It seems like just a few weeks ago that we were welcoming students on the first day of school for 2015 but the term has flown and we find ourselves moving into Easter and reflecting on a term filled with learning and school celebrations.

Amongst the highlights of our busy first term are always the House Carnival Days with both the swimming and athletics days bringing the talents of so many students to our attention. Congratulations is extended to our Year 12 students for their leadership at both days and the way in which they encouraged all students to join in their house spirit. This spirit of school pride was also evident in the enthusiastic leadership of our senior and junior SRC members throughout the term. We thank them for their leadership and the cheerful way that they have worked together to support the co-curricular life of our school.

Starting at a new school is always a mixture of anxiety and excitement, and we congratulate the Year 7 cohort for the way in which they have thrown themselves into the life of our College. The staff members accompanying them on their recent retreat days and camp were so inspired by their care for each other and the enthusiasm with which they supported each other in each of the activities. We also acknowledge the students who have completed their first term at MSJ in some of the other year levels and extend our appreciation to the staff members and fellow students who extended the traditional Josephite hospitality to ensure their smooth transition.

First term had several parent gatherings and we were again overwhelmed by the numbers in attendance at events such as the Welcome BBQ, International Women’s Day, and the recent parent forum. It was also great to see parents joining us at the Athletics carnival. Parents, carers and family members bring so many gifts to our extended MSJ community and we are always grateful for their support of the school and the journeys of their daughters.

During this Easter break, work will be commencing on the innovative refurbishment of the library and Year 9 learning areas and we thank those involved in the design phase as well as the College Board for their generous support of these two projects. I also take this opportunity to acknowledge the work of Mrs Margaret Dawson (Board Chair), Ms Karen Bergin (Director) and Mr Halyer Rayner (Company Secretary) as they finish their terms of service to the College Board. Their leadership and support over many years and through many hours of commitment is greatly appreciated.

As we move towards Easter we take time to reflect on the story of Jesus in his last days before the crucifixion and in the hope filled invitation of the resurrection. The journey from Palm Sunday through to the Last Supper, Good Friday and Easter Sunday is rich with learning in the Christian context. The promise of the resurrection and the stories of the road to Emmaus where the resurrected Jesus reveals himself to the apostles focus our attention on God’s deep love for us. When we return from the Easter break we will gather as a school community to watch the dramatisation of the resurrection story and the inspiring invitation of the Holy Spirit as Pentecost approaches. Together we will seek to celebrate the gifts of the Spirit and continue to seek ways to reach out to the marginalised as is integral to our Catholic identity.

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Having spent some time in Rome with the Italy / France trip travellers this week, we look forward to all of their stories and no doubt thousands of photos of new horizons, insights and shared memories upon their return.

Gath Dillon
Principal

“Living in harmony with nature and God”

COMING EVENTS...

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<tr>
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<tr>
<td>Friday 3rd April</td>
<td>Good Friday</td>
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<td>Sunday 5th April</td>
<td>Easter Sunday</td>
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<td>Monday 13th April</td>
<td>Term 2 Commences</td>
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<td>Monday to Wednesday 13th - 15th April</td>
<td>Year 8 ACF Camp</td>
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<td>Wednesday to Friday 15th - 17th April</td>
<td>Year 8 JTV Camp</td>
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<td>Monday 20th April</td>
<td>Parent Student Teacher Interviews, 1pm - 7pm</td>
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<tr>
<td>Thursday 23rd April</td>
<td>Parent Student Teacher Interviews, 4pm - 8pm</td>
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<tr>
<td>Friday 1st May</td>
<td>Grand Friends Morning Tea, 10.15am - 11.15am</td>
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<tr>
<td>Sunday 3rd May</td>
<td>Joseph’s Corner High Tea, 1pm - 5pm at MSJ</td>
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<td>Friday 8th May</td>
<td>SCSA Interschool Athletics</td>
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<td>Tuesday to Thursday 12th - 14th May</td>
<td>Year 7 &amp; 9 Naplan</td>
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<td>Friday 15th May</td>
<td>MMADD Day</td>
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<td>Tuesday 19th May</td>
<td>D&amp;M@MSJ</td>
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<tr>
<td>Monday 25th May</td>
<td>Year 7 Immunisations &amp; Year 8 - 10 Catch-Up</td>
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<tr>
<td>Thursday 4th June</td>
<td>Year 8 - 11 Exams Commence</td>
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<td>Wednesday 10th June</td>
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<tr>
<td>Friday 12th June</td>
<td>Student Study at Home Day</td>
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Congratulations to all students for the effort they have put into their studies in recent weeks. As Term 1 comes to an end students have been involved in a number of assessments of their learning.

Assessment and reporting are vital processes which provide information about what students know and can do, and to make recommendations for their future learning. Assessment is an integral part of the teaching and learning programme at Mount St. Joseph Girls’ College. Teachers plan for assessment when developing teaching and learning activities.

