Term 2 is well underway and we already find ourselves in the last month of Autumn.

Out And About...
In the pages ahead you will again find many accounts of the learning, community and sporting involvements of students beyond the school gates. Amongst these events, student leaders and staff proudly marched with returned and current service personnel at the Altona ANZAC Commemoration Service. Year 12 students were moved by their visit to the Holocaust Museum. Year 8 students enjoyed their time together on camp and retreat. There have also been several sporting teams involved in inter-school competitions with an Indoor Soccer Pennant reflecting just some of their success. Appreciation is extended to all staff who made these experiences for the girls possible.

Pausing To Reflect...
The first weeks of this term have seen students gather on two occasions to pause and reflect on importantly thoughtful ceremonies. The first of these saw the centenary of ANZAC commemorated at the school with members of the Altona RSL sharing their experiences with us. The ceremony concluded with the planting of a rose in the school garden to recall the sacrifices of so many and symbolize hope for lasting peace.

The second gathering was to reflect upon the invitations and learning in the story of the Paschal Way of Light. It was a beautiful dramatization and we were deeply moved by the contemporary depiction of the hope of Christ’s resurrection.

Welcoming Visitors...
As is often the case at MSJ, our Josephite community has again been rolling out the welcome carpet to visitors. Nearly 300 attended the Grandfriends’ Morning Tea last week and it was lovely to see so many proud students and family members. Similarly, the Joseph’s Corner High Tea was attended by nearly 200 in the MacKillop Centre last weekend.

Building Works Continue...
In keeping with our College commitment to ensure ongoing learning facilities development through building and refurbishment, there are two significant refurbishment projects currently underway. The Learning Resource Centre is being completely redesigned and the previous Science labs are being completely rebuilt as a bright new flexible learning hub for Year 9 students.

Staying In Touch...
It was again encouraging to see so many parents and students engaging in conversations about learning at the recent Parent/Student/Teacher Interviews. We also encourage parents to stay in touch with teachers throughout the term if any concerns arise or just to check in on your daughter’s learning progress.

The various College social media and online platforms (Facebook, Twitter, Instagram and Website) are excellent for sharing broader school news so they are worth tapping into also.

Cath Dillon
Principal

COMING EVENTS...

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>Friday 8th May</td>
<td>SCSA Interschool Athletics</td>
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<tr>
<td>Tuesday to Thursday 12th - 14th May</td>
<td>Year 7 &amp; 9 Naplan</td>
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<tr>
<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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<td>Thursday 28th May</td>
<td>Open Morning 9.30 - 10.30am</td>
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<td>Monday 25th May</td>
<td>Year 7 Immunisations &amp; Year 8 - 10 Catch-Up</td>
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<tr>
<td>Sunday 31st May</td>
<td>College Musical Rehearsal, 10am - 4pm at MacKillop College</td>
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<tr>
<td>Wednesday 3rd June</td>
<td>Year 8 - 11 Exams Commence</td>
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<td>Monday 8th June</td>
<td>Queen's Birthday Public Holiday</td>
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<tr>
<td>Wednesday 10th June</td>
<td>GAT, 10am - 1.15pm</td>
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<td>Year 10 &amp; 11 Academic Progress Interviews, 1 – 4pm</td>
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<td>Friday 12th June</td>
<td>Student Study at Home Day</td>
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<tr>
<td>Thursday 18th June</td>
<td>Open Morning 9.30 - 10.30am</td>
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<tr>
<td>Friday 19th June</td>
<td>College Musical Production, 7 - 9.30pm</td>
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<td>Saturday 20th June</td>
<td>College Musical Production, 12.30 - 5pm and 7 - 9.30pm</td>
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<tr>
<td>Thursday 25th June</td>
<td>Year 10 - 12 PST Subject Interviews, 4 - 8pm</td>
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<tr>
<td>Friday 26th June</td>
<td>Student Study at Home Day</td>
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<td>Last Day of Term 2</td>
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Hundreds of proud grandparents, grandfriends and extended family members joined our equally proud girls for morning tea and a school tour

“Living in harmony with nature and God”
This term has been special so far in many ways, however, without detracting from all we do here at MSJ, our commemoration of the ANZAC story by 1000 young women, teachers and staff, prior to ANZAC Day was deeply respectful and filled with awe and wonder for the sacrifices made in the past and its enduring impact on Australian society.

Gallipoli, the ANZAC story was revisited and retold at MSJ through ceremony, in class, through family legends and with an experience to remember at Camp Gallipoli at the Melbourne Showgrounds. The rain brought us closer as it served as a reminder of the uncomfortable experience and great sacrifice made by our armed forces.

“They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them.”

