will find God.”
VCE UNITS 4 TRIAL EXAMINATION WEEK...

Year 12 Trial Examinations...
The Year 12 students are fast approaching the end of the year. To assist our students in achieving their potential, trial VCE Examinations are being held during the school term break. All Year 12 students and Year 11 students studying a Unit 3/4 subject are expected to attend for their subject examinations.

Trial examinations give students the best opportunity to succeed in their final examinations at the end of the year. These examinations are compulsory and will be an opportunity to give students vital feedback on areas of strength and areas requiring improvement.

The supervisors are external supervisors employed by the College, and they will be the same supervisors you will have at the end of the year. These examinations will mirror the end of year VCAA examinations and as such students must adhere to all examinations rules and regulations.

Ensure that your daughters are eating healthy and getting some regular exercise between now and the end of the final examination period.

The Trial Exam period is Thursday, September 25 to Tuesday, September 30. Students need to arrive 30 minutes prior to the commencement of each examination. All trial examinations will be held in the MacKillop Center. Students who have exams will attend at the scheduled time and in school uniform.

Tips On Studying For Exams...
Efficient and effective study requires organisation of time and resources. The following points are a general set of guidelines to help students prepare for exams.

Organise Your Time
• Cross out the times when you can’t study because of other commitments (e.g. lectures or work).
• Plan 1 hour time slots you will use for study.
• Make use of short study times. Fifteen minutes can be ideal for revising notes or looking through note cards. Use time spent on the bus or train to review your notes.

Work Out Your Optimum Study Time
Work out when you study most effectively. Are you more alert in the morning or evening? Schedule study times that suit your personal rhythms.

Organise Your Subject Material
Make sure you have a complete set of notes for each subject. Gather together all your notes and make sure they correspond to the topics in your course outline. Once you have organised all your material, you can study by topic.

Prioritise The Hardest Subjects
Allocated more time to studying the subjects you find most difficult. Schedule these first.

Make A Study Area
• Choose a quiet place for study where you won’t be easily distracted.
• Make yourself comfortable so you can concentrate, but not so comfortable that you fall asleep.
• Always study in the same place.
• Make sure you have good lighting to read by.

Set Yourself Study Periods
Study for set lengths of time. Don’t study for longer than 50 minutes without taking a break. It is better to study for a short intense period of time with sustained concentration than long periods of time when you are tired and not engaging well with the material.

Set Yourself Study Goals
Set yourself a goal for each study session to help you keep track of what you have covered. Write them down as soon as you begin your study session, or set them at the end of the study session for next time. Some examples could be:
  I will read through and summarise chapters 3 and 4.
  I will work through five equations.
  I will learn the main concepts that were discussed from weeks 1-3

Form A Study Group
Form a study group with other students. Swap practice exams and give feedback. Drill each other on study topics.

Review Past Exam Papers
Doing multiple practice examinations is one of the key components in successful completion of examinations.

Joanna De Bono
Deputy Principal - Staff and Learning
DOUBLE FEATURE FUN...

On Saturday the 30th August, Ms Anastasi and the Year 11 and 12 Media girls attended a double feature of Alfred Hitchcock’s thrillers Rear Window and Vertigo at the Astor Theatre on Chapel Street.

With the Astor’s famed Choc-Ices in hand, we entered the theatre, and embarked on a voyage back in time - from the swanky art-deco interior, to the flickering of the heritage-listed projector and the vintage James Bond previews before the ‘feature presentation’. Although there may have been a lot of giggles at some of the dated effects, it was a great experience to watch such classics on the big screen and swoon over the remarkable James Stewart. A big thank you to Ms Anastasi for organising such a memorable night out.

Paige Morrison
11 Joseph

GROOMING FOR THE WORKPLACE...

On the 19th of August, the Year 11 VCAL girls had the opportunity to learn about makeup, skin care and dressing for your body type & for your workplace.

The session started off with basic skin care, what to use on your skin, how to look after your skin and how to do a facial on someone. We were instructed on how to give a facial step by step and we did one on each other. The results were great our skin felt so soft and rejuvenated.

Next we learnt some facts about how to take care of your hair, how many times to wash it and how to make it shine! Later on in the day we learnt how to apply makeup for job interviews and work, it was natural and looked great. At the end of the session we were taught how to dress for your body shape to make yourself look presentable for a workplace.

Everyone really enjoyed the workshop and got a lot out of it. It was really helpful for those of us who will be sitting job interviews in the next year.

Brooke Aquilina
11 Anne

Celest Quiroga-Oyola
11 Anne

OH&S...

On August 12th, The Year 11 VCAL students went on an excursion to the Toyota plant in Altona. Once we arrived we signed into the Toyota plant and got our ID numbers then got kitted up in safety equipment such as hard hats, goggles and high visibility vests.

Our tour guide that had a head set and microphone attached to a walkie talkie so we were able to hear him over the loud noise from the equipment working in the plant. He took us through 3 buildings of the plant each constructing cars at different stages. In the first building, the frame of the car was put together by welding them in place. In the second stage, the cars were painted. The third building contained the interior fittings for all the cars such as seats and wiring.