Student assessment may take a variety of forms depending on the nature of the subject. Subject assessment tasks seek to draw out the students’ knowledge, process capabilities and skills rather than simply focusing on recall of information out of context. Tasks, depending on the subject, may include a test, an extended assignment, oral or media presentation, research task, performance or practical task, or an experimental or investigative task. Students receive feedback through rubrics outlining the criteria assessing the task or unit of work.

Formative assessment is used to monitor learning progress during a learning sequence. It provides continuous feedback to teachers and students, which enables them to monitor progress and identify and address needs in learning.

Summative assessment seeks to establish the level of achievement attained by a student, and typically occurs at the end of a learning sequence, course or unit. The main purpose of summative assessment is to establish levels of achievement for reporting.

In 2015 reporting and feedback to students and parents and carers will occur in various forms:

- Interim reports – Term 1 and Term 3
- Parent/Student/Teacher Interviews – Monday, April 20 (2-7pm) & Tuesday, April 23 (4-8pm)
- Semester 1 Reports – End of Term 2
- Parent/Student/Teacher Interviews – Term 3
- Semester 2 Reports – End of Term 4

One of the forms of reporting used at MSJ is the Parent/Student/Teacher Interviews. The interviews provide opportunities for students, parents and teachers to discuss an individual student’s progress and to work together to develop strategies to enhance learning.

To facilitate ease of movement, all interviews are held in the MacKillop Centre. Interviews are usually only five minutes in length so if a longer appointment is required, the five-minute interview may be used to identify a suitable alternative time to meet with a specific teacher. Each teacher will have many parents to meet with so parents are asked to assist teachers by being aware that only five minutes are allocated. Students are encouraged to accompany their parents to the interviews to discuss their learning.

Joanna De Bono
Deputy Principal - Learning & Staff

STUDENT ASSESSMENT SCHEDULES...

In Week 5 of Term 1 all students received an Assessment Schedule. These schedules outline the dates when assessments are going to be carried out and constitute one part of the College’s response to the Home Study Review carried out in late 2014. Students are encouraged to use these schedules to plan for upcoming assessments, including: tests, assignments, presentations, SACs and examinations. They are a useful tool for students to aid them in organising and managing their home study.

For further information regarding these schedules please contact Mr. Smith at the College.

STUDENT/TEACHER SURVEYS...

In Week 2 of Term 2 students will be asked to participate in Student/Teacher Surveys. The surveys are an integral component of the College’s professional development of its staff. The surveys that students will complete are aligned with the Australian Institute of Teaching and School Leadership (AITSL) standards and provide the student body an opportunity to provide feedback on their experiences in the classroom. The results of the survey are reviewed by staff and used to consolidate and grow the Learning and Teaching sphere across the College.

FAMILY ACCOUNTS...

The first payment of 2015 fees was due 27 February. Thank you to all the parents/carers who have made a payment or put arrangements in place for 2015.

If you haven’t had the opportunity to attend to fees, it would be appreciated if you could contact the College so that arrangements for 2015 can be made.

Noel Kennedy
Business Manager

MAIDSTONE STREET CROSSING...

Parents and carers are reminded that the crossing outside the College is only a pedestrian crossing when flags are displayed – at the start and end of each day.

Please remind your daughter(s) to exercise caution at all times when crossing Maidstone Street.

“Living in harmony with nature and God”
PHOTOXYNTHESIS, CELLULAR RESPIRATION AND MOLECULES UNDER THE MICROSCOPE...

On the 2nd of March the two Year 12 Biology classes headed off to GTAC (Gene Technology Access Centre) in the heart of our city. With an early start to the day, we were all ready to enhance our current knowledge of the wonders of Photosynthesis and Cellular Respiration.

With the advanced equipment and facilities the institute has to offer, we were able to undergo numerous experiments that couldn’t be done at school. We were split into groups and worked alongside a student researcher from The University of Melbourne. They assisted us in testing cancer cells by comparing them to healthy cells found within our body. We were able to research and test these cells in a similar way in which a real researcher would when trying to find a cure for cancer.

We then headed across the road to The University of Melbourne to have lunch. It was an eye opening experience as we walked around the university and observed the lifestyle and facilities it has to offer.

After heading back to GTAC for our afternoon session, we were able to closely examine oxygen and carbon dioxide molecules. These experiments showed us how crucial plants are to the survival of the human race.

It was a privilege to be given this opportunity to engage in a hands-on experience and work in an ultra-modern laboratory. We would like to say a big thank you to Mrs Devic, Miss Snooks and Miss Hawkins for organising and participating in the entire day.

Margaret Raffoul
11 Veronica

PHYSICS FUN...

When deciding that you want to study Physics as a VCE subject, the first word that comes to mind is... well, let’s just say it’s probably not ‘fun’. However, on the 5th of March, the VCE Physics students enjoyed a day full of fun, excitement and vitality at Luna Park, Melbourne – all in the name of physics.