(Third stanza of the poem ‘For the Fallen’ by Laurence Binyon)

PARENT/STUDENT/TEACHER INTERVIEWS...
Parent/Student/Teacher Interviews (PSTI) have now been completed for Semester 1. The available booking times were almost filled to capacity with some teachers reaching 96% and above of possible bookable spaces. So you can see why it is crucial to book early online through the Parent Portal. It was wonderful to see so many young women in attendance eager to share their learning challenges and successes as well as their goals with their families and their subject teachers. Your daughter (Year 7-10 only) will now be creating her learning goals. These will be posted to you in the mail so please discuss them with your daughter and make a time to reflect on them over the semester.

As always, we value your feedback of PSTI. If you would like to share your thoughts then please take a few minutes to complete our survey which asks three questions: what you think was a success, what was challenging and what might we do differently next time. You can find the online survey at: http://goo.gl/forms/y1oDxayALY

HOME STUDY...
As we prepare for NAPLAN and examinations (Years 8-11 only), it is important that you revisit your daughters’ study at home routines and their effectiveness. The key messages for study at home are; regular revision, sit as many practice exams as possible and gain feedback on your work from home, peers and teachers. Remember to sleep well and turn off technology at least one hour before bedtime.

MMADD DAY...
On May 15 we celebrate the Arts on MMADD Day (Music, Media, Arts, Drama and Dance). No doubt you have seen or heard your daughter practising her routine or preparing an 80s costume for the day. We have workshops, performances and lots of laughs on this day and we are proud of our Student Leaders who have worked hard to plan the day for everyone.

DUKE OF ED COMMUNITY SERVICE...
Congratulations to all students who have, since the last newsletter, competed in debating or sports or are now well into their Duke of Ed community service. As the weather turns colder over the next three weeks, we encourage students to join the Gaming Club, Book Club, Chess Club or snuggle up with their iPad and a wonderful new addition to our fiction collection, eBooks.

Fran Dorgan
Director of Learning

2015 NAPLAN TESTS...
On the 12th, 13th and 14th of May, all students in Years 7 and 9 will be required to undertake a series of tests administered by NAPLAN. These tests assess the level of student proficiencies in the areas of Reading, Writing, Spelling, Grammar and Punctuation and Numeracy and provide important information to both the student and the College.

A letter was sent home to the parents/carers of Year 7 and 9 students on the 24th of April informing them of the process. If you have any queries regarding this year’s NAPLAN, please contact Mr. Matt Smith (msmith@msj.vic.edu) at the College.

“Living in harmony with nature and God”
DUKE OF EDINBURGH - PARTICIPANT PROFILE...

This year MSJ offered 50 Year 9 students the opportunity to participate in the Duke of Edinburgh Award for the first time.

The Duke of Edinburgh mission statement is 'To provide young Australians aged between 14 and 25, with the opportunity to achieve personal goals through a structured program which acknowledges their involvement in non-competitive voluntary activities, which encourage personal growth, enterprise, and a broad range of life skills, as well as a sense of social awareness and responsibility'.

The award focusses on three separate domains; they are physical recreation, skill and service. We also partake in an adventurous journey at the start and end of the year.

I decided that I will walk the distance of the Kokoda trail to fulfill the physical recreation domain, learn cake decorating for the skill domain, and cook a meal for an Ethiopian community group after their church service for my community service domain.

Hannah Clarke
9 Francis

COLLEGE FEES...

Families paying fees each term should note that the 2nd instalment is now due. A statement was emailed on Friday, 24 April 2015.

Families who have provided a direct debit or credit card authority should note that fees will continue to be deducted in accordance with the authority.

BUILDING WORKS...

Site sheds have been established for works to commence on the refurbishment of the Learning Resource Centre and the conversion of the upper level Science rooms to general learning areas.

These works will be completed over Term 2.

MAIDSTONE STREET CROSSING...

Families are reminded that the crossing outside the College is only a pedestrian crossing when flags are displayed.

Families are encouraged to exercise caution at all times when crossing Maidstone Street.

SCHOOLCARE ACCIDENT POLICY...

The College has a SchoolCare accident policy that provides benefits for a range of (non-Medicare) medical services, such as dental and physiotherapy resulting from accidents at school activities.

The College’s Administration can assist with processing applications and claims. You can learn more about the cover by visiting: www.ccinsurance.org.au/insurance/products/schoolcare.htm.

Noel Kennedy
Business Manager

“Living in harmony with nature and God”
VCE STUDY SKILLS WORKSHOPS...

One area in which Year 12 students, and undoubtedly students in general, struggle with is balancing school life, social life and other recreational activities. On Monday April 20, Year 12 students were given the opportunity to listen to a guest speaker from Elevate Education.

Elevate Education is an organisation that strives to improve the performance of students, through their study skills programmes. We were given study tips on time management, eliminating procrastination, working effectively in study groups and setting a study routine.

There is no doubt that many students found this workshop very beneficial, insightful and crucial in our last year of VCE. It was confirming to realise that we are on the right track.

