In recent weeks we have again been reminded about what makes our MSJ school community so special. We have had cause to celebrate, to reminisce, to grieve and to support each other as a community through all of the emotions of the highs and lows of life.

Golden Jubilee Graduates...
The Year 12 girls are to be commended on the spirit in which they finished their final classes. Our community enjoyed the good humour and school pride with which they farewelled us. At our graduation mass and ceremony we extended our congratulations to the members of the graduating Class of 2014 along with their families and staff who have provided such valuable support for the girls. As a community we are now joined in prayer to ensure they feel our support during this VCE exam period.

Back To MSJ Day...
In the years ahead our Golden Jubilee year will be remembered for several celebratory highlights and amongst the most warmly recalled will be Back To MSJ Day which saw over 400 alumnae join past principals and staff to share memories and tour the school. The spirit of school pride and friendship in the reminiscing of the women was wonderful to experience. Our student leaders were fascinated by the stories being shared. It had been a big day for the student leaders and current staff.

With our annual Open Day and the blessing of the Tenison Woods Learning Centre, but many of the students asked to stay longer to spend more time with the alumnae. Congratulations to all involved in the success of all three proud school events on the day.

Vale Mabel Pinto...
The school community gathered last week with heavy hearts for our liturgy in the Mary MackIllop Centre to give thanks for the life of Mabel Pinto who had been on staff at our school from 1975 - 2012. We were joined by Mabel’s husband, Gerry, who is on staff, her sister Nathalie and close friend, Grace Cascone. The number of past students and staff who came to the liturgy was indicative of the strong relationships formed by Mabel and Gerry. Fr Ian encouraged all to be inspired by Mabel’s love of our school community and to continue to be inspired by her Josephite spirit. We all paused for a moment of contemplation while we viewed images of some of Mabel’s beautiful paintings. We pray together and continue to strive to live the mission of our school as those who have gone before us over our fifty year tradition have done.

God of vision,
We thank you for Mary MacKIllop and Julian Tenison Woods who loved this land and its peoples.
As we struggle to realise our hopes for a more just country.
May we witness to the meaning of fair play for people and land.
May we value the wisdom of indigenous peoples.
May we act to halt more damage to Earth.
May we live simply, love tenderly and walk humbly.
We ask this in the name of Christ.
Amen
The Back to MSJ Invitation stated 1.00pm. They were queuing at the gate from 12.30pm. Had they always been this keen to come to school? Over three hundred past students, from as far as Western Australia, came back to MSJ to celebrate the Jubilee Year in the Mary Mackillop Centre on Sunday October 12.

Women from the original intake of 1964 settled in to cups of tea, cupcakes and scones. Graduates from 2013 wandered in with a sense of familiarity. The crowd swelled throughout the afternoon as squeals of delight acknowledged faces not seen for many years.

Past and current staff were lauded and acknowledged. The energy and joy that filled the hall was palpable (and loud). Women spoke with passion of the difference that MSJ had made to their lives, empowering them, focussing them, and giving them faith in themselves. They recalled the Sisters and teachers who taught them life skills.

They told stories of the funny moments, the ‘you had to be there’ moments as tears of laughter filled their eyes. They marvelled at the changes to the College as the current SRC so proudly toured them through the buildings. They commented that even though much had changed it was still their ‘St Joes’. For some it was their first visit back after forty-five years. They pleaded for another reunion soon, promising to bring someone else who hadn’t been able to make it that day.

As the afternoon drew to a close one group lingered longer. They were the girls of 1964 - 1965.

Jacinta Chute
Alumnae Liaison
THE PURSUIT OF HAPPINESS...

On October 22, the Catholic Church celebrated the first official Feast day of St John Paul II. St John Paul II was instrumental in establishing the largest of youth gatherings in the Catholic Church, World Youth Day.

Since its establishment, World Youth Day has become a gathering of millions of young Catholics across the globe. In 2016, Catholic youth will converge on Krakow, the homeland of our beloved St John Paul II. In the lead up to this significant event, youth around the world will be reflecting on the key messages and lessons St John Paul II provided to the youth of the Church.

The theme for WYD 2016 will focus on the Mercy of Christ, from the Beatitudes: “Blessed are the Merciful for they will receive Mercy”. In announcing this theme, Pope Francis urged the Youth of the world to use the Beatitudes as a guide in their everyday lives. The Beatitudes are found in Matthew’s Gospel (Mt 5: 1 – 12). During St John Paul II’s papacy, he often referred to the Beatitudes and encouraged the youth and the Church to reflect on these messages for life as steps towards achieving happiness, which is experienced through Christ.

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, to Mary MacKillop as an example of courage and faith in Christ. The Beatitudes are reflected in the life of Mabel Pinto.

“Find happiness in making others happy”
- Mary MacKillop, 1899

CELEBRATING PENOLA HOUSE...

The focus this term is on the significance of Penola in Josephite history and Penola students are encouraged to learn about their House and initiate activities which reflect the value of ‘courage’ expressed in its motto “Always with courage.” This motto is derived from the saying of Mary MacKillop, “Have courage and patience and God will help you in all things.” (1899).

Penola is where nineteen year old Mary MacKillop met Fr Julian Tenison Woods who became her spiritual director and encouraged her to dedicate her life to education as a religious sister. Penola exemplifies the virtue of courage because it took courage to begin a school in a stable offering an education to any child who needed it, poor or rich.