For some of us, it was our first time ever at the iconic Melbourne amusement park, and for others it was their hundredth time... not that that changed anything at all! We enjoyed experiencing the laws of motion first hand while being swung all the way up-side down on The Pharaoh’s Curse. We spun in giant circles at high speeds on The Enterprise, giving us a taste of centripetal motion. After starting our morning with the heart-stopping, scream-worthy thrill-seeking rides, we changed pace and enjoyed a tranquil ride on the Ferris wheel and one hundred year old Carousel.

While the iconic Scenic Railway was not running due to high winds, it didn’t stop us having fun... or learning. The Bumper Cars and Shock Drop entertained us and showed us how the laws of physics are applied in a way we could not forget!

A big thank you to all teachers involved in organising this valuable excursion for the VCE Physics students, especially Miss Devic and Mr. Krishna who came along on the day. We had an amazing day, and are sure that the experiences we had will be constantly referenced as we further our studies in the Physics domain.

Jessica Wolff
11 Veronica
SLEEPING IN PSYCHOLOGY.

The Year 12 Psychology incursion was a great experience. A representative from the Epworth Sleep Centre came to speak to us and provided a very interesting and intriguing presentation on sleep.

I was one of the lucky few that got to try out the latest technology in sleep research. After being wired up, all my movements were made visually available to the rest of the class on a presentation screen. I was later given a pillow and blankets and encouraged to take a nap. This allowed the rest of the class to observe the different waves that were radiating from my state of sleep. I was able to enter Stage 1 Sleep that consisted of Alpha Waves and Theta Waves (drowsy state).

Overall I found this incursion to be extremely valuable in helping me further understand our area of study.

Kristy Cauchi
12 Francis

JAPAN TRIP 2015

All students from Years 9 to 11 are invited to apply to visit MSJ’s sister school in Japan this September

Week 1 of the 2 week trip will be spent travelling around Japan by bullet train, visiting places like Tokyo, Kyoto, and Hiroshima

Week 2 will see the girls staying with a host family, attending SEIREI High School and being immersed in Japanese culture

The trip departs Melbourne on September 15th returning October 1st.

The estimated cost will be around $3500 (TBC) including airfares, accommodation and breakfasts

Find out more at the Information Night, 7pm on Tuesday 21st April in the Performing Arts Centre
Understanding Holy Week...

As we move towards the end of a busy term we are reminded of the significance of the week ahead, Holy Week. Holy Week is one of the most sacred weeks in the Catholic Church’s Calendar. It is a week where the community comes together to celebrate and remember the life, passion, death and resurrection of Jesus Christ. Throughout the week, the scriptures take us on the journey of Christ’s last days, finishing with the triumphant feast of Easter where we celebrate Christ’s resurrection.

Holy week begins on Palm Sunday, which marks Jesus’ return to Jerusalem. The focal point of this celebration is the procession of Palms. The palms are blessed, and are then processed into the community of the Church prior to the start of Mass. The Gospel reading on Palm Sunday recounts the Passion story in a three way dialogue between the laity, priests and deacons; a most spectacular and engaging way to begin such a sacred week.

Holy Thursday then begins the Easter Triduum, the three days before Easter. Holy Thursday is where the community re-enacts the Last Supper. It is in this Mass that the priest will wash the feet of his apostles, just as Jesus washed those of His twelve disciples at the Last Supper.

Good Friday is a day where we remember the day of Christ’s crucifixion and death. The Stations of the Cross is usually dramatised, or meditated on, in parishes on this day. No Eucharist is celebrated on Good Friday as it is a day to focus on Christ’s suffering.

Holy Saturday is a day of keeping vigil. Like the disciples after the death of Christ on the cross, we wait in anticipation for the risen Christ. The Church is left bare on this day, for Christ has died, and the tomb is empty. It is on this day that persons who have worked towards being received into the Church will celebrate their Baptisms and Confirmations.

By participating fully in the Lenten season, the Easter Triduum and the fifty days of Easter, we are able to fully engage with the fundamental mystery of the Church. During this time we suffer with Christ, so that we will rise with Him in His resurrection on Easter Sunday.

I pray that over the next week your minds and hearts will be fixed on the Sacrifice of Jesus and His actions of suffering for the salvation of humanity. Let us take up the Cross with Christ, as to be worthy of eternal life.
YEAR 11 RETREAT - RESPONDING TO THE CALL...

On Tuesday the 3rd of March the Year 11 girls went to Altona Meadows Community Centre for a Retreat based around ‘Responding to the Call.’

We participated in activities that symbolised the inequalities that exist in our world and were provided with opportunities to participate in co-curricular activities that address this concern such as Soup Vans, Edmund Rice Tutoring and Edmund Rice Camps. To conclude the day, we all responded to a question related to ‘responding to the call’ and created a video to accompany our responses. Overall, the retreat gave the year level great opportunities to be involved with the community and develop a further understanding of the situation those who are disadvantaged in our society face.