Bridget Puopolo         Emily Riggs         Kira Arapidis
12 Francis             12 Catherine       12 Francis

A SURVIVORS TALE...

On Friday June 6, as part of their VCE English studies, 96 Year 12 students visited the Jewish Holocaust Centre in Elsternwick. Upon arrival the Centre’s curator spoke to the students about the continuing legacy of the Holocaust and its impact on the millions of families whose entire world was devastated by fear and hatred.

The students were then given a guided tour through the museum and allowed to see chilling artefacts from the concentration camps and the ghettos. However the most poignant moment of the excursion was the opportunity to speak to Fryda, a 90-year-old Holocaust survivor. For 30 minutes Fryda spoke to the girls about her experiences growing up in Poland and enduring the horrors of war and the labour camp in Czechoslovakia where she spent three years while her mother and two siblings were exterminated.

After studying Maus, the students were familiar with the ordeal of the Holocaust, yet hearing a woman who was actually there talk plainly about what she witnessed made it real in a way no book, image or documentary ever could. Indeed it was all the more affecting in light of the few survivors that remain and that we will be the last generation to hear them speak about what was one of the darkest moments in human history.

Brad Abraham
English Domain Co-Ordinator

I CALL MY BROTHERS...

On Monday the 27th of April, the VCE Drama class went on an excursion to the Melbourne Theatre Company to view the play “I Call My Brothers.” This play was a non-naturalistic production which was set in central Stockholm. It depicts the life of the main character Amor over a period of 24 hours. Amor was battling with an inner conflict which encompassed the themes of racism, terrorism and stereotypes.

I Call My Brothers illustrates the hardships of a Muslim in contemporary society and demonstrates what happens once paranoia takes over. This play utilises the technique of alienation as all members of the drama class were constantly confronted with the divide in today’s society of “them” and “us.”

Overall, watching I Call My Brothers was a very fulfilling experience which assisted in growing our knowledge on non-naturalism and the techniques that work in correlation with it. The VCE drama class believe this was a very constructive excursion as it helped the students understand the level of sophistication that is needed in order to create an effective performance which we will all be taking into consideration in our many drama classes to come.

Fiola Ziba
11 Francis

Upcoming Senior Study Skills workshops for your diary:

11 May
Year 11 - Study Sensei

12 May
Year 10 - Planning for Peak Performance

The VCE Drama class at the Melbourne Theatre Company watching ‘I Call My Brothers’ in support of their studies of non-naturalistic performance styles

“Living in harmony with nature and God”
DEEPENING OUR UNDERSTANDING...

On Wednesday the 29th of April, the Year 9 cohort went on an excursion to IMAX and the Melbourne Museum.

We first visited IMAX to watch a short film - ‘The Human Body’. This was to deepen our knowledge of the make up of the human body and how the different systems work together to help us do every day tasks such as digest, breathe and exercise.

After the film, we proceeded through 3 different exhibits that related to our curriculum this semester. The 3 exhibits we visited were The Human Body, A Bug’s Life and Amazing Animals in a Changing World.

After going through all of these exhibits and watching the short film we have broadened our knowledge of all 3 topics and how they apply to the world around us.

Hannah Clarke and Lauren Williams  
9 Francis

WORLD OF MATHS ROADSHOW...

On Wednesday the 30th of April, the Year 7 girls attended a maths incursion run by the World of Maths. In this incursion we completed lots of puzzles that involved different aspects of mathematics, for example angles and sequencing.

Some of the activities proved themselves to be quite a challenge but we all had an extremely fun time. This activity showed us that Maths is everywhere! The games and activities proved to us that Maths can be enjoyable and it was an opportunity to use our teamwork skills.

We were very grateful to have had this experience and we learnt a lot from it. We would like to thank Marian for coming out to guide us through the activities.

Penny Parker and Jayde Pender  
7 Francis
Solomon Term - Celebrating Inclusiveness...

“All equal in God’s eyes”

Term 2 at Mount St. Joseph Girls’ College is Solomon Term. Solomon house celebrates the Gospel value of inclusiveness and aims their fundraising and awareness efforts towards Indigenous Ministries.

Solomon House is named after Emmanuel Solomon, a Jewish man who supported Mary MacKillop and the sisters when they were left without accommodation during Mary’s excommunication. Solomon was an upstanding man involved in politics and community works. He demonstrated great kindness towards the sisters and promoted a sense of inclusiveness at a time where inter-faith dialogue was not a common feature of society. Mary relied on many for support, Joanna & Robert Barr-Smith were also key contributors to Mary and the Sisters. This wealthy Anglican couple financially supported the Sisters of St. Joseph by funding the first convent they built in Adelaide. These relationships and examples of inclusion remind our students to be welcoming of all, and celebrate the diverse faiths and cultures that we are lucky to have in our country.