Once the production of the car was complete they run a test to make sure everything is working in the car. After the car has passed this test, it is sent to other countries as most of the cars they make at this plant are left-hand drive.

We learnt a lot about occupational health and safety on this tour and were able to see a working factory and how they approach work hazards and safety.

Emma Lopreiato
11 Therese

Teanau Lynch
11 Joseph
POEM IN YOUR POCKET...

On Monday 25th of August, students across the College were given a Poem for their Pocket. This activity is based on an event that happens every year in New York to celebrate National Poetry Day. Thousands of poetry scrolls are given out to the public to encourage a love and appreciation of the written word.

This year for Literacy Week the Year 12 VCAL girls gave out around 900 poems to students and staff. The poems ranged from the Romantic beauty of Shakespeare’s ‘Sonnet 18’ to Wilfred Owen’s despairing ‘Anthem for Doomed Youth.’ All students were encouraged to read, think about and share their poems with each other in a true celebration of poetry.

Monique Calleja
12 Veronica

DRAWING INSPIRATION FROM SUNDAY CHUTNEY...

Throughout Literacy week, many students read the picture storybook ‘Sunday Chutney’ by Aaron Blabey and used this as inspiration to write their own poems.

Below is of the poems created from that inspiration:

I’m skinny and tall
And like a baby I crawl
My hair is like living snakes
And instead of fruit I eat cake
My teeth are crooked they might scare
But guess what, I don’t care
I love hanging upside down like a bat
And when I’m alone I freestyle rap
I like to bust a move here and there
And my smile is everywhere
At the end of the day
I don’t care if you go or stay
I’m going to be me anyway

Alysia Hahnel
7 Anne.

INSIDE THE JUSTICE SYSTEM...

Year 11 Legal Studies students got the chance to go to the Melbourne Magistrates Court and Supreme Court on an exciting Wednesday morning. Our main focus was to listen in on some intriguing cases and get an insight into some real-life experiences of our criminal and civil justice systems. The cases that we heard included murder, drug offences and driving offences.

We started off the day with an informative tour around the Supreme Court of Victoria, where we reinforced our knowledge of the information we learnt throughout our studies this year. Our tour guide, Bernie, took us to Court Room 3, where he briefly described to us the role of each position in the court - judge, jury, tipstaff, prosecutor and defence counsel. Here we did a role-play of a criminal case, which was both informative and exciting for all students.

We then proceeded to another court room, where we listened to a very interesting murder trial. We soon realised after the first couple of hours, how trials are so time consuming and expensive. It had been 2 hours and the prosecution hadn’t even finished cross-examining one witness! Nevertheless, it was a great experience that we all enjoyed and learned very much from. Shortly after, we were taken to the Supreme Court library, which was a real privilege seeing that it was restricted for the use of barristers and solicitors only.

After being given the freedom from our teacher to go have lunch in the city, we returned back to the court precinct and made our way to the Magistrates Court. Here we listened to some minor drug, domestic and drink-driving related cases, as well as bail applications.

Overall, the day was a great opportunity for all students to broaden their knowledge and to experience a fun-filled and factual day at the Victorian courts.

Kira Arapidis
11 Francis
THE VCAL GREAT RACE...

On Friday 12th September, the Year 11 and 12 girls participated in a race around Melbourne. The groups all worked together to solve problems and locate specific places around the city.

The object of the game was to photograph ‘Flat Stanley’ in five different locations, these photos got more and more creative as the day went on. Enduring friendships were formed and many Personal Development Skills were called into play! The day was fun, the weather was beautiful - I would love to do it again!  

Jemaia Pleiades
12 Francis

COMMUNITY ROLES PANEL...

As a part of one the Year 12 VCAL Personal Development outcomes, some of the class organised a panel of guests to come and speak to the class about their jobs and their roles in society.

We were lucky enough to be able to invite the following people; former Mayor and Councilor - Tony Briffa, Young Carer Support Worker - Natalie Meli, A Sister of St Joseph - Sister Clare, Actress and Author of The Camros Bird, and lastly musician and refugee - Taqi Khan.

To be able hear all the guests personal stories, journeys in life and what they were passionate about was truly inspiring for the Year 12 VCAL class. It was incredible to learn that these guests have such different jobs and roles in our community yet we could see so many similarities between the speakers.

All of our speakers had the common goal of achieving peace in the world. When you truly think deeply about it we really do lack peace in this world and that’s what was so inspiring about these speakers because in their roles in our community that was one of their key assets.

Overall the Year 12 VCAL class had a fantastic afternoon and was very appreciative and lucky to have these speakers come and be on our panel.

Emily Vrbanac
12 Francis

SRC ELECTIONS...

I was assigned to be the team leader for the Junior SRC Election, which meant I had to organise the whole election from beginning to end.