Lauren Azzopardi
11 Therese

When we arrived we said a prayer as a year level and then broke off into our groups to do activities and listen to guest speakers.

The guest speakers were informative and they showed us how we can help the homeless and people who have come from overseas and need help with their education. The venue was amazing and everyone enjoyed it. At lunch and recess we were allowed to run around outside or just sit down with our friendship group and have a chat. Overall the day was a massive success, and we now know how to ‘Respond to the Call’.

Imogen Purton
11 Catherine

Retreat day was a great day to reflect on how fortunate we are. It presented us with opportunities to volunteer and support those less fortunate.

Georgia Eastment
11 Catherine

It was an informal day where we were able to take into account how we can help with the different social justice issues that are present within our local community. We were also able to enjoy our time with the whole year level in the local park at Altona Meadows Community Center.

Cindy Mak
11 Anne

Wearing casual clothes was a different but fun change for our Retreat Day. Being surrounded by the positive liveliness made it memorable and really fun!

Helen Ho
11 Joseph

We listened to several not-for-profit organisations speak about homelessness. This day was quite a big eye opener and it sparked an interest in me, and many of my peers, to volunteer and assist in aiding those less fortunate.

Another thing that made this day special for the Year 11 cohort was that we were given the freedom of free dress, which gave us all a sense of individuality and excitement. Overall our retreat day was a positive and inspiring experience for us all.

Mariam Fadel
11 Joseph

The girls participated in trust and team building activities during the day
THE FEAST DAY OF ST. JOSEPH THE HUSBAND...

On the 19th of March, MSJ celebrated St. Joseph’s day. This feast day is held very dear to our hearts and we proudly celebrated St. Joseph the Husband.

At our College Assembly, we heard the story of Joseph and his life. The weather allowed for a beautiful lunchtime where the girls were encouraged to participate in a wide variety of activities that were offered, such as skipping, chalk drawing near our new science building, listening to music and enjoying refreshing icy poles.

We also painted images on calico squares around the theme of “Building a Better World”. These squares will be made into a wall banner with an image of St. Joseph at the centre.

Alicia Tokay (12T)
Liturgy Leader

THE FEAST DAY OF THE ANNUNCIATION...

On Wednesday the 25th of March, the MSJ Youth In Action Group were invited to attend Mass at St Mary’s Altona, to celebrate the Feast of the Annunciation - the feast day for Parish Priest, Fr Shabin’s, order. Students in Grades 4, 5 and 6 from St Mary’s Primary School also attended.

Monsignor Greg Bennett, Vicar General for the Archdiocese of Melbourne, was the celebrant for the occasion. During his homily he spoke to us about the virtue of trust. Referring to the trust that Mary had in God and thus the trust we should also take in God.

After Mass, the group were treated to an enjoyable morning tea with cakes, biscuits and other sweets. We also chatted with the priests who were a part of the order and got to know more about them and the order itself.

Overall, we all had a lovely morning and we were able to connect deeper with our faith, our peers and members of our local community.

Celine Lopez
10 Veronica
THE CAGE...

Last Friday, MSJ hosted the annual Cage event, in order to raise awareness for homelessness. Along with girls from our school, we also had participants from MacKillop College, Werribee.

It was a very eye opening evening as we learned more about the circumstances of the homeless and engaged in activities that allowed us to get to know each other, and our guests. Our first activity was to demonstrate our understanding of homelessness. We got into groups of three and went into the courtyard in front of the Tenison Woods Learning Centre. We were given pieces of chalk and writing ‘homelessness’ in the middle of our groups we brainstormed words, phrases and icons to represent what we understood about homelessness.

We were lucky enough to have a guest speaker from the St Vincent De Paul Society who challenged us to respond to those who are lonely, as loneliness and disconnection are some of the reasons why people become homeless. It is also important to advocate for government policies that provide housing and other services for people who become homeless.

To give us an idea about what it might be like to be homeless, we prepared our own dinner of soup and bread. We used the kitchen facilities in the Tenison Woods Learning Centre to cook the various types of soup, and then these were shared amongst the students and teachers. A dinner out under the night sky, in the cold wind showed us the harsh conditions which homeless people have to endure every night.

All in all, it was a jam-packed night where we gained a better understanding of, and empathy for, the homeless and made new friends. We’d like to say a big thank you, on behalf of the student body, to Ms O’Keefe, Ms Sorbello and Ms Furlong for taking time out of their Friday night to organise such an educational experience for us.

Bianca Carter and Neha Narain
12 Anne

PROJECT COMPASSION - A GREAT SUCCESS...

Over the past term, MSJ’s main fundraising initiative has been focussed towards Caritas’ Project Compassion. The SRC and Pastoral Groups have all worked tremendously well in raising funds in aid of this worthy cause.