To support our MSJ community’s understanding of the Solomon house story and their associated value of inclusion, every Wednesday morning students have engaged in a Solomon focussed prayer. This prayer journey will take students through the story of Solomon and the Barr-Smiths, the value of Inclusiveness, the history of the Josephite Sister’s ministry to Indigenous Australians and the current injustices that Indigenous Australians face today. Each Wednesday students will learn, pray and act in response to the daily focus of the prayer.

They highlight of Solomon Term will be activities run throughout National Reconciliation Week. During this week MSJ will stand in solidarity with Indigenous Australians. With this in mind, I encourage you to start a conversation with your daughters about the Recognise campaign, sign the petition and raise awareness for this worthy cause. Visit the following website to learn more: http://www.recognise.org.au/

I would like to end this reflection using the Sister’s of St. Joseph acknowledgement of country. We give thanks for the continued work of the Sisters throughout Australia who work as advocates for Indigenous Australians.

We acknowledge, respect and honour the First Peoples of the lands in which we live. We value their living culture and spirituality. We work towards a relationship with them and commit ourselves to stand in solidarity in their struggle for justice and self-determination, particularly as regards their lands, languages and cultures.

Danielle Fairthorne
Director of Catholic Identity

ST. PATRICK’S DAY MASS AND INTERESTING YOUNG SPEAKERS COLLOQUIUM...

On the 17th of March, a group of Year 10 students attended a St. Patrick’s Day Mass at the Cathedral to celebrate St. Patrick’s feast day. The mass was led by Archbishop Denis Hart and Catholic schools from all around Melbourne attended.

It was a great way for us to deepen our faith and connect with God. After mass, we attended a Young Speakers Colloquium where guest speakers talked to us about Indigenous Rights and how we are all equal and able to make a difference in our world. Another guest speaker who participated in the ‘Time To Shine’ Gala last year spoke to us about the benefits of his participation and how much it helped his confidence and connections with students from other Catholic schools.

Throughout the colloquium, we were treated to a variety of food from sushi to fruit and hot foods such as meat pies and quiches. The colloquium was extremely interesting and enabled the students to really think about their impact on our society and how much they can help those who are less fortunate. The mass was very enjoyable and we were given the opportunity to participate in one of the most important days of the Catholic calendar.

Celine Lopez
10 Veronica

Anusha (10A), Celine (10V), Lidia (10F), Leighton (10F), Paris (10T) and Shoshanna (10J) at the St. Patrick’s Day Mass and Interesting Young speakers Colloquium
PRACTICING MINDFULNESS...

This year our College has adopted mindfulness practices to support students’ wellbeing. The College pauses at 12 o’clock each day to meditate, pray or just be still.

This practice of mindfulness was taken on board by our Year 11 Retreat Leaders who led the Year 8 girls in the following meditation on their Retreat Day. The Year 8 girls were given jars to fill with soil, seeds and rocks and were taken through the following meditation that was written by our Year 11 girls in conjunction with Ms Furlong:

Just as God did, we are moulding our own soil into our jars with love and care. This jar becomes a reflection of the day and we will grow alongside our planted seed, reminding us that God is our potter who never leaves our side. As we hold this soil in our hands, we shape, mould and reshape it. The soil does what the potter forms it to do.

Pause:
How do you feel as you mould your own soil? Is it perfect? It is the imperfections that make us unique individuals. Are we ready to hear God’s words?

Taking time out of our busy days supports both our spiritual and mental health. We encourage you to take on this practice of mindfulness in your everyday lives. Talk to your daughters about their experience at school and perhaps even adopt this mindfulness strategy at home with your daughters.

ST MARY OF THE CROSS COMES TO LIFE...

On the 25th of April during Period 2, the Year 7 students were treated to a performance held in the Drama room. The performance told the story of St. Mary MacKillop’s life and brought to life some of the difficulties that she struggled with throughout her journey. The performance gave us a better understanding of who Mary was and the part she played in Australian history.

Two actors from Starr Productions played different roles throughout the performance. Katrea played Mary through the years and Simon played the role of many characters including Father Tenison Woods and Emanuel Solomon.

The performance was interesting and highly entertaining, especially when they included us in their performance – such as when Tabetha (7V) helped Mary MacKillop (Katrea) beg wealthy chefs/butlers for food scraps to donate to poor starving children.

Overall the St. Mary of the Cross performance was a success and was thoroughly enjoyed. A special thanks to Ms Fairthorne and all staff who organised this incursion, it was entertaining and informative.

Sarah Peart
7 Anne

WINTER JUMPER COLLECTION...

The SRC are currently collecting knitted jumpers for a small community in Balgo, Western Australia.

We are specifically looking for warm jumpers for babies through to children up to 8 years of age.

If you have any jumpers you could donate to this cause please send them into school with your daughter and have her place them in the baskets located in the Chapel.

Thank you for your help in supporting this community in need.