When I first found this out I was quite nervous, as I hadn’t planned such a big event before but at the same time I was prepared for the challenge and wanted to give it a try. We had to fully plan this election so stress levels were up but I was lucky enough to have four of the Year 12 VCAL girls: Bridget, Kathy, Joyceline and Amanda and Ms Frith there to assist while I was planning and organising this election. The thing that made this Junior SRC election different from the past was that we planned to run it as if it were a real election.

This was such a great experience, not only for myself and my team to see the planning and work that goes into an election, but also for the Year 8 girls as they got to experience what its like to be part of an election.

Overall the Junior SRC election went according to plan and completing this project has given me a lot of confidence in my abilities to be able to speak up and have my voice heard and be able to successfully plan and execute such a complex project.

Emily Vrbanac
12 Francis

The Year 12 VCAL class were asked to run the Senior election for the Year 11’s to vote for who they would like to lead the school next year as SRC Leaders.

I was the team leader on the day. I had the duties of organising who had which roles, how the election would work and many other things. We wanted to make the election experience as realistic as we could so the students would learn what it is like to participate in a real election. All Year 11 girls voted and understood the process clearly.

Monique Calleja
12 Veronica

“Where where you are, you will find God.”
CREPES AND ROM-COMS...

On the 12th of September, the Year 10 and 11 French students were treated to an afternoon of lovely French cuisine and theatre.

Accompanied by Ms Sapoznikoff and Mrs Cassar, the students travelled to Breizoz French Creperie in Brunswick for a traditional French lunch. There was a great variety of Crepes – with salmon, ham, cheese and egg, with ratatouille, chocolate, almond praline, jam, honey or even onion and cheese!

With our delicious crepes, we were also served a glass of traditional (non-alcoholic!) apple cider. I think it’s fair to say that we will all be revisiting Breizoz French Creperie soon!

After the relaxing lunch and a quick tram trip to Carlton, we were able watch the Melbourne French Theatre perform a romantic comedy titled ‘George Dandin’ that was originally performed in 1668 in the Palace of Versailles. The entire performance was spoken in French, but although we didn’t catch every word, the interactive and intimate theatre, as well as the humour, allowed us all to enjoy the comical story.

A big thank you to all teachers involved in organising the event - it was a thoroughly enjoyable (and delicious) afternoon!

Jessica Wolff
9 Catherine

MURDER MYSTERY AT MSJ...

This semester in 9 English the students have been studying the genre of detective fiction with a particular focus on Agatha Christie’s classic novel “And Then There Were None.” This in depth study culminated with the students participating in their very own Murder Mystery. Students were assigned a character and encouraged to dress up in costume, as well as bring food to share with their respective teams. As the day unfolded the students gathered clues and questioned each other as to who was responsible for the murder on the last train from Paris.

After the mystery had been solved and the perpetrators brought to justice, the students ended the day by watching the adaptation of Christie’s other great work- Murder on the Orient Express. All of the Year 9 students should be ended for their participation in what was an exciting day for all.

Brad Abraham
English Domain Co-ordinator

CORALINE AT ACMI...

As part of their text studies for the novel, Coraline, the Year 7 cohort visited ACMI to view the stop motion adaptation. Written by famed British author, Neil Gaiman, Coraline is a horror-fantasy novel that sees a young girl rescue her parents from an evil creature that has trapped them in an alternate reality.

After viewing the film, the students were treated to a presentation from the ACMI staff that explored the text’s themes of identity and growing up as well as how the film was brought to life.

Once the presentation was completed, the students had lunch in Federation Square and explored Screenworlds - a fitting end to a busy term!

Brad Abraham
English Domain Co-ordinator
A number of our students in Years 9 and 10, along with Mr Hayashi, Ms Bourke and I have been travelling around Japan. In fact this article is being written from a bullet train from Toyoko to Kyoto. Over the past few days I have been so impressed by our students’ sense of adventure, openness and yearning to be real global citizens. They have ventured from their comfort zones, made new friends and had an opportunity to practice their Japanese and draw on personal strengths and qualities.

As a learning community we have been encouraged when watching our students apply skills of perseverance and tenacity. These young women are to be congratulated for embracing new experiences and ‘taking a risk,’ by moving outside their comfort zone. The students adapted to the culture, lifestyles and social norms of Japan. We are excited to be meeting our Host Sisters at Seirei, our Sister School, on Monday. A full life requires each individual to take risks and to seek new experiences. These life skills and tenacity will support our students in their learning and life journey.

Learning throughout our lives is about the personal attributes we bring to the situation, the level of effort and the commitment we make. As our Unit 4 students prepare for their upcoming exams, let us support, guide and encourage them as they enter the final stretch. As a community, we have a responsibility to continue to nurture and challenge our students to aim for their ultimate best. Good organisation, sleep and balance will promote effective learning during this time.

Thank you to the many men who attended our Male Mentors Breakfast, this was a great celebration of the role that men can play in the life of young women. The speeches prepared by Anthony Featherston and Peter Tsantaris were highly engaging, thoughtful and honest. Many members of the community commented on the strength of these men, to present their personal thoughts with such humility and courage.