A variety of fundraising initiatives were organised including cupcake sales, Shrove Tuesday pancake making, lolly guessing competitions, raffles, wacky hair day, club MSJ, smoothies, hot chip sales and much, much more!

The proceeds of our fundraising efforts will be counted over the holidays, but so far we have raised close to $3000. Thank you to all who contributed to organising the various fundraising campaigns and to the students and teachers for donating.
YEAR 7 BELONGING DAY...

This term in Religion we have been learning about Mary MacKillop and the Josephite story. Towards the end of term we attended a ‘Belonging Day’ in the city. The day started with a pilgrimage prayer with all the Year 7 Pastoral Groups gathering in the Hub. We then travelled by bus into the city to visit the Heritage Centre, St Patrick’s Cathedral and complete the Mary MacKillop walk around Melbourne.

The Heritage Centre is a beautiful building which Mary MacKillop and the sisters bought in the early 1900s. While we were there we explored the Chapel, museum and grounds. We were even lucky enough to meet Kath Evans, Mary’s second miracle. It was great fun exploring this centre with Sr Judith, Sr Veronica, Sr Lorraine and Anne-Marie as our guides.

After visiting the Heritage Centre, our RE teacher took us on a journey through Melbourne to explore Mary’s influence on our city. We began at the house where she was born in Brunswick St, Fitzroy. Straight after this we walked over to ACU to visit St Mary of the Cross Square and reflect on Mary’s influence on Education. We then walked down to La Trobe Street in the area known as Little Lon. Here we remembered Mary’s work with the poor.

We ended the day at the Cathedral where our class was lucky enough to have Mass. After Mass we went on a treasure hunt around the Cathedral, learning about the key elements of this amazing building.

Overall we had a very fun day and learnt a lot about what it means to be a Josephite!

Sarah Fjeldstad & Lily Girvan
7 Joseph
Building community and strengthening the relationship between home and the College community has been the cornerstone of our work in the Wellbeing Team. This term we have had many events that have reinforced this relationship and built the life and heart of the MSJ community.

At the core of our Catholic education is the value of deep and life giving relationships. It is in these relationships that we experience the depth of our faith and the humanity of one another. To live fully and justly is bearing witness to our faith. This term we have had key events that celebrated community life and provided depth and another dimension to being an MSJ girl.

In Educating for Life, Thomas Groome says “So, regardless of what teachers teach, they teach people, and the better they teach the more they influence the whole person - head, heart, and hands. To be an educator is to stand on holy ground - people’s lives. No wonder the Bible promises that those who do well, ‘shall shine like the stars of heaven forever’ (Daniel 12:3)”. Clearly Groome was writing for educators, however one needs to recognise parents as the primary and first educators of young people.

Adolescence can be best described as a time of rapid change, an opportunity to question our values, explore our identity and to seek and understand our true selves. It is during these turbulent times that young women begin to express themselves and to question themselves and those around them. I encourage you to support your daughter in helping her ‘to be.’ To be comfortable in her skin, to be the best person she can be and most importantly to be in a healthy and open relationship with you as her parent. Adolescents need to continue to be in relationships with family and friends and during this time of change to be supported with an open heart and a listening ear.

INTERNATIONAL WOMEN’S DAY...
Our International Women’s Day Breakfast was a great success with over 150 people in attendance. We were blessed to hear the stories of our past students; Nicole Sadler, Jacqui Fernandes and Marie-Rose Mendoza. They each shared their life story and journey, speaking with honesty and compassion. These women challenged and inspired our girls. All in attendance gained a unique insight into the tapestry of human life and witnessed the legacy of Mary Mackillop and the Jesophsie Sisters being lived in a very modern context. We as a community are grateful to our alumnae who are willing to share their journeys and provide service to our current student body. Our Year Level Student Leaders demonstrated leadership, service and hospitality during the breakfast. These students kindly gave of their time and were ambassadors to our many past students and truly valued members of our community. It is the legacy of our past that so poignantly defines us today and in the future. This morning highlighted the tapestry of our College, whereby we had the entwining of previous students with current students. The MSJ Spirit was alive and the passion for our College was so tangible.

D&M@MSJ...
Last week the College hosted our first D&M@MSJ event for the year. This event was designed to educate and to create opportunities for families to speak about alcohol, partying and young people. Our panel of guest speakers: Scott Sutton; Hobsons Bay Police Community Youth Officer, our College Psychologists; Susha Arnheim and Ana Gasparis, and MonaLiza Ziba former College Captain, provided important facts and narratives on how young people need to support and look after one another at parties. Scott highlighted aspects of the law and how adults have a duty of care when holding parties. The information about the effect of alcohol on the adolescent brain was thought provoking. Thanks to the many families who attended the evening.