The SRC Ministry Team

“Living in harmony with nature and God”
YEAR 11 LEADERS LEAD ON RETREAT...

This year, the Faith Team gave the Year 11 students an opportunity to participate in the preparation and organisation of the Year 8 Retreat. A team of eager and enthusiastic Year 11 girls volunteered to put forward their ideas and kindly donated some of their lunchtimes for six weeks to prepare for the day.

The Leaders co-ordinated with Mrs Fairthorne and Miss Furlong, to build and structure the day around Father Julian Tenison Woods and the Catholic Social principle of stewardship.

Finally, the day had come and all preparations were finalised! There were some nervous Year 11 Leaders, but these nerves quickly disappeared once the action began. The Retreat was held at St. Augustine’s Parish Hall, Yarraville on the 14th and 16th of April and the energy was brilliant from everybody in attendance. Some of the activities included a ‘Fact Battle,’ song writing and a peaceful meditation at the end of the day that allowed time for pause and reflection. Each student also planted their own seed that they were able to take home with them.

At the conclusion of the day, every Year 8 girl placed their unique fingerprint on a canvas, forming the image of a tree that will be displayed in the Chapel as a reminder of the day, of Julian Tenison Woods and of our responsibility as the stewards of creation.

Everybody gained so much from the experience and I know we are all looking forward to working together again on other projects within the Faith Department!

Jessica Wolff (11V)
Retreat Leader

THE PASCHAL WAY OF LIGHT...

On Tuesday 28th of April, Mount St. Joseph Girls’ College came together as a community to celebrate a special liturgy - The Paschal Way of Light. The liturgy consisted of 14 stations, each station reflecting on the story of the risen Christ between his Resurrection on Easter Sunday and the season of Pentecost, where Christ sent the Holy Spirit to his disciples.

Our school motto for this year is “Living in Harmony” and it is through Christ and living out the Beatitudes that we are able to live in the light of Christ. During the Paschal Way of Light, girls from different year levels, interpreted the journey of the Risen Christ within their class groups. We had a wide variety of interpretations, such as: meditation, dancing, acting, singing, silence and symbolic acts. The girls where in full spirit during this time and performed well. As each station ended, the mantra “Blessed are the disciples of the Lord; May we always walk in God’s light” guided us into the next station.

It is during times like these where we can really see the girls’ talents shine, through the means of the performing arts. The liturgy ended with MSJ Voices performing Michael Jackson’s Man in the Mirror.

Overall the Liturgy was a great reminder of the hope, love and joy we celebrate in the season of Easter.

Alicia Tokay (12T)
Liturgical Leader

“Above: The VCE Drama class perform a station
Right: Celebrating the Risen Christ
Creating the Year 8 Tree of Life - a reminder of their Retreat, Julian Tenison Woods and their responsibility as the stewards of creation
A Mindfulness station during the Paschal Way of Light
The Youth in Action group re-create the story of doubting Thomas
“Living in harmony with nature and God”
In the past month we have continued to celebrate and immerse ourselves in community life and had the opportunity to experience the fullness and breadth of life at Mount St. Joseph Girls’ College.

Having all recovered from the success of our SCSA Soccer teams, Debating Competitions, Grandfriends’ Morning Tea, Year 8 Reflection Day, Year 8 Camp and rehearsals for the College Production of Beauty and the Beast; we entered week 4 of the school term with new energy and a commitment to work in partnership with our College community.

Students who engage in the many extra curricular opportunities provided at MSJ are able to experience deep and positive relationships. Research indicates that those students who take advantage of a school’s co-curricular programme are able to organise themselves more effectively and perform better academically. These activities foster the formation of informal relationships outside of the classroom that contribute to giving students a sense of belonging to this great community. I encourage each student to participate in one of the many co-curricular opportunities provided at the College.

Our Grandfriends’ Morning Tea was a wonderful success, congratulations and thank you to the many staff who organised a true celebration. Grandparents and grandfriends play a pivotal role in the lives of our young people, they act as advocates, carers and wise elders. We extend our thanks to all the grandparents and grandfriends who came to ‘be’ with our daughters.

RESTORATIVE PRACTICES @ MSJ...

High expectations coupled with respectful relationships are at the heart of restorative practice. Building constructive relationships and ensuring students complete all set tasks is vital in promoting learning and personal wellbeing.

Restorative Practices promote wellbeing and learner accountability. If a student does not complete homework or set tasks our classroom teacher will speak with the student, communicate this to the parents and ensure that the student produces the work at a negotiated date or time.

In order to promote classrooms that support and challenge student learning, teachers will, when necessary, write notes to parents in their daughter’s diary or ask a student to remain at lunchtime to complete their homework. This creates a culture of learning and high expectations and supports a learning programme that promotes individual learning and success, building personal self-belief and efficacy in our learners.

UNIFORM FOCUS...

All students are now expected to be wearing the winter uniform. We appreciate your assistance in ensuring that your daughter attends school in full winter uniform and that the length of her kilt is to the knee.

STUDENT ID CARDS...

It is the student’s responsibility to carry their MSJ ID card with them at all times. It is not acceptable for students to sign in late at the front office without their card.

1. First instance Warning
2. Second instance Restorative Chat
3. Third Instance Lunchtime Session

MINDFULNESS MINUTE...

As you may be aware we have introduced mindful minutes at midday each day to help our students and all members of the community take a moment to refocus, relax and rejuvenate. I encourage you to visit our the Mindfulness in May website, http://www.mindfulinmay.org/ and read how you and your family can celebrate and be calm.

Steven Mifsud
Deputy Principal - Student Wellbeing
**SUPPORTING OUR PEERS...**

In 2014, as Year 9 girls, we underwent Peer Support Training. This consisted of learning a range of skills that would help us support our peers. Some topics discussed were body language, eye contact, tone, speech, and the importance of organisation. These were basic skills needed to become a Peer Support Leader.

After completing our training, we realised that these new skills we had developed could not only be used in the MSJ Peer Support Programme, but also in our personal lives and future workplaces.

As Peer Support Leaders we aim to provide the Year 7 students of MSJ with mental, social and emotional support when necessary. Having trained as Peer Support Leaders, we have learnt how to connect with, and assist, the Year 7 students, drawing on our training and our own experiences of the issues they are now struggling with. This opportunity of being a Peer Support Leader has also allowed us to grow and develop social, communication and confidence skills.

All the Peer Support Leaders have been assigned to Pastoral Groups so we can each focus on a few students, ensuring we can get to know them well and support them in the best way possible. Developing this relationship will also mean that the Year 7 girls will also get to know us, and be more inclined to ask questions and be comfortable around us.

The Peer Support Leaders have lots of fun activities planned for the Year 7 girls to participate in during pastoral periods.

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**WHAT IS ANXIETY??**

‘Anxiety’ is like ‘worry’. It’s an unpleasant emotion that most people feel at some time when they’re faced with challenges. Mild anxiety, like just before a sporting event or an exam, can help people perform at their best.

But when anxiety becomes more intense, causes distress, lasts for a longer time and interferes with daily living, then it’s a problem.

Physical feelings of anxiety include a faster heart rate, faster breathing, muscle tension, sweating, shaking, and ‘butterflies in the stomach’. In a ‘panic attack’, these symptoms are very severe.

Other common symptoms of anxiety are:

- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situations
- Excessive shyness
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life

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**headspace**

Headspace is the national youth mental health foundation. The organisation works with people from 12-25, who can get health advice, support and information from headspace.

With headspace centres in Sunshine, Werribee and Collingwood students can get help with:

- General health
- Mental health and counselling
- Education, employment and other services
- Alcohol and other drug services.

So they support students who:

- are feeling down, stressed or can’t stop worrying
- haven’t felt like themself for a long time
- can’t deal with school or finding it difficult to concentrate
- are feeling sick or worried about their health
- are having difficulties with friendships
- are being bullied, hurt or harassed
- are worried about work or study or are having money trouble

headspace is a place where young people can go to talk to someone about any of these issues.

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This will include ice-breaker games and treasure hunts aimed at helping them become more familiar with the important places around the school.

Elyssar Dib (10V), Christine Yankoulas (10J) and Michaela Collins (10J)

Peer Support Leaders
YEAR 8 CAMP WYUNA...

On the 13th of April, the Year 8 girls from Anne, Catherine and Francis set off on an adventure to Camp Wyuna in Queenscliff. We were excited to see all our friends again after the holidays, and for the great experience planned ahead.

Throughout the camp each group would participate in a range of activities including surfing, snorkeling, bike riding, visiting the marine center, pizza making and canoeing.

Our group’s first activity was a night walk. We began our walk along the beach listening to the waves crash violently against the sand and slowly being drawn back to the sea. This gave us an amazing opportunity to be exposed to the natural world at night and to see the wonderful creations of God.

The next day started off with a delicious breakfast and a day jam-packed with different activities, we even squeezed in a game of volleyball and some time for socializing. After a great dinner provided by the camp, we all participated in a liturgy about appreciating what this wonderful experience has given us and what we can take from this to use in the future. We all created a journal where we wrote our experiences so far and had a competition for the best journal cover. Later on in the night, we all gathered around the campfire and roasted marshmallows... yum!

After a long day, we all had no trouble falling asleep. We were all sad when we came to the realisation that we were spending our last night at Camp Wyuna.

The next day was our last day at Camp Wyuna. We started our day off by clearing out our cabins, packing up our things and using ‘Henry’ to give our cabins a good vacuum. Each group went off to their last activity for camp. Soon after, 8 Joseph, Therese and Veronica arrived. It was time for us to go. We got on the bus, and headed back to MSJ.