This week we welcomed a number of Grade 6 girls who will be attending MSJ as Year 7 students in 2015. Ms Morlin and her team prepared an excellent morning whereby the students were exposed to the demands and energy of secondary school. The Grade 6 girls presented with such enthusiasm, energy and openness. Let us continue to promote and acknowledge their dreams as they embark on this new phase of their learning journey.

Living in community celebrates, affirms and challenges each one of us to serve our community respectfully and with integrity. Over the past month, our Year 11 and 8 students have been involved in the process of nominating, advocating, interviewing and electing our future student leaders. I have been impressed on how our young women have been so keen to serve our community. The students have nominated themselves and spoken of their passion, love and desire to serve other members of our community. Student leadership is an important aspect of student life and enables students to have an active and full life within our College.

In 1908 Victoria granted women the right to vote in government elections, this is a vital component of living in a democracy and establishing equal rights for men and women. We cannot take for granted our democratic rights and the need to celebrate women leading our governments. It is too easy for us to take for granted our first female Prime Minister and Governor General. Voting is a privilege experienced in Australia and an integral value behind communal values and the freedom of speech. With this in mind, the recent Year 8 and 11 elections were organised similarly to a formal government election. Each student was required to register, cast a vote utilising the preferential voting system, voting booths and ballot boxes. Learning to live in a democracy and to employ our democratic right is an important aspect of our culture.

On Tuesday we formally welcomed our SRC for 2015. We thank the student leaders for 2014 who served our community with tenacity, passion and dedication.

Consultation regarding Changes to the College Uniform...
The Wellbeing Team is seeking feedback from members of the MSJ community regarding potential changes to MSJ uniform for 2015 and beyond. After consulting the SRC and a small number of parents we are seeking broader feedback from staff, students and parents. We will organise a physical display in the front foyer.

The key changes are:

- An open neck white shirt with MSJ embroidered on the Collar in white to allow for easy washing and no colour bleeding. The open neck collar removes the need for the College tie, as we need to recognise that girls no longer wear ties in the workplace.
- All Year 7 students will wear the new shirt. Current students, who do not purchase the new shirt, will be required to continue wearing the College tie. The new shirt will be phased in over the next 2 years and by 2016 all MSJ students will be required to wear the new shirt. A sample of the proposed shirt is on display in the Front Office foyer.
- As a compromise for the new shirt, we suggest that students wear only black or navy tights with the winter uniform.
- The school track pants and shorts have been re-designed for a female shape, as previous track pants were a unisex cut.
- We are exploring the possibility of a College vest for students.

You can express your feedback regarding changes to the College uniform through the following link:

https://goo.gl/mts6JG

The link will be closed on Wednesday October 8th 2014.

Winter to Summer College Uniform Transition...
All students are required to wear the full summer uniform by November 5th, Melbourne Cup weekend. Students are permitted to wear either their winter or summer uniform for the first four weeks of Term 4. Students who choose to wear the summer uniform are not to wear the College jumper as the outer garment. If a student chooses to wear her jumper, she must also wear her blazer.

Sun Smart...
As we enter Spring, students will be encouraged to wear their PE cap when sitting in non-shaded areas of the College and also be required to wear a hat in all PE classes.

Steven Mifsud
Deputy Principal - Student Wellbeing

“There where you are, you will find God.”
**STUDENT WELLBEING**

**19TH SEPTEMBER 2014**

**THANK YOU SRC OF 2014...**

**SENIOR SCHOOL**

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<tr>
<th>College Captain</th>
<th>Co-Curricular Learning Leader</th>
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<th>Vice Houses Leader</th>
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**MINISTRY CAPTAIN**

- **Madsen Grima** (12C)
- **Punh Angalina P.** (12D)
- **Sydney Arora** (12A)
- **Natalya Weller** (12B)
- **Michaela Mustromi** (12G)
- **Eliza Featherston** (12F)

**CONGRATULATIONS SRC OF 2015...**

**SENIOR SCHOOL**

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<th>College Captain</th>
<th>Co-Curricular Learning Leader</th>
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**JUNIOR SCHOOL**

- **Courtney Rogers** (9A)
- **Junior Performing Arts Leader**
- **Olivia Kirigiti** (9F)
- **Junior Performing Arts Leader**
- **Christine Vanleender** (9G)
- **Junior Performing Arts Leader**
- **Matilda Muyali** (9F)
- **Junior Performing Arts Leader**
- **Olivia Jones** (9G)
- **Junior Performing Arts Leader**
- **Eva Ryan** (9G)
- **Junior Performing Arts Leader**
- **Charlie Gavron** (9G)
- **Junior Performing Arts Leader**
- **Harry Ryan** (9G)
- **Junior Performing Arts Leader**
- **Eva Ryan** (9G)
- **Junior Performing Arts Leader**
- **Eva Ryan** (9G)

**“There where you are, you will find God.”**
PREPARING TO BE FIT2DRIVE...

The Fit2drive programme enabled us to see how different kinds of driving can lead to dangerous situations. We heard from a Melbourne fire brigade officer about a real life scenario of an unsafe situation in which a vehicle was overloaded. The accident caused the death of 4 innocent young schoolboys and resulted in an unlicensed driver going to jail for the role he played.