Mary and Julian began Penola’s first open school in 1866, the first of all the schools which centre on the Josephite values of the dignity and worth of each child.

In a recent Liturgy of Thanksgiving, where our College community celebrated the life of past staff member Mabel Pinto, the Gospel of the Beatitudes was chosen. During the liturgy we were able to reflect on these key messages of life, which were reflected in the life of Mabel Pinto.

As we journey through the next few months leading up to the end of the year, let us take time to reflect on the Beatitudes’ influence in our lives as we celebrate life to the full.

“Find happiness in making others happy”
- Mary MacKillop, 1899

Danielle Fairthorne
Director of Catholic Identity
THE TENISON WOODS LEARNING CENTRE...

It was very fitting that in the days following the 125th anniversary of the death of Father Julian Tenison Woods, we gathered to bless our most recent building named in his honour.

It was with much pride that we joined in prayer and song and publicly acknowledged all who were involved in this successful project. In concluding the ceremony our student leaders accompanied Father Shabin Kaniampuram and Sister Kerrie Cusack in the blessing procession around the building (including a special holy water sprinkle to baptise the resident reptiles and fish!).

The Tenison Woods Learning Centre will inspire many students to follow in Father Julian’s footsteps in their pursuit of new knowledge and scientific discoveries.

AWAKENING MY SOUL...

On the 26th of October, seven Year 9 students ventured to Melbourne High School to participate in the Catholic Youth Event, ONE. The theme of the event was “Awake My Soul”. During the afternoon we enjoyed a nice BBQ, meeting new friends and listening to some amazing artists.

The official event began at 5.30pm as Emmanuel Worship from Brisbane kicked off the live music with a bang! As the evening progressed we listened to an inspirational speaker, Mark Doyle, as he reflected on his own awakening to Christ during his high school years and shared scripture stories that related to the conversion stories of various Saints, including St Paul and St Peter.

Emmanuel Worship continued to inspire us with their music throughout the evening and they led us in the final prayer session. During this time, we were invited to take part in the sacrament of reconciliation, join a prayer team or respond to the evening by writing down a key message on the prayer tree.

Overall the night was fantastic and allowed us to embrace our faith in a modern way. We look forward to many more youth events in the future.

Thank you for Mrs Fairthorne, Miss Kubat, Ms Furlong and Ms O’Keefe for supporting us in attending this event.

Emma Livori    Eleanor Trembath   Celine Lopez
9 Catherine  9 Therese   9 Francis

Christine Yankoulas   Olivia Kivlighon
9 Veronica  9 Francis
ANNUAL CHILDREN’S MISSION MASS…

On the 17th of October, the 2015 Ministry Team ventured to St. Patrick’s Cathedral to represent Mount St. Joseph Girls’ College at the Annual Children’s Mission Mass.

Most Reverend Vincent Long presided over the Mass, which was dedicated to the efforts of Catholic Mission Australia. During his Homily, Bishop Long inspired the youth of Melbourne to do as Pope Francis encourages, to “make waves”, to “shake things up” and to “see a need and do something about it.”

Reflecting on the recent Nobel Peace Price winner, Malala Yousafzai, Bishop Long particularly encouraged us not to bury our talents, but to use them for the good of humanity.

As new members of the MSJ 2015 SRC, Bishop Long’s words were particularly inspiring. We look forward to serving our community throughout the coming year and beyond.

Taylor El Hout  Stefanie Raljevic
11 Joseph  11 Catherine

THE SIX CATHOLIC SOCIAL TEACHINGS…

This Semester in RE we began learning about the Six Catholic Social Teachings, which include: Preferential Option for the Poor, Dignity of the Human Person, Stewardship of Creation, Subsidiarity and Participation, The Common Good, and Solidarity. We learned about each teaching in great detail and how they cover all spheres of life – political, personal and spiritual.

It was beneficial learning about these teachings, as it allowed us to understand how others live and reminded us to be better people and to give us more insight into global problems.

Following on from this, we commenced a Social Justice Inquiry Project in groups of 4. We selected a global issue that was of interest to our group and researched what we could do to address the issue. We created a charitable organisation for it and a campaign to support and promote it. Students and teachers will vote for the campaign that they would like to see launched at MSJ in 2015. Only one campaign will be selected out of the whole year level. The campaigns were presented on Wednesday, October 29th in the Tenison Learning Centre during period 3.

This unit in religion has been very valuable. It has opened our eyes. We quickly realised there are many injustices in the world and that we have it very easy compared to most of the world’s population. It has taught us that we should try to be more like Mary MacKillop, to “Never see a need without doing something about it.”

Naomi Moustos and Josephine Mazzeo
10 Therese
LEARNING NEWS...

VCE UNIT 4 TRIAL EXAMINATIONS...
It was great to see the wave of students coming in during the school holidays to complete the Trial Examinations. The valuable feedback which teachers provide will assist our students in working towards the successful completion of the end of year examinations. Students should continue to complete and submit practice questions and papers as it will help them consolidate their areas of strength and give them insights for further refinements.

The external examiners who supervised the students praised the students on their behaviour and work ethic during the trial examinations.

Well done to all.

EXAMS - UNITS 3 & 4...
We wish all Year 12 students well as they prepare to undertake their VCE examinations over the next few weeks. Year 12 students have been issued with advice about how to manage their study over the coming weeks. Students should use their time revising and completing practice questions at home. If they need to contact a teacher they can do that by phone or email. Some students may have extra revision classes scheduled but the general advice is not to waste time travelling to school to see a teacher without making a prior arrangement.