Thank you to the YMCA staff for giving us one of the best camps and for providing us with the opportunity to try new things and go out of our comfort zones - we really enjoyed this camp!!!

Sapphire Kantharidis and Sarah Matulick
8 Anne

This term, the Year 8’s have had the privilege to stay at Camp Wyuna for a 3-day period. We had the opportunity to surf, snorkel, make pizza, explore by canoe, complete a 10km bike ride, go for a night walk and visit the Marine Centre.

The food at Camp Wyuna was delicious; on the first day we had cinnamon and apple muffins for morning tea and roast beef and vegetables for dinner with chocolate pudding with ice cream for dessert. On Tuesday we there was cereal and toast for breakfast, a wrap for lunch and chicken schnitzel with vegetables for dinner followed by apple crumble and ice cream for dessert. On our last day we had a blue berry muffin for morning tea and a sausage and fruit for lunch. All was YUM!

On the first night we went for a night walk with one of the camp staff, Harry. He took us along the beach and talked to us about the water and the flora and fauna. On our way we found many Cuttlefish skeletons, none of us knew why there were so many washed up, but we soon learned that Cuttlefish have the life span of only 18 months, we were very shocked that they only lived for such a short time.

Many of us thought that the flora and fauna we saw were amazing and we learnt how easily it could be harmed and as such, the importance of caring for our environment.

When going snorkelling, we saw puffer fish, starfish, stingrays and even a few banjo sharks! While canoeing some of us were lucky enough to hold and pat a banjo shark! During the bike ride there was a beautiful view of the clear water and waves, it was amazing how clear and blue the water was, it looked like a painting.

Surfing was a challenge, as it was very hard to stand up at first, but after getting help from our instructors some of us managed to stand up and ‘catch a wave’ by the end of our surf lessons, which was an achievement to be proud of. These activities tired us out, but we always happily moved on to the next experience.

We certainly had an amazing time.

Maddison Azzopardi
8 Therese

Some of the activities the girls enjoyed at Camp Wyuna in the first week of Term 2 included: surfing, canoeing, exploring caves, roasting marshmallows and creating reflection journals.

“Living in harmony with nature and God”
WALKING THE EXTREME LARAPINTA TRAIL..

This month Emma Kornja (11F) is tackling one of the most extreme trail walks in Australia, and she’s doing it all for charity. Emma has joined a team of 31 walkers (including her mother), and for the past 6 months they have been training, planning and saving to pay their own way to central Australia to complete this 223klm charity walk.

Emma commenced her journey on 1 May at Redbank Gorge (223kms west of Alice Springs), where she camped before climbing Mount Sonder. Emma then heads east for 11 days, climbing mountain ridges, clambering through numerous gorges and tackling extreme conditions - all without luxuries like running water, showers or support whilst out of camp. The journey is recommended to take 3 weeks, but Emma and her fellow walkers will be completing their expedition in just 11 days! In camp, a support crew will reinvigorate, motivate, feed and water the weary crew.

Awaiting arrival at the Old Telegraph Station on May 12 will be a celebration of their achievements: mental, physical, emotional, and of course fundraising! All of this work has been done to support the Ngaanyatjarra Pitjantjatjara Yankunytjatjara Women’s Council (NPYWC) and their annual Law and Culture meeting. To date the team has raised an amazing $87,000 just $13,000 shy of their goal of $100,000.

You can see Emma’s profile as well as make a donation by visiting their website: www.larapintawalk.com/our-walkers/wa-regions

Emma along with the whole team would like to thank you for any contribution and ongoing support and invite you to follow their progress at: www.facebook.com/Larapinta.Extreme.Walk

ABOUT NPYWC..

The NPYWC plays a critical role in the survival of Australia’s indigenous empowering women to speak up on matters important to them, including preserving indigenous traditions and upholding policy and law in their communities.

These gatherings provide an opportunity for women from the NPY region to come together to celebrate and consolidate their traditional cultural practices and identity, often drawing between 120 -150 women to their meetings.

The annual gathering contributes to these women’s ability to deal with the sometimes overwhelming pressures and difficulties of their daily lives, for example responding to serious family matters including drug and alcohol addictions of family members, domestic and other violence, or the challenge of caring for disabled or aged family members.
CAMP GALLIPOLI...

Commemorating 100 Years of ANZAC spirit, Camp Gallipoli is a not-for-profit organisation, that ran an international event that was a once in a lifetime experience focusing on the centenary commemoration of the 25 April 1915 landings at ANZAC Cove.

The event featured at least nine campsites around Australia and New Zealand, with each site having a historical link to Gallipoli, WW1 and other theatres of war. The venues allowed families, schools and community groups to camp out under the stars, just as the original Anzacs did 100 years ago. In Melbourne, the event was held at the Royal Melbourne Showgrounds.