We were given facts about safety, statistics and shown a number of video clips. The last clip shown had a huge impact on the students and staff members that where watching. The message was clear that our actions as drivers and passengers can be life changing.

We worked in small groups with a member of the Fit2drive programme to recreate scenarios using images and think of ways to reduce the carnage on our roads. They also addressed how to safely challenge poor behaviour in a car, which may help us if we find ourselves in similar situations.

Overall the Fit2drive programme is designed to remind, and enlighten, us all of how small decisions can lead to big consequences that can be life changing. This experience has also given us the confidence to speak up when we are feeling unsafe in a car.

We hope that the girls that attended the Fit2drive programme will apply what they learnt in their everyday lives.

Dayna Carney  
10 Catherine

Taylor El-Hout  
10 Joseph

BODY IMAGE & SELF-ESTEEM...

On the 29th of August, the Year 9 students were fortunate enough to have a special guest speaker from The Butterfly Foundation. She spoke to us about body image, how we see ourselves, the influence media can have on us and diet fads. As teenage girls, we could easily relate.

We were shown a clip of Kim and Khloe Kardashian endorsing a “quick fix” diet and told how diet fads like this are a waste of time and money and won’t work. She also explained that the companies use these big celebrities to trick us into thinking that if we buy their product, we could end up living the stylish life of a celebrity, when really all they do is help us lose a small amount of weight temporarily.

She also showed us a clip from the movie Mean Girls. The clip showed 3 girls complaining about certain body features. She explained that complaining about your body will only lower your self-esteem and if you hear a friend “fat talking” you should step in and try to change the topic or convince her that those things aren’t true.

Overall, it was a great experience and definitely helped us to understand that there are more important things to worry about in life and that body image is not only physical but mental and emotional.

Shoshanna Norris  
9 Anne

“Where where you are, you will find God.”
HOBSON’S BAY YOUTH SERVICES...

Hobsons Bay Youth Services provides a range of services and programs for young people aged between 12-25 years old who live, work or study in Hobsons Bay. Within this service, you will find the Hobsons Bay Youth Directory.

The Access and Service Coordination Project has launched On Line Youth Directories, one each for Hobsons Bay and Wyndham. The directories provide young people, parents, carers and education providers with up-to-date information about the range of services available across their municipality on the one, convenient website.

Both directories can also be accessed from smart phones, and include sections that have been tailored specifically for each of its target groups, as well as an emergency page that lists a range of service contact points for a young person in crisis in either Hobsons Bay or Wyndham.

Aside from information on local services, young people are able to view material on individual rights and the law, cyber safety, creating a job application and resume, financial management and mental health. Parents are able to view material on family health and wellbeing and building strong family relationships. Service and education providers will find information on establishing partnerships, service co-ordination and local networks.

For the Youth Directory in Hobsons Bay visit : www.hobsonsbayyouthdirectory.com
For the Youth Directory in Wyndham visit : www.youth.wyndham.vic.gov.au/ysd

Newly arrived migrants and refugees section

The Hobsons Bay Youth Directory has added a new section called Newly Arrived Migrants and Refugees*. This new section gives information on a range of services and programs available to support newly arrived migrants and refugees to Hobsons Bay.

An example of some of the services listed are: Dr Clinics, English Classes, Settlements Service, Support Groups, Legal Supports, Material Supports and many more.

*This information can be found under the Direct Help tab and the Urgent Help tab of the directory.

Kelly Sexton
Student Wellbeing Assistant

SUMMER UNIFORM...

Students are permitted to wear either their winter or summer uniform for the first four weeks of Term 4, with full summer uniform to be worn from November 5th.

Over the holidays, please ensure that your daughter has checked her dress hem length, as it has been 2 terms since she last wore her summer dress. It is also a timely reminder to dry clean blazers and mend any item of the uniform that needs some attention.

Attached is the Academy Uniforms price list in case you require any extra items. The uniform shop at school will not be opened over the holidays, but will re-open on Monday October 6th. During the school holidays, you are able to purchase items from the Academy Uniform store at 238 Wolseley Place Thomastown.

Please also ensure that girls remove excess earrings (only 2 permitted), nose rings, nail polish and that hair is returned to a natural tone before Monday October 6th.

We thank you for your support in this important manner.

Kelly Sexton
Student Wellbeing Assistant
CO-CURRICULAR ACTIVITIES

WYNDHAM SCHOOLS CONSTITUTIONAL CONVENTION...

Twelve students from MSJ were chosen to attend an asylum seeker conference at MacKillop College in Werribee on Friday August 29th, as part of the Wyndham Schools Constitutional Convention. The MSJ girls met with other schools to listen to four guest speakers share their experiences with, and opinions of, asylum seekers.