PEER SUPPORT...
Our Peer Support Leaders from Year 10 continue to work with our Year 7 students. This is an important aspect in supporting our young women in their transition to secondary school. I am sure that much has been gained by both the Year 7 and Year 10 girls through this new programme and am excited to see how it unfolds.

ATHLETICS CARNIVAL...
Our recent Athletics Carnival at Newport Athletics Track promoted House Spirit; it was exciting to watch our senior students walk down North Road proudly wearing their House colours and costumes. The MSJ spirit was active and alive throughout the day. Thank you to the many students who rose to the challenge of making their own way to the track and travelling with friends. Thanks to the many parents who drove their daughters to the track and stayed and watched events. It is this support for your daughter that promotes connection and conversation.

UPCOMING EVENTS...
Grandfriends Day: Keep a look out in your inbox for details about the upcoming Grandfriends Morning Tea to be held at 10.30am on Friday May 1st. This event is for students in Years 7 – 9, giving them the opportunity to show their Grandfriends around the College and share a complimentary morning tea and some quality time together.

D&M@MSJ: Keep Tuesday May 19th free for our next parent seminar workshop which focusses on the relationships young girls share with a significant woman in their lives – be it a mother, sister, aunt, etc. The event is aimed at students in Years 7 – 12, however if you attended last years D&M in May, please note the workshop will be similar.

HOUSEKEEPING...
Transition to Winter Uniform: Students will be given the first two weeks of Term 2 to either wear their winter or summer uniform. Students should not combine the two uniforms. All students are expected to be in the full winter uniform by Monday April 27th. Last year the community voted to keep the winter shirt with a tie, therefore all students must have a College tie. Students also voted to keep the white long socks. We are asking for your support in this area. Students can only wear white long socks or navy or opaque tights with the winter kilt.

Healthy Eating, Healthy Mind: A gentle reminder to families and students that breakfast is an essential meal for the day. Students should not begin school without a breakfast of cereal, toast or yoghurt. A good breakfast establishes good eating routines for the day and fuels our body for learning and physical activity. Students are reminded that the College canteen provides a selection of breakfast items and healthy lunches of
STUDENT WELLBEING

31ST MARCH 2015

garden and fruit salads. Students should not visit Harrington Square before a school day.

Absences: A reminder to telephone reception between 8.00 and 9.00 am on 9398 2000 to notify the College if your daughter is unable to attend school. Students need to provide a note from their parents explaining their absence, which is to be given to their Pastoral Group Teacher when they return to school. Notes are not to be written in the diary as staff are required to keep these on file. Students who arrive late to school must report to the office to receive a late pass before going to class.

Steven Mifsud
Deputy Principal - Student Wellbeing

Our International Women’s Day Breakfast was a success, with past and present students coming together and making MSJ proud

FROM L TO R: Jacqui Fernandes (Class of 1980), Marie-Rose Mendoza (Class of 1996) and Nicole Sadler (Class of 1982) came back to share their stories

INCREASE IN TEENAGERS’ SCREEN USE A NEW THREAT TO LONG-TERM HEALTH…

New research released by Cancer Council Australia and the National Heart Foundation of Australia, shows Australian teenagers are spending increasing time in front of electronic devices such as computers, laptops, tablets, video games and TV.

The updated National Secondary Students’ Diet and Activity Survey found 77 per cent of Australian teenagers spent more than two hours using electronic devices for entertainment on school days, compared with 71 per cent in 2010. The proportion of teenagers exceeding the recommended two hours of screen time per day on weekends also increased, from 83 to 89 per cent.

Research suggests there has been a marginal improvement in exercise levels since 2010, but 82 per cent of teens were still not getting the recommended minimum of one hour’s physical activity each day to help protect their long-term health.

The modern day problem of increased use of electronic devices was emerging as a new frontier in the fight against obesity and inactivity with 58 per cent of students having at least three televisions at home and 40 per cent having one in their bedroom. The survey also found 4 in 10 students have video games in their bedroom as well. The Heart Foundation and Cancer Council believe parents, schools and policy makers have to work together to help ensure the use of electronic devices does not harm the long-term health of our young people.

National Secondary Students’ Diet and Activity Survey 2012-13

The National Secondary Students’ Diet and Activity Survey was established by Cancer Council Australia and the National Heart Foundation of Australia with the first data collection undertaken in 2009-10.

The NaSSDA survey is designed to be a regular monitoring system in which to track Australian adolescents’ body weight, dietary and physical activity behaviour. A nationally representative sample of 8,888 secondary school students in Years 8 to 11, from 196 schools were surveyed in 2012-13. The results of the survey have been summarised on the next page.