Written examinations commenced on Wednesday October 29 with English and English EAL and will conclude on Wednesday November 19. All students completing an external exam have been provided with a VCE Exam Navigator Booklet that provides details of approved materials and equipment, examination rules, timetables and Special Provision. The VCE timetable is also available from the VCAA website.

Year 12 students studying VET subjects and/or the VCAL course will also need to ensure all outcomes have been successfully completed.

EXAMS - UNITS 1 & 2...
Please note that the Year 11 end-of-year examinations will be held from Friday November 14 to Thursday November 20.

All students must attend their scheduled exams in their full school uniform. There are no scheduled classes for Year 11 students during this exam period, so students are expected at school only for their timetabled exams.

EXAMS - YEAR 10...
All Year 10 students will sit examinations scheduled from Friday November 14 to Thursday November 20.

All students must attend their scheduled exams in their full school uniform. There are no scheduled classes for Year 10 students during this exam period so students are expected at school only for their timetabled exams.

EXAMS - YEAR 7 – 9...
All Years 7 – 9 students will sit examinations scheduled from Monday November 24 to Friday November 28.

HEADSTART...
All students currently in Years 10 and 11 will undertake the HeadStart programme from Monday 24 November to Friday 2 December. During HeadStart, students will undertake four lessons in each of their 2015 semester one subjects. Homework will be set to assist students to commence the new year with confidence and knowledge regarding the type of learning that occurs in each subject. Students can expect to be given homework that is designed to prepare them for school assessed coursework (SAC) tasks that occur very early in the course. Any student who knows that she will be absent from any of the HeadStart programme must see her current Year Level Co-Ordinator. Students are advised that absence may put their VCE studies at a disadvantage. Absentees will be required to undertake the work missed in addition to completing the holiday homework.

AWARDS EVENING...
Our Awards Evening, Merrijig, is an opportunity to recognise the many achievements of members of the College community throughout 2014. This year, Merrijig is to be held on Thursday November 27 at 7.00pm.

The evening will recognise student academic achievement, student involvement and student encouragement. Year 12 students will be recognised for academic achievements at the Opening College Assembly in 2015.

Joanna De Bono
Deputy Principal - Learning & Staff
STRESS RELIEF THROUGH A RITE OF PASSAGE…

It was 7:45am on the morning of the 22nd of October as the Graduating Class of 2014 lined up by the back gate, ready to play the role that we had all witnessed 5 other year levels play before us. Our supply of water balloons and water guns was well stocked, just waiting to be thrown. This was our year. The adrenaline was pumping and the spirits were high.

We filed in, group by group, all decked out in our costumes ranging anywhere from ‘Toddlers and Tiaras’ to ‘Orange is the New Black’. Then all hell broke loose - the sounds of girls shrieking and laughing could be heard amongst the cacophony of balloons breaking and splashing onto the concrete. A multitude of colours flew in all directions, as the Year 12 girls and staff released their pent up stress before the upcoming exams. Many used this time to get revenge on the teachers who had tortured us with numerous hours of lessons, schoolwork, homework, etc. for the past year. We were merciless, only stopping when we had run out of balloons.

Then, dripping wet and chilled to the bone, we all collected our belongings and made our way back to our parents awaiting in their cars for the trip home before the Graduation Mass that night. Parade Day 2014 was a day that will stay with all of us for the rest of our lives.

Quynh Nhu Ngoc Vu
12 Joseph

COMMENORATING THE END OF A CHAPTER…

After 13 years of schooling the moment finally arrived…. our Final Assembly. As Hilary Duff’s ’Hey Now’ played over the speakers, 130 highly emotional Year 12 girls ran into the MMC.

What a bittersweet moment, we were all so excited that we were about to graduate, yet, sad that it was all coming to an end. As we watched a video montage of our years at MSJ the laughter echoed around the hall and we reminisced over our younger, more embarrassing, selves.

Next we heard our year level stories, which brought about many tears. We then listened to the wonderful speeches made by our beautiful Year Level Co-Ordinators Mrs Stafrace and Mrs Kubacki. We all stood and sang the College song for the second last time, which, with us being an emotional bunch, brought on even more tears.

Finally, the moment we had been waiting for, for six long years, the long held MSJ tradition of ‘Running the Halls’. As you can imagine, all havoc broke loose as 130 Year 12 girls ran through the MSJ halls they had walked so many times over their 6-year journey.

It is safe to say that this assembly was one that we will always look back on in years to come. A big thank you to all those who made the assembly, and our years at MSJ, memorable.

Megan Clerkin and Jessica Deller
12 Catherine
The end is upon us and what six years ago seemed unfathomable is now playing out right before our eyes. The years of tears, laughter and seeing one another everyday have come to an end. On Wednesday 22nd October we donned our uniforms for the last time and wondered where our final year went.

With our families, teachers and friends seated in the Mary Mackillop Centre, we, the graduating Class of 2014, entered along side our pastoral teachers with our candles alight. Father Shabin, accompanied by the school choir, lead the congregation in the Graduation Mass. Ms Dillon’s speech took us back to the last six ‘acts’ in our lives. Our first day came flooding back along with the emotions we felt entering MSJ for the first time. School Captains, Jessica and Monaliza, expressed the emotions felt by the cohort and with the beautiful and inspiring blessing from the staff at MSJ, we were ready to receive our graduation certificates. As we stood at the rear of the congregation singing the College song one last time, the Class of 2014 were primed to take on their next challenge – exams. Before that, however, we got the opportunity to relax and celebrate this momentous occasion, with our loved ones and teachers, in the marquee after Mass. Drinks, finger food and the delicious graduation cake were thoroughly enjoyed by all.