The big question that was being explored was ‘Is Australia fulfilling its obligations to marginalised groups including asylum seekers?’ We heard from Ms Fatima Mesham, who talked to us about people not being able to choose the circumstances of their birth, and Joan Ryan MP, who further explained the definition of asylum seekers and the things these unfortunate people go through. Next was Senator Scott Ryan who talked about politics, and how it was the people’s choice when it came to laws such as accepting refugees. Lastly, Sister Rita Malavisi shared her experiences volunteering at a detention centre and the alarming amount of children being kept there.

It was very interesting to hear from different people and their approach to the subject, especially when it came to the question and answer session. Senator Scott and Sister Rita passionately debated their points of view, which was very engaging.

We were then randomly allocated groups to discuss an assigned question. The groups argued affirmative and negative points of the question, and then chose the strongest argument to present to the other groups. After lunch, our groups conferred about the points we found most interesting, and using those points, wrote a letter or proposal for a solution. At the end of the day, one representative from each group read out their letter (a surprising amount of them were addressed to Senator Scott Ryan).

The day was very interesting, engaging and got us all involved. Everyone who participated learnt new things and explored different ways of looking at the situation of asylum seekers and expressing opinions.

Elisa Coffey
9 Veronica

MSJ’S ANNUAL MUSIC NIGHT...

Wednesday August 13th saw many students and their parents enjoying an evening of entertainment at the MSJ Annual Music Night. Our talented girls performed music from the Sound Of Music, Game Of Thrones, Frozen and even compositions by Mozart.

The guitar ensemble started the evening, followed by many piano, violin, drums and vocal performances. The combined efforts of the ensemble groups, and in particular the choir, were fantastic. The choir finished the night off with Pharell Williams’ feel good song “Happy.”

A big thank you to all the performers, all those who attended and in particular Ms Hills for such a wonderful effort in putting the night together.

Simone Curmi Blackwell and Faith Angaika Peters
12 Anne

The girls at the convention

“There where you are, you will find God.”
Hairspray…

Good morning Baltimore! This year, as part of our school musical ‘Hairspray’, MSJ was transported back to the 1960s - the days of wacky hairdos, groovy dance moves and segregation in America.

With rehearsals beginning four months ago, the show has indeed been a huge effort on behalf of the 100 plus cast members, crew and supporting staff and students.

Performance week was stressful yet the most rewarding experience of life at MSJ. With three shows over two days (Friday 5th and Saturday 6th September), Hairspray became a buzzing energy that consumed everyone involved. We had a few hiccups in our tech runs – such as Edna Tumblad’s set breaking down - but the show must go on and it did, going on to be nothing short of fabulous!

A special thank you to Ms O’Keefe, Mrs Hills, Mrs Fichera and Mrs Galea who made this production what it was. Also, none of this would have been possible without the passion and determination of Ms Sorbello, who was our director extraordinaire. Long after the final curtain fell, audiences were singing “You can’t stop the beat!”

Monaliza Ziba and Georgina Stewart
T2 Veronica

“There where you are, you will find God.”
COMMUNITY

MMAADD DAY...

On the 6th of August, Mount St. Joseph Girls’ College had the pleasure of sharing its annual MMAADD (Music, Media, Arts, Dance and Drama) Day with their Japanese sister school Seirei High School. The theme for MMAADD Day this year was “GIRL POWER”.

The day began with the entire school gathering enthusiastically in the hall. People were dressed in all different female costumes from Mother Mary to Katy Perry, Beyonce, Madonna and the Spice Girls. Our guest speaker was Judith Lanigan who specialised in the hula-hoop. Judith gave an honest and inspiring account of the life of an artist. This was then followed by a performance by the year 12 Drama students. It touched on many political, historical and racial themes and was very entertaining.

After recess students moved to their individual Music, Media, Arts, Dance and Drama workshops which were widely enjoyed. Whilst this was happening, the Year 12 and 7 girls were rehearsing for their final musical act.

The day ended with performances from each house and a surprising teacher performance. MMAADD day was greatly enjoyed by all and we’d like to say a big thank you to all the students and teachers involved in making MMAADD day 2014 the success it was.

Simone Curmi Blackwell and Faith Angaika Peters
12 Anne

MSJ’S GOT TALENT...

As a part of the JJAMM Week celebrations, it has always been tradition for the school to showcase the students’ wide range of talents. This year’s talents ranged from all different art forms including singing, dancing and instrumental.

Due to the overwhelming amount of participation from students, the heats were spread over a number of lunchtimes. As each participant performed, friends and teachers got into the spirit of JJAMM Week and cheered them on in support.

Judging was difficult as there were so many outstanding acts, who all had something different to offer.

Simone Curmi Blackwell and Faith Angaika Peters
12 Anne

CELEBRATING THE MACKILLOP FOUNDATION...

On the 29th August MSJ hosted the annual MacKillop Foundation dinner, which celebrates the good works of this foundation who continue to respond to the needs of those in our communities who are suffering and bringing hope to those in need by supporting small projects.

To support the event, the Year 11 Food Tech students designed and made the appetizers, soups and deserts for the dinner. We provided a variety of food options including quiches, kofta balls, arancini balls, tapas, chocolate truffles, mini pizzas and mini burgers. Throughout the experience we learned a variety of hospitality techniques.