“Living in harmony with nature and God”
**Table 1**

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<th>Percentage of young people in 2009-10 Survey</th>
<th>Percentage of young people in 2012-13 Survey</th>
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<td><strong>Body Mass Index</strong></td>
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<tr>
<td>Overweight/obese</td>
<td>23%</td>
<td>23%</td>
</tr>
<tr>
<td><strong>Physical Activity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did 60 mins of physical activity (or more) each day</td>
<td>15%</td>
<td>18%</td>
</tr>
<tr>
<td><strong>Sedentary behaviour</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spent two hours or more using electronic media per school day</td>
<td>71%</td>
<td>77%</td>
</tr>
<tr>
<td>Spent two hours or more using electronic media per weekend day</td>
<td>83%</td>
<td>69%</td>
</tr>
</tbody>
</table>

**Table 2**

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Body Mass Index</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight/obese</td>
<td>25%</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Physical Activity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did 60 mins of physical activity (or more) each day</td>
<td>24%</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Sedentary behaviour</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spent two hours or more using electronic media per school day</td>
<td>79%</td>
<td>74%</td>
</tr>
<tr>
<td>Spent two hours or more using electronic media per weekend day</td>
<td>90%</td>
<td>87%</td>
</tr>
</tbody>
</table>

**Table 3**

<table>
<thead>
<tr>
<th></th>
<th>Percentage of young people in 2012-13 Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Television</strong></td>
<td></td>
</tr>
<tr>
<td>At least three TVs in home</td>
<td>58%</td>
</tr>
<tr>
<td>TV in bedroom</td>
<td>40%</td>
</tr>
<tr>
<td><strong>Other electronic media devices</strong></td>
<td></td>
</tr>
<tr>
<td>Computer in bedroom</td>
<td>67%</td>
</tr>
<tr>
<td>Portable video player in bedroom</td>
<td>70%</td>
</tr>
<tr>
<td><strong>Restrictions</strong></td>
<td></td>
</tr>
<tr>
<td>Parents restrict TV viewing time</td>
<td>30%</td>
</tr>
</tbody>
</table>

**Table 1** shows the trends in key prevalence estimates among Australian secondary school student in both the 2009-10 and 2012-13 surveys.

**Table 2** shows the trends in key prevalence estimates among Australian secondary school students by sex in the 2012-13 survey.

**Table 3** shows the access to electronic media at home among Australian secondary school students in the 2012-13 survey.


"Living in harmony with nature and God"
YEAR 7 CAMP...

On Wednesday 25th March, we gave the last hugs and kisses to our family before we headed off to Year 7 Camp at Bacchus Marsh’s Lake Dewar.

We got onto the bus with pride and joy hoping that everything would be just fine. While we were on the bus we were full of laughter and happiness. As soon as we reached our destination we were welcomed by the YMCA staff and their two dogs, Lux and Simba.

In the first hour of camp, we settled into our cabins and made ourselves at home, this was easy as there were friendly people to talk to and we had a nice environment around us. Straight away we thought ‘gees this is going to be great’.

We participated in a range of activities like rafting, stand up paddle boarding, mountain bike riding, hiking, orienteering/ geocaching, raft building, Survivor Island and much, much more! Even though it was FREEEZING cold we were all willing to have a go at everything and it was well worth it!

On the second night we had a Pastoral Group Dance Off with each Pastoral Group performing routines they had choreographed and practised for weeks in preparation for this competition at camp.

The Year 7 girls of 2015 have faced their fears and stood up to an unbelievable challenge, thanks Lake Dewar! We hope to see you again!

Michelle Locsin
7 Joseph
SCSA TENNIS...

Nick Kyrgios, Thanasi Kokkinakis, Samantha Stosur and Lleyton Hewitt are just a few of the Australian tennis players currently representing our country. With the same attitude and determination that these great players show each time they walk onto the court, a group of MSJ girls represented the College with pride at the annual SCSA Tennis Competition.

We headed off on the 6th of March and competed against four other schools in a round robin competition to try and come out on top. The Girls excelled all day, working together as a team and showing their skills to ensure overall success.

While the Intermediate and Senior teams unfortunately fell short of the flag, the Junior team rose to victory in a closely matched final.

Thankyou to all of the Girls who represented our school and congratulations once again to the Juniors who took out the competition. On behalf of all the students, we would like to thank the sports staff for their training and coaching both in the lead up to and on the day. We look forward to seeing you all next year and maybe one day even hearing your names called at the Australian Open!

Brooke Bakaric (12C)
College Captain

SURVIVAL SKILLS IN THE PROM...

This Term, the Year 10 Outdoor Education classes went to Oberon Bay in Wilsons Promontory for a 3 day hike in the great outdoors! We were nervous but eager to test out the skills we learnt in class such as cooking on Trangias and setting up tents.

Upon arriving at the Prom we broke up into four groups, each exploring a different part of the Prom. We put on our backpacks and headed off on our adventures. When we first started off on our walk, it was a challenge for our bodies to adapt to the weight of our backpacks.