From our first day as ‘almost’ teenagers through to our Year 12 retreat as young adults, culminating in this evening, we have formed an unbreakable bond as the MSJ Year 12 Class of 2014. Though the sad reality may be that the majority of us will not be seeing one another very often in the following years, this is a moment in our lives we will never forget. Although it is the end of what seems to be the best time in our lives, it can only get better from here. In the words of our College song:

“We’re strong, we’ll never fall”

Farewell Jubilee Graduates of 2014. May you always be happy and may you achieve what ever it is you are striving for.

Lainie Pallasis
12 Therese
LEARNING & TEACHING

LOTE WEEK…

In Week 1 of Term 4, students and staff celebrated LOTE Week at MSJ. There was a wide range of lunchtime activities on offer, including Japanese Anime, Pocky, trivia and crêpe and pizza taste testing.

This created a big buzz around the school and we hope to continue to celebrate language and make it more visible.

A big thank you to all the students and staff who helped out during the week. It wouldn’t have been possible without you!

Victoria Sapoznikoff

LOTE Domain Co-Ordinator

BELLE ET SEBASTIEN…

On October 15th, as part of MSJ’s French Programme, the Year 9 Students attended the screening of Belle and Sebastian at ACMi.

Based on the 1960s well known TV series, this heartfelt film traces the story of Sebastien, a young boy living in the Alps during World War Two, and his friendship with a wild dog, Belle.

The film raised themes of love and courage in times of war and allowed the students to practise their listening skills through authentic text and to gain a better understanding of French culture.

The girls thoroughly enjoyed the excursion and are now using the text as part of their Culture Assignment.

Victoria Sapoznikoff

LOTE Domain Co-Ordinator

SCHOOL FEES…

All fees for 2014 were required to be finalised by September unless alternative arrangements had been made with the Business Manager. It would be appreciated if any outstanding balances could be settled immediately.

OFFICE CLOSURE…

The office will close on Friday 19 December 2014 and will reopen on Monday 12 January 2015. Office hours will be 8:30 am to 12:00 pm and 1:00 pm to 4:00 pm.

YEAR 8 SCAVENGER HUNT…

On the Thursday October 9, the Year 8 girls participated in a scavenger hunt that was run by the Class Captains of 8 Veronica – Isabella and Dhriti.

The task was set to encourage teamwork within our pastoral groups and for us to have a fun time with our peers. We discovered that while working on the scavenger hunt that we needed roughly 10 things in order for us to work well and achieve our goal of winning as a team.

Good communication was needed throughout the whole experience, we also needed to elect a leader and delegate tasks to each individual or pair. Everyone contributed in the task and gave it our all. We all had trust and confidence in each other’s abilities and helped each other out when needed. As a group we all listened and respected everyone’s opinions and ideas and in the end we had heaps of fun!

Niroshi Dikmadugodage, Hannah Clarke and Zarchi Htike

8 Anne

Year 8 Top 10 Tips for Collaboration

1. Communicate
2. Help each other
3. Listen to, and Respect, each other
4. Elect a Leader/s
5. Delegate tasks
6. Contribute
7. Have Fun
8. Give it Your All
9. Work as a team
10. Trust, and have confidence in, each other

“There where you are, you will find God.”
Welcome back to Term 4. Term 4 is an exciting time in the life of the College, it is a time when we as a community reshape our learning, reflect on what we have achieved and place our study into the context of future learning. It is the time we see the culmination of a years study and can acknowledge our new learning.

I hope you have had an opportunity to embrace the fullness of family life over the recent break. School holidays provide the time to stop, reflect and reconnect with those who are dear to us in our private lives. It is often a good time to re-evaluate patterns of behaviour from the term and to set new family goals and dreams. I hope that the new term and the beginning of this beautiful spring weather enables you and your family to continue to embrace new ideas and experiences.

Last week, our newly elected 2015 Student Leadership Team attended a two-day leadership camp at Don Bosco in Safety Beach. The two days provided a wonderful opportunity for our new leaders to reflect on the qualities of effective leadership and to establish goals for the 2015 Academic Year. Over the past week, the new leaders have visited, and introduced themselves to, each of the Year 7 – 11 Pastoral Groups.

During the last fortnight, our College community has embraced the fullness of life and acknowledged the many journeys we participate and travel in at Mount St. Joseph Girls’ College.

Our Year 12 students have finished their formal classes and have been respectful and shown wonderful gratitude to the College community.

The Year 12 Mass and Graduation Ceremony was an excellent exemplar of partnership and community spirit. During the evening we spotlighted the importance of collegiality, love of learning and the relationship formed between the family and the College. We work with our families, students and one another to best meet the learning and wellbeing needs of our young women. It is through these open partnerships that we are able to challenge one another to continue to grow in the image and likeness of Christ. I would like to formally thank each family, and individual Year 12 student, who has continued to work with us in promoting learning and individual resilience. Our Year 12 students are set to be future leaders in their chosen field as demonstrated in their tenacity and zeal for life.