Overall the night was a great success and we all enjoyed being able to support such an important organisation.

Daniela Valencia-Bedoya
11 Catherine
MALE MENTORS’ BREAKFAST...

On Tuesday September 2nd, MSJ held our Male Mentors’ Breakfast. This was an opportunity for our young ladies to bring in their positive male role models.

We had a large number of dads, grandfathers, and carers meet up over an egg & bacon roll and coffee. It was fabulous to hear about the journeys from two of our fathers – Peter Tsantarlis and Anthony Featherston. Their stories were upbeat and funny and reminded us how important fathers and positive male role models are to our girls.

It was a fabulous morning and a wonderful success. We thank all our ‘male mentors’ for giving up their time and hope to see you all again next year.

Kelly Sexton
Student Wellbeing Assistant

YEAR 12 FAMILY & FRIENDS MUSIC NIGHT...

On Tuesday the 9th of September, the Year 12 music students participated in the Family and Friends Music Night. The performances were solely for the family and friends of the students who in a little over a month’s time will be undertaking their final examinations.

The night was a great success, it was the first time that parents had seen us perform together and it’s safe to say that they were all blown away. Each band came dressed appropriately for their scenario, mimicking what will occur during the examination. A lot of hard work had gone into each song that was performed, so it is fantastic that the audience came with so much energy to make the night an even more special for the girls.

There were parents, grandparents, friends and siblings all dancing along with the performers. This night will be one that will be remembered for years to come, a night of music, dancing, time spent with family and friends - a night full of memories.

On behalf of all the Year 12 music students of 2014, I would like to say a big thank you to everyone that made the night a true success.

Alannah-Jayne Bezzina
T2 Veronica

MSJ INTER A Vs THE ST JOHN’S EAGLES...

From the dusty, humid conditions in Darwin, St John’s Catholic College travelled down to cold and rainy Melbourne to compete against local school based netball teams.

On the 16th of September, the St John’s Eagles arrived at MSJ to compete in a match against our Intermediate A netball team. It was an enjoyable and competitive game, but MSJ came out on top with a 20 goal win.

Thank you to the Darwin girls for a great match, and we hope to see you in Darwin in 2015 for a re-match minus the home ground advantage!

Sarah Magowan
9 Francis

“Where there you are, you will find God.”
YEAR 12 FAMILY & FRIENDS MUSIC NIGHT...

If you were at the College recently there was a different pitch to the sounds of the open areas and in the classrooms. Over 230 girls who are in Grade 4, and attend our feeder primary schools, visited us for a full day of activities.

The purpose of these visits was to give them a taste of College life and to demystify their perception of secondary education. Over the day, the students exclamations of surprise at what they made and experienced was overheard by the staff and students who spent time with them during the day. The SRC students and student volunteers from all year levels enjoyed being ambassadors to the excited Grade 4 students and their teachers. MSJ extends a big thank you for bringing in a special energy to the college that comes from that younger voice.

The noise reached fever pitch during their breaks as the students shared the creations they produced throughout the day. The activity rotations were selected from the subjects offered at MSJ from across the Australian Curriculum including, Technology, English, Art, Physical Education, Science, Languages, Mathematics, Humanities, the Performing Arts, Food Technology and Religious Education. The staff certainly enjoyed being with the next generation of secondary students although we think our Science and Art lab coats may need a little adjusting! We will be staying in touch with them through our Secondary Pathways Program, as they journey through their primary schooling to the commencement of their secondary school years.

We invite the students, their families and the wider community to return for our Open Day on Sunday 12th October to see the wider MSJ community in action and to experience the energy of life through the lens of a secondary education.

Fran Dorgan
Director of Learning and Teaching
A HELPING HAND...

On the 14th of August, about 20 MSJ girls headed out to help at the St. Mary’s Williamstown Athletics Carnival.

Many of us were returning to our primary school and were excited about going back to help out some of our former teachers.

We helped record the scores and set up the activities. We even got to participate in the relay races at the end. There was a lot to do and I am sure, like myself, that we all enjoyed it very much.

Meg Thompson
7 Veronica

SCSA SOCCER...

On the 20th of August, 3 teams of MSJ girls set off early in the morning ready to play SCSA Soccer and hoping to return with a win – just like the year before!

We were all very excited, though a little nervous, as we had been promoted to Division 1 and the competition was bound to be tough.

The day started off well and the Intermediate team won our first game 2-0. Unfortunately as the day progressed, our chance of repeating last year’s success declined.

Good job to everyone who competed on the day and best of luck for next year!

Andrea Gomes
10 Anne

SCSA VOLLEYBALL...

August 27th saw the MSJ Volleyball teams test their skills against other schools in the SCSA competition at MSAC.

The day consisted of everyone teaching, and learning from, each other (especially from our resident professional volleyball player Presi Petkova) the skills of serving, spiking and setting the ball.

This collaborative approach resulted in all 3 Junior teams qualifying for their respective grand finals and the Senior B team coming home with the first place trophy.