After half an hour our bodies seemed to adjust and we began to feel comfortable. After walking about 10km carrying 20 kilo backpacks, we stopped to set up tents and cook dinner. As part of the national park policy all hikers have to carry their rubbish out of the park with them. This influenced our food choices and taught us how to efficiently pack food into containers with minimal rubbish. Some popular dinners were hotdogs, pasta, mashed potato and spam.

Along our travels we saw a lot different wildlife such as leeches, wallabies, snakes, lizards, wombats, echidnas, fish, eels and possums. We discovered amazing and breathtaking views and saw the best beaches we’ve ever seen. We were challenged physically, mentally and emotionally, it was a once in a lifetime experience and if we were given the chance to go again we definitely would.

Thankyou to all the teachers that taught us survival skills and made this opportunity possible for the Year 10 Outdoor Education girls.

Bianca Briscoe 10 Anne
Chloe Case 10 Catherine
Paige Maynard-Buckler 10 Therese

“Living in harmony with nature and God”
ATHLETICS CARNIVAL 2015......

On the 17th of March, MSJ held their annual Athletics Carnival at the Newport Athletics Track. It was a humid day but the persistent rain could not stop what was a great, fun filled day!

It was fantastic to see all students participating or cheering their house teams across the line in a range of events throughout the day. The girls competing in events did so with great enthusiasm and determination and many were rewarded for the effort taking home a ribbon.

Solomon once again proved their prowess taking out the overall win, their second for the year. Their first place finish was no doubt helped along by the fact that ALL students awarded ‘Most Outstanding Athlete’ for their year level were from Solomon House!

The track and field events were spiced up with some crowd-pleasing novelty events. Congratulations to the ‘Trophies’ who managed to beat the teachers in the relay race - awesome job girls!

Congratulations to all the girls for their display of House spirit and athleticism and a special thanks to Ms O’Brien and to all the staff who helped make this year’s Athletics Carnival such a success.

Jennie Dao (12J)
Sports Leader

Congratulations to our Year Level Champions
Year 7 - Sarah Peart
Year 8 - Brooklyn Utber
Year 9 - Demi Utber
Year 10 - Courtney Utber
Year 11 - Paige Chapple
Year 12 - Brooke Bakaric

From: Sarah
Subject: ATHLETICS CARNIVAL
Date: 17 March 2015 6:27:21 pm AEDT
To: Ms O’Brien
Thank you for helping with the organisation of the Athletics Carnival, it was an absolute blast and it would not be possible without all the help of the teachers and staff.
I loved it and it was awesome compared to my primary school’s carnival.
I loved the Year 12 costumes and Ms Anastasi’s and Mr Lavery’s commentary.
Overall the day was outstanding and the best day of my school life!
Thanks for all your help,
Sarah - 7 Anne

“Living in harmony with nature and God”
SURF COAST WALKING TRACK HIKE...

On Wednesday the 11th of March over 80 Year 9 students, from the Outdoor Education classes and the Duke of Edinburgh programme, undertook a 14 km hike along the surf coast walking track, in and around Anglesea.

Prior to leaving, we were taught how to cook using Trangia stoves, how to set up a tent, how to be safe around the bush and we also learnt about risk management and first aid. After many lessons of preparation, we were finally ready to set off on our 3 day hike.

Starting together at the top of Point Addis we set off in groups of three to complete the first half of the track. Soon after a quick lunch and some fun at the beach, the first group arrived at Eumeralla Scouts Camp. Here we set up our tents and cooked our meals on the Trangias. Some of the dinners that the groups cooked included: pasta, rice, tacos, burgers, couscous and of course, marshmallows.

Waking up, packing away our tents and bags and having a much needed breakfast was mainly what the morning consisted of. It was then time to start the second day of our hike.

Overall the camp was a fantastic opportunity for all of the girls to make new friendships and bonds as well as enjoying a new and memorable experience.

Elli Kyriazopoulos, Chloe Zahra, Alex Tsantarlis
9 Catherine, 9 Anne, 9 Catherine

“Living in harmony with nature and God”
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.

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.

STAY IN TOUCH...
Follow Mount St. Joseph Girls’ College on Facebook, Twitter and Instagram and keep in touch with all the latest news and events.

Play lacrosse at Victoria’s premier lacrosse club!
NEWPORT LADIES LACROSSE CLUB
Pre-season training has started and we would love for you to join us!
We train on Monday nights at the Paisley Park, Altona North, VIC 3025 with Juniors from 5.30-6.30 and Seniors from 6.30pm
The 2015 Season will commence in April and run through until September.

For more information
email us at newportladieslax@gmail.com
visit our website www.newportladieslacrosse.com
like our Facebook page www.facebook.com/NewportLadiesLacrosseClub

60 PREMIERSHIPS | 7 TEAMS | 1 CLUB
#WeAreNewport #NLLC #blackandgold

2014 Victorian Community Coach of the Year
Sue Solanmos

“Living in harmony with nature and God”