The passion for life long learning was evident amongst our Year 9 students this week as they embarked on their Peer Support Training at the Laverton Hub. The students embraced the training with energy and dedication and we look forward to reading their applications to be future Peer Support Leaders for our incoming Year 7 Students. The skills gained through the training promote the wonderful personal wellbeing skills of resilience, perseverance and calculated risk taking. We look forward to hearing about their adventures and watch these women grow as leaders.

Steven Mifsud
Deputy Principal - Student Wellbeing

‘A Stitch in Time”
– Early Intervention and Treatment of Mental Illness in Young People.

Rerum Novarum Oration by Professor Patrick McGorry AO

7.00 for 7.30pm start
Monday 1st December 2014
Philippa Brazil Theatre
Daniel Mannix Building, Australian Catholic University
8 Brunswick Street Fitzroy

All Welcome. No Charge. RSVP / inquiries
(03) 9926 5727 or justice@cam.org.au

YEAR 8 VOLLEYBALL TOURNAMENT…

At the start of Term Four, 8 Anne hosted a Volleyball Tournament. Each Year 8 class was required to be split in half and verse another class in a round robin competition.

It was a fun experience and we got to learn new techniques from each other. It was a lot of work to prepare and 8 Anne would like to thank all the teachers involved for making this experience possible.

Everyone had lots of fun playing and participating. But, as in all competitions, there can only be one winner and this time that winner was 8 Joseph. Congratulations to all the Year 8 girls for being a part of this competition.

Chloe Milenkovski and Nikita Vassallo
8 Anne

“There where you are, you will find God.”
2014 SRC FAREWELL…

On October 15th, the 2014 Student Representative Council and their families were invited to attend an Appreciation Evening at Kooringal Golf Course Receptions to celebrate the numerous achievements of the SRC throughout the 2014 school year.

Upon arrival, food and refreshments were provided as student leaders, parents and teachers mingled. The WAAM (Wellbeing, Academic, Arts and Ministry) Portfolio Captains soon guided us through the highlights of our year as we listened to their beautiful speeches, before each student received a medal display plaque and a card with photos to remind us of our time as SRC leaders. It was difficult to ignore the sense of pride that was visible in the eyes of the parents hearing about their daughters’ achievements and the teachers who supported and assisted the SRC throughout the year.

The 2014 SRC would like to offer their thanks to Ms Dillon, Mr Mifsud, Mrs De Bono and Ms Dorgan for hosting this fantastic event, and to Miss Kubat for supporting us throughout the year.

Louisa Elia (9C)
Junior Co-curricular Leader

LEARNING TO LEAD…

A wise man once said, “leaders become great not because of their power, but because of their ability to empower others.” This profound thought was on the minds of 32 MSJ student leaders as we travelled to Dromana’s Don Bosco Camp for the Student Representative Council camp last week.

Over two days, Mrs Fairthorne, Mr Mifsud and Ms Kubat helped us prepare for our role as student leaders in 2015 by leading sessions to help us identify the qualities of good leadership, faith foundations for leaders and numerous ‘tricks of the trade’ which will be useful throughout next year.

As we began to collaborate, share our portfolio visions and plan for the future, we got to know each other better and strong bonds began to form. The beneficial and engaging leadership sessions were complimented by opportunities for spiritual reflection and light-hearted opportunities to have fun with each other. Competitive gaga ball, a late night walk, trivia and attempts to roast yummy treats over the campfire, were merely a few of the wonderful activities we enjoyed.

We are extremely grateful to have been given the opportunity to represent the student body as leaders in 2015, and look forward to using our respective positions to empower and encourage others.

Brooke Bakaric (11C) and Arlie den Ouden (11T)
2015 College Captains

“There where you are, you will find God.”
BUILDING STRONG RELATIONSHIPS...

Building a strong relationship with children is every parent’s dream. Here are some time-honoured ways of doing this ... if you can stick to them.

Every parent I know, wants a great relationship with their children. An effective way of promoting such relationships is through rituals and traditions. Rituals and traditions build close families. For example, most strong families I know are underpinned by a strong food culture. In these families, every kid, no matter what their age, is expected to come to the table at meal times. Kids in these families are generally also expected to participate in other rituals and traditions. This can require some parenting spine, but these rituals build wide relationships – that is, they gather the tribe together creating a wide relationship circle.

Individual parent–child relationships need to go deep. Deep relationships provide leverage. They also survive the potential storms of adolescence, during which relationships can become stormy and intense. Certainly some ages are more amenable to positive relationship building than others. Developmentally, it’s easiest to build deep relationships in the opportunity years of latency: five through to ten years of age.

The easiest way to build a deep relationship between yourself and each of your kids is to spend regular one-on-one time together.

• Go somewhere for a whole day with a child.
• Go away for a weekend with just one child. Do things you enjoy.
• If possible, go camping.
• Talk. Cook. Mooch.

These shared experiences can have a magic impact on relationships. They can sometimes lead to vast improvements in children’s behaviour. Another way to build deep relationships is to share an interest with a child. Having something in common, whether it’s a shared love of sport, books or a hobby, creates an individual bond that goes deep.

A shared interest also creates ‘natural’ opportunities for one-on-one time.

Make it happen:

• One-on-one time needs to be organised.
• It generally won’t happen by accident.
• It takes time. It takes energy. It takes a support mechanism to make it happen. Most of all it takes permission.
• But one-on-one time is so worth the effort.
• One-on-one time is the coat hook upon which each of your children will hang their memories of you.

For more parenting ideas/resources, visit www.msj.vic.edu.au/student-wellbeing

CAMP RYPEN…

On Friday the 17th of October we embarked on what we thought was going to be a lame, stereotypical camp. To our surprise it wasn’t, it was so much more than that. After packing the car tight with our excessive amounts of luggage, we were off to what turned out to be one of the best camps of our lives.

Our destination was Camp Weekaway, located in central Victoria. Upon our early arrival we were greeted by the lovely and welcoming camp leaders and settled in nicely. We soon discovered that Camp RYPEN (Rotary Youth Program of Enrichment) was designed to improve a wide variety of skills for teenagers in Years 10 and 11, including social skills, teamwork and problem-solving.

We undertook a range of activities such as public speaking, teamwork exercises, canoeing, cooking, and much, much more. Along the way we met the most incredible people and made life-long friends, planning is already underway for a group catch up. On Sunday afternoon when it was time to head home, everyone was visibly saddened, as we had all developed a very close bond. Some of the most memorable moments of the camp include being woken every morning by one of the the very talented group leaders practicing the drums and our group winning a challenge that allowed us to have a water bomb fight with the leaders.

Overall it was something that we both found extremely beneficial and we have learned so many skills that we can apply to our everyday life. It was incredible.

Emma Jansen   Madeline Gaw
10 Joseph  10 Anne

“There where you are, you will find God.”
PANCAKES FOR THE ONE GIRL FOUNDATION...

On Wednesday September 15, 8 Joseph cooked pancakes for the Year 8 students to raise money for The One Girl Foundation, which provides education, food, and self-care products to girls in third world countries, specifically Africa. This event was lead by Kara Bednar and Madeleine Niosi, who selected the charity, created posters and promoted the event.

Our Pastoral Group split up into two groups, half of the class prepared pancake mix and the other half set up the BBQ’s and tables, ready for cooking and selling our pancakes. At the sound of the bell Year 8 girls swarmed over to get a taste of a delicious pancake. Teachers and other year levels couldn’t resist and our pancake business was soon booming! Everyone pulled together and we made it through to the end of lunch having served many a happy customer.

However, our job was far from done at the end of lunch, as there were plenty of packing up jobs to keep us busy - degreasing the BBQ’s, packing up tables, finding a place to put the left over pancake mix, washing cooking tools and disposing of the dirty dishes just to name a few. But we knew that our hard work would help a girl in another country to have the things she needs to survive. By the end of this event we raised just over $160, and we thank everyone who made a donation.

Madeleine Niosi
8 Joseph

VALE MABEL...

This month, the Mount St. Joseph Girls’ College community farewelled Mrs Mabel Pinto, the wife of Mr Gerry Pinto. Mabel had been unwell for some time and was called by her God to enter eternal life on October 14th.

As one of our longest serving staff members, Mabel was a member of our community from 1975 to 2012. She joined the staff as an Economics teacher and has held many different leadership positions over her time at the College including serving as Director of Learning and valued member of the College Leadership Team. Mabel taught many young women Humanities, Business Administration and Religious Education and the strength of the relationships she built with students and staff was always evident in the many graduates and staff members who would seek her out upon return visits to the school. Many past staff and students have paid tribute to Mabel and offered condolences to Gerry online and through contact with the College.

A committed Josephite woman, Mabel used her many and varied talents in the support of students, families, and staff over her 38 years at the College. Mabel was always generous with her time in supporting many College and Josephite fundraising activities including those from the Mary MacKillop Foundation. We give thanks for the many talents Mabel brought to our school including the beautiful portraits she painted of Mary MacKillop.

Mabel shared her life and her MSJ journey with her beloved husband Gerry and in recent years they have both inspired all by their calm determination and courage as Mabel lived with considerable challenges to her health. A woman of faith and compassion, Mabel will always be remembered for her love of Gerry and her vibrant joy in living life to the full.

We continue to pray for Gerry and for Mabel’s sister Natalie and their extended family. May they feel the comfort of our prayers in this time of deep sadness. We give thanks for the beautiful life of Mrs Pinto and know that she has joined the angels and her spirit will live on in our hearts and memories.

May she rest in peace.

St Mary of the Cross MacKillop..... Pray for Them.
St Joseph.... Pray for Them.

MSJ HISTORY LAUNCH...

Due to the overwhelming response of shared stories and memorabilia from some of the hundreds of alumnae who gathered for Back To MSJ Day earlier this month, we have deferred the launch of the school history from November 7 so as to be able to include some of these new stories.

The history will now be launched as part of the opening of the school year in February 2015. Alumnae or past staff with stories, photos or memorabilia that may be of interest please email jchute@msj.vic.edu.au

“Remember we are but travellers here.”
- Mary MacKillop, 1866

Mabel Pinto
Entered eternal life on 14 October 2014
Rest in Peace

“There where you are, you will find God.”
SURFS UP...

Year 9 students from the Outdoor Education class enjoyed their last day of Term Three at Anglesea to not only learn about water safety, but also to experience surfing.

We were accompanied by Ms O’Brien, Mr Smith and Ms Baker. We also had the benefit of several professional surfing instructors assisting us and teaching us important surfing techniques throughout the day. Along with learning how to surf, we gained the experience of working together and important knowledge on how to stay safe at the beach.

It was truly an experience to remember!

Tran Nguyen
9 Joseph

SCSA SOFTBALL...

On Thursday the 16th of October the MSJ juniors and Inters Softball Teams went down to Stead Park in Geelong to compete in the SCSA Softball Competition.

Everyone had a great day! The Inters ended up winning two out of four matches and while the Juniors put in a big effort, they unfortunately couldn’t come away with a win.

We would like to thank all the teachers spent time and effort coaching and training us, getting us to and from the event and supporting us on the day.

Jessica Vranes, Rosa Fiore and Leah Bednar
9 Therese
SCSA TABLE TENNIS...

On Friday October 10th, the MSJ Table Tennis Team arrived at MSAC with high hopes and a competitive spirit. We walked in while the day was still young and readied ourselves for the big day ahead.

As soon as the starting horn was sounded, we were already off to play our first games. The Inters, Juniors and Seniors all got off to a great start and we all walked away with some good games in which we displayed great technique and sportsmanship.

Though we didn’t bring home a premiership, we didn’t leave empty handed. We all walked away with a great experience and some new skills.

On behalf of the Table Tennis Team, I would like to thank the teachers who encouraged us and made this a fun day - thanks for the laughs!

Gemma Srijan
7 Catherine

SCSA LACROSSE...

The first ever SCSA Lacrosse hosted by Mount St. Joseph Girls’ College was a huge success. The weather was warm and sunny, and the competition was intense. With over 100 girls from 6 schools participating in a round robin competition, MSJ proved a fierce contender with both our Junior and Senior teams going undefeated all day.

Congratulations to the Junior Team who won their grand final, and to the Senior Team who came second on the day. Further congratulations to Gwen Lynch (8C) who was awarded Best Junior Player of the competition.

On behalf of the students, thank you to all the teachers involved with this event. A special thank you to Mrs O’Brien and Miss Baker for their dedication in training the girls to achieve success. Congratulations to all who participated, we look forward to seeing you participate in next years competition.

Brooke Bakaric (11C)
Sports Leader

On the 7th of October, a junior and senior team from MSJ participated in the first SCSA Lacrosse Tournament hosted by MSJ.

The girls were excited to be there and were hoping that the weather would hold out - luckily it did! Coaches from the Newport Lacrosse Club came down to umpire and coach our teams. This made the experience even more valuable, especially for those who were trying lacrosse for the first time. It gave us the opportunity to look at the game from a different point of view and from this we learned to work better as a team.

The Senior Team made it to the grand final without losing a match but unfortunately weren’t able to hold on to their winning streak. While the Junior Team were able to stay undefeated all day, beating Our Lady Sion College 2-1 in the grand final.

It was a very enjoyable day for everyone including the teachers who came to support us. Congratulations to the junior girls!

Gwendolyn Lynch
8 Catherine

“Here where you are, you will find God.”
YEARS 7 SWIMMING...

On the 14th of October, 7 Francis and 7 Joseph participated in swimming for PE, it was held Victoria University in Footscray.

We were split up into 3 groups, each being assigned a different activity. One group worked on improving their strokes, such as freestyle, breaststroke and backstroke. They were taught the correct swimming techniques, which will help improve their swimming in the future.

Another group worked on life saving. They learnt how to save a person from drowning; taking turns at being the victim and the lifesaver. They also learnt how to swim with life jackets on. This is a great skill to have in case they were to ever get caught in a dangerous situation in the water.

The third group played a game of water polo and worked on treading water. They played a few games of water polo and learnt all the rules and had fun. Working on treading water helped them during the games.

At the end of the day the groups came together to compete against each other in a relay. Even people sitting on the sidelines enthusiastically cheered for their friends and teammates. After the relay everyone was allowed free time to play in the pool. It was a fun day for everyone.

Angela Zanette and Amelia Epperson
7 Francis

CONGRATULATIONS...

Congratulations to Tegan Murphy (7T) who has been selected for the Under 15s Victoria Silvers State Basketball Team.

We wish her all the best in her upcoming competition at the Knox State Basketball Centre in January 2015.

Tegan in action...

2015 MSJ MUSIC SCHOLARSHIP...

The Performing Arts Faculty offer instrumental and voice students the opportunity to be considered for an instrumental music scholarship. These scholarships are awarded yearly to students who enrol for individual tuition in any of the following: Piano, Acoustic Guitar, Bass Guitar, Drums, Flute, Clarinet, Saxophone, Violin and Voice. Music Scholarships provide full or part remission of tuition fees.

To be considered for a scholarship students must be studying music for the full year in 2015 at Mount St. Joseph Girls’ College and attend an audition.

If you would like to be considered for a 2015 music scholarship, please collect an application form from the Music Office and return it to Mrs Cathy Hills by 3:30pm on Friday 31 October.

For more information please contact Mrs Cathy Hills at the College.

“Where you are, you will find God.”
On the 14th of September, eighteen MSJ Students gathered at the airport to begin a 2-week Japanese adventure. After we said goodbye to our families, we boarded the plane and after a long flight and 2-hour stopover, we finally arrived in Tokyo, Japan. Here we spent 2 nights sleeping on traditional Japanese beds which, luckily, were much more comfortable than they looked!

Our main highlight of Tokyo was of course Disney Land. Disney Land is of course the happiest place on earth and we all had a lovely experience here.

Our next stop, courtesy of a ‘shinkansen’ (bullet train), was Kyoto. Here we saw multiple shrines and temples each with different significance and meaning. The temples allowed us to discover the heritage of Japan and become one with Japanese culture.

After a 2-night stay in Kyoto we headed to Hiroshima. We visited a war memorial and learnt more about the Hiroshima bombing and the effects it had on Japan and the Japanese. After this we experienced a Lantern Floating, which was quite emotional for some and we were able to express our true feelings about peace and our wishes for the world. In Hiroshima we also saw the ‘1000 Paper Cranes’, which had a significant impact on Japan’s history.

Next was Nagasaki where we spent one night. There were more shrines and temples to see and we took part in a meditation session, which gave us time to relax and reflect on our trip so far. We also saw a beautiful view of the whole of Nagasaki, from the top of a mountain.

Our itinerary then took us back to Kyoto where we would finally meet our Seirei Host sisters and their families. The first full day with our Host Sister was an emotional ride for some, as home sickness began to set in. There was no school that day, so we all did different things including shopping, visiting amusement parks and trips to Mount Fuji.

For the next 3 days we would all be at school participating in Japanese classes and group activities like making traditional food, learning about the importance of the relationship between MSJ and Seirei, Japanese calligraphy classes, violin classes, noodle eating competitions and an earthquake simulation. All the experiences we had were fun, and we are very grateful that we have such a strong relationship with Seirei High School.

We would like to thank all the staff who helped make this trip possible and so successful. We would especially like to thank Mr. Hayashi, Ms. Bourke and Mr. Mifsud for accompanying us on this life changing experience.

It was a great opportunity to bond and experience a new culture and we will never forget our time in Japan.

Taylor Mitvalsky Emma Chan
TO Catherine 10 Francis

MSJ COMMUNITY RECONNECTS WITH JAPAN...

Recently a group of 17 students and 3 staff travelled to Japan for the Annual Japanese Immersion Programme. The Immersion Programme was designed for students to develop a deeper awareness and understanding of Japanese language, culture and history.

Our visit to Hiroshima was one of great emotion and enabled the group to see and hear first hand the total devastation to humankind that took place there. The students saw the only structure left standing in the area, the Genbaku Dome, when the atomic bomb was dropped on 6th August 1945. This building has been preserved in the same state as immediately after the bombing as a symbol of the destruction and also a call for world peace.

We were privileged enough to have the opportunity to meet a Hiroshima A-Bomb survivor, Ms Sadae Kasaoka was 12 years old when she was affected. Hearing first-hand about her frantic search for her family and the long-term impact of this experience was heart wrenching.

We also participated in our own “Peace Message Lantern Floating Ceremony” to recognise the loss of 140,000 human lives either on the day of the bombing or in the months following. Here we met staff from the Hiroshima Convention and Visitors Bureau. They provided our students the chance to make their own peace message lantern that we then floated down the river in the dark of the night, in an extremely symbolic activity. Here we were presented with our own Hiroshima Doll (we fondly named her Mary) that travelled back to Australia with us and will continue to remind us of the need for world peace and of our experience.

The opportunity to experience the traditional Japanese-style rooms at Kyoto Hiraishi Ryokan was also memorable. The generosity of the hosts enabled our brief stay in Kyoto to be memorable and we found the students not wanting to move to our next destination.

When then moved on to Seirei High School where we were treated like royalty as the Seirei families, students and staff went out of their way to make the experience a positive one. The formal assembly where we were paraded in to the amazing sound of the drumming by a talented group of students was emotional. Our girls were quickly adopted by their new families and school. They were given the opportunity to experience many amazing and diverse activities.

Many thanks to Father Michael Lindstrom, the Seirei school leadership team and the generous staff and students for making ours a trip of a lifetime and one we will not forget. Finally many thanks to Mr Hayashi for his preparation, great guidance, and support to ensure we all loved Japan as much as he does and to Mr Mifsud and Miss Bourke for accompanying the trip. We look forward to celebrating 20 years of the programme next year.

A collage of photos from the trip can be found on the next page.

“There where you are, you will find God.”
CO-CURRICULAR ACTIVITIES

There where you are, you will find God.

30TH OCTOBER 2014

At Disneyland...
Observing the scenery...

Taking in the scenery...

A lesson in meditation...

The group embraced and enjoyed the Japanese cuisine & culture

With Hiroshima survivor, Ms Sadae Kasaoka

Warm welcomes from their host families...

Lessons in calligraphy & kimonos...

Noodle eating competition

Introduction at assembly in class...

The Peace Message Lantern Floating Ceremony
NOTICE BOARD

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.

PARENT INFORMATION SESSION - HOBSONS BAY YOUTH SERVICES
Hobsons Bay Youth Services are hosting a parenting information forum on "Understanding Behavioural Issues & Building Positive Relationships in Adolescence"
Wednesday the 5 of November
at Altona Civic Centre,
115 Civic Parade, Altona.
This information forum will be presented by Dr Lyn O’Grady from LifeWorks.
Please contact Hobsons Bay Youth Services on 9932 4000 to book a place or see the MSJ website for further information.

ALTONA PIRATES BASKETBALL CLUB - PLAYERS REQUIRED
Altona Pirates Basketball Club is looking for players for their new U16 team - experienced and inexperienced players welcome. The club is also open to any child wishing to play basketball.
Visit www.altonapirates.com.au for further information or to register.

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.

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.

“Where there you are, you will find God.”