The event delivered a unique once in a lifetime experience for our youth and brought together people from Australia and New Zealand to commemorate the centenary of the ANZAC landings.

It was an event that celebrated how one hundred years ago thousands of our nation’s youngest and bravest would have gathered at the same or similar campsites before embarking on their long journey to fight for Australia.

Our College was represented by eight students, three staff and one family, all of who found the experience very moving and a night to remember.

GRANDFRIENDS’ MORNING TEA...

Hundreds of proud grandparents, grandfriends and extended family members joined our equally proud girls for morning tea and a school tour on what was a beautiful Autumn day...
2015 COLLEGE PRODUCTION - BEAUTY AND THE BEAST...

Come and tap your heels to the beat of ‘Be our Guest’ and clink your beer mugs with gusto for ‘Gaston’ as MSJ Presents Beauty and the Beast this June.

The story tells the tale of a prince who is transformed into a hideous beast as punishment for his cruel and selfish ways, where a witch has cast this spell on all at the castle. An adventurous woman named Belle is imprisoned by the prince. In order to become human again, the Beast must earn Belle’s love before it’s too late!

Congratulations to Christine Yankoulas (10J) on winning our poster design competition.

Tickets on sale at www.tickethost.com.au

“I feel so privileged to have received the role of Belle and I am so lucky to work with other amazing talented people. It is an absolute dream come true!”
- Giulia Abate Year (11V) ‘Belle’

“After experiencing the musical last year I realised how much fun it was. It is a great opportunity to make new friends and learn the techniques of performing.”
- Alicia Stewart (8T) ‘D’Arque’/ ‘Chorus Male’

“Beauty and The Beast’ has given me the opportunity to challenge myself and my acting in my role as the Beast. I love being in this production as the whole cast has become a family and with the relationship we have, we are able to make the beautiful story of Beauty and The Beast come to life. I can’t wait to show everyone all the hard work we have done.”
- Madison Brown (10A) ‘The Beast’
A GOOD INNINGS...

Excited to compete, we left school bright and early and bursting with energy on the 15th of April. MSJ fielded Junior, Intermediate and Senior teams in the SCSA Indoor Cricket tournament.

With all 3 MSJ teams putting in a great effort, there were mixed results throughout the day. While the Juniors didn’t manage a win, they definitely improved throughout the tournament. The Intermediates won 3 matches and lost 2, finishing 4th overall. The Seniors blitzed through the tournament undefeated making the grand final. It was a very tight match with the Seniors missing out on the cup by just 4 runs. Watching the teams compete throughout the tournament was inspiring.

Congratulations to Brooke Bakaric (12C) who won ‘Best on Pitch’ for the Senior Division and a big congratulations to all the students who participated throughout the tournament. We all played so well and thoroughly enjoyed the day. Thank you to Ms O’Brien and all staff who helped organise the trials and came on the day. It was a huge success.

Sarah Peart
7 Anne
BREAKFAST OF CAPTAINS...

On Monday the 20th April 2015, the annual SCSA Sports Captains’ Breakfast was held at Marian College.

Jennie (12J), Gwen (9C) and Alex (9C), represented the MSJ Sports Department on the day. Breakfast was provided for all the guests and there was a special guest speaker, Kate Moloney from the Melbourne Vixens.

Kate inspired the young students sitting before her with her story and accomplishments, as well as the way she managed all the positives and negatives becoming a Melbourne Vixens player threw at her.

The morning was then continued with small games and quizzes with prizes to be won as well as time to get to know the Sports Captains from other schools.

We would like to thank Mrs O’Brien and Ms Sofarnos for accompanying us to the breakfast. It was a wonderful opportunity that we will remember for a while to come.

Gwen Lynch      Alex Tsantarlis   Jennie Dao
9 Catherine      9 Catherine  12 Joseph

SCSA INDOOR SOCCER SUCCESS...

A huge congratulations to our Senior Indoor Soccer team on winning the SCSA tournament that was held on Monday April 27.

During what was a great game, Claudia Falzon (11V), the Senior Team’s goalie, also managed to secure the title of Best Senior Finals Player.

A special mention to our Junior Team, who put in a great effort throughout the tournament, but were unfortunately defeated in their grand final match after 7 minutes of ‘Golden Goal’ extra time.

Well done and thank you to the teams’ dedicated coaches Ms Baka, Ms Sofarnos and Mr Gonzalez.

LACROSSE CHAMPION...

Congratulations to Steph Kelly (11F), who was a member of the Victorian Under 18 Women’s Lacrosse team that won the 2015 Australian Women’s Lacrosse Championship in Adelaide last week, defeating SA 10-8 in an exciting final.

Steph was Victoria’s top scorer for the week with 15 goals from 4 games. She led the Victorian attack with her “quarter back” calm in setting up plays, and finishing them off, scoring in every game.

Steph was also named in the top 10 players of the Championship.
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.

“Living in harmony with nature and God”