Congratulations to Lucy McConville (12V) for winning the best player in the Senior B grand final and Presi Petkova (8C) for winning the best player in the Junior A grand final.

We commend everyone who tried out and participated on the day. Thank you to Ms Bourke, Ms Meurant, Miss Baker and Ms Hawkins for helping make this day possible. Well done girls! We look forward to seeing you all at volleyball tryouts next year, and hopefully the Intermediates will get a grand final win next time!

Emma Chan  Taylor Mitvalsky
10 Francis  10 Catherine

“There where you are, you will find God.”
REACHING NEW HEIGHTS...

On Friday the 29th of August, the Year 9 Outdoor Education class took an excursion to Cliffhanger Climbing Gym in Altona North.

We learnt not only how to rock climb, but how to do it safely. It was an amazing experience for everyone who went and the whole class can’t wait to do it again.

Erin Ryan
9 Joseph

YEAR 7 NETBALL CARNIVAL...

This term, the Year 9 Sports Coaching class ran a Netball round robin competition for the Year 7 Pastoral Groups. It was held on the 1st, 2nd, 4th and 11th of September and it was lots of fun.

As part of the competition, the Year 9 class organised everything including timing, coaching, equipment gathering, umpiring and scoring.

In the first round, the Year 7 girls came over to the netball courts with their pastoral teachers. Each class had 2 teams and 3 or 4 Year 9 girls to coach their teams.

The Grand final was held on the 11th of September with 7 Therese pitted against 7 Catherine. At the final whistle, 7 Therese took home the title with a final score of 16-7.

The Year 9 Sports Coaching class, would like to thank all the Year 7 pastoral classes for joining in and making the competition a success.

Connie Singleton
9 Catherine

SCSA LACROSSE...

Muddy, cold and pouring rain were the weather conditions on September 1st when two senior teams from MSJ competed in SCSA Lacrosse.

Competing against many other schools, the girls participated in a round robin style competition. Slides, tumbles and our best face plants were on display, as the slippery grass proved a difficult surface on which to play such a fast paced game like lacrosse.

The girls played extremely well, and the final stages saw our A and B teams competing against one another. Congratulations to both Team B who finished 3rd, and Team A who finished 4th, overall.

Thank you to Mrs Obrien, Ms Baker and Mrs Sexton for their guidance and training sessions and congratulations again to all who participated. An extra big thank you to Sue Sofanos, from Newport Ladies Lacrosse Club, for her expert coaching!

Brooke Bakaric (11C)
Sports Leader

"There where you are, you will find God."
SCSA NETBALL...

On the 9th of September, students from Years 7 to 12 participated in the SCSA Netball competition at Waverley Netball Centre. MSJ competed with a total of 7 teams, all finishing with great results.

The day was successful, a lot of fun for all of the girls and a great experience. A massive thanks to Mrs O’Brien for making the day possible, and all the other staff members for coaching and supporting us on the day.

Also a big thank you to Nicole Magowan, an MSJ graduate, for coming down and helping coach our junior teams, we really appreciate it!

Congratulations to all the students who participated and well done on all your achievements throughout the day.

Tessa Oldani
9 Francis

THE ART OF SELF DEFENCE...

Over the past two weeks, the Year 10 PE classes were given an opportunity to undertake women’s self defence lessons conducted by The Winged Dragon team.

Our trainer, James, was extremely supportive and helped us through each stage of the course. Not only were we taught physical techniques needed to refrain an attacker but we also covered different scenarios and the ways to deal with each of them.

These lessons were thoroughly enjoyable and educated us of the possible risks and ideas for home and street protection. The course was beneficial as we discovered that with little strength and with the right skills we are capable of causing some serious damage if threatened.

We would like to thank the Physical Education Department for this experience as it has improved our confidence and awareness.

Lisa Chau
10 Anne
## Administration Office Hours

**PH: 8398 2000**

Payment of fees can be made at the office from 8.00 am - 4.30 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
Phone: 9460 8011
Open Monday - Friday 9am - 5pm and Saturday 9am - 12pm
Open at the College:
Monday 3pm - 4pm, Wednesday 8am - 9am and Friday 1pm - 2pm

## Second Hand Uniforms

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

## Williamstown Athletic Club

**Coaching for Middle/Long Distance Running**

Williamstown Athletic Club would like to hear from upper primary aged children and secondary school students through to young adults interested in being coached for middle/long distance events such as 800m, 1500m, 3000m, 5000m and cross country.

Elizabeth Mathews (coach of Australian Representative in the 800m at the World Junior Championships, USA – Luke Mathews) and John Nicola (level 2 distance coach Williamstown Athletic Club) are currently coaching at the Newport Park Athletics Track.

If you would like to train for school events, compete in Club events, State and National events contact John (0418 322 658) or Elizabeth (0410 657 251). Both coaches are accredited by Athletics Australia and there will be no cost for this coaching as John and Elizabeth are looking to encourage participation in athletics around the area.

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Stay in touch with all that is happening at MSJ, follow us: