Staff Acknowledgement...
A read through the pages of Synergy always gives the reader a sense of the rich community life of the College with stories of student achievements, faith retreats, community service, excursions and guest speakers featuring on every page. This edition is no exception and I thank the girls for their enthusiasm for their learning and co-curricular endeavours and I thank the staff for all the hours of planning work required to bring about such learning and faith opportunities. From the many hours of meticulous planning and deep responsibility of caring for students on the recent trip to Seirei to the parent invitations and preparation for the recent Sustainability Expo or Male Mentor’s Breakfast; success is dependent on the vision and collaboration of staff and reward comes in the equally enthusiastic responses from students, parents and family members.

Support for our Senior Students...
It is hard to believe that our Year 12 students only have another two weeks of scheduled classes before they begin their period of study and then commence their final exams. The external supervisors of the trial exams were quick to praise the students for the manner in which they had prepared for and undertaken their trial exams. It will be an intense and emotional month ahead for all Year 12 students and of course there is also pressure upon the Year 11 students as they prepare for their VCE exams; some of whom are also studying Unit 3 and 4 subjects. It takes a village to raise a child and we thank all of the teachers and support staff who have worked so hard with the graduating class of 2015 from the moment they arrived in late January 2010.

Gratitude for our 2015 SRC Team...
As we prepare to announce and welcome the 2016 SRC team I would like to acknowledge the wonderful work of the 2015 SRC team. In this edition you will find the full list of 2015 SRC team and we thank them for their enthusiasm, leadership and collaboration. In particular, we thank Arlie den Ouden and Brooke Bakaric (2015 College Captains) and their WAAM Team of Kira Arapidis, Laura Costa, Aimee Rapa and Taylor Elhout. The Senior SRC girls have been strongly supported by the Junior SRC who have had two strong role models in Ellie Kyriazopoulos and Isabella Morlin. Congratulations to all and thank you to the parents and staff who supported them throughout the year.

Papal Call To Care for Our Planet and the Poor...
In this edition you will find an insightful article written by our Director of Catholic Identity, Danielle Fairthorne about the Papal Encyclical ‘Laudato Si’ (Italian for ‘Praise Be To You’) released earlier this year. With the recent climate change messages delivered by Pope Francis during his visit to Washington and the arrival of our beautiful Spring here in Melbourne, it is timely to reflect upon our responsibility to be stewards of all of God’s creation. In his letter to all people, Pope Francis asks us to see how each of us caring for the planet will relieve the suffering of the poor as the poor are the first to feel the effects of the degradation and exploitation of our planet. His advice is at times detailed environmental science and at other times as simple as his reflection, ‘A person who could afford to spend and consume more but regularly uses less heating and wears warmer clothes, shows the kind of convictions and attitudes which help to protect the environment.’ As a community walking in the footsteps of Mary MacKillop who lived humbly and believed strongly in the rights of the poor, we are called to respond in each of our daily lives.

Open Day Invitation...
Family and friends of current, future and past students are invited to our College Open Day on Sunday October 11 from 11am to 2pm. There have been many changes since Open Day last year and we invite you to come and see our wonderful new Learning Resource Centre and the Year 9 Learning Hub. As is always the case, all the news about this event and our regular daily student success stories are available on our College Facebook, Instagram and Twitter Accounts. I recommend adding them to your social media portfolio for daily College news and photos.
VCE UNITS 3/4 TRIAL EXAMINATIONS...
The Year 12 students are fast approaching the end of the year. To assist our students achieving their potential, trial VCE Examinations were held during the school term break. All Year 12 and Year 11 students studying a Unit 3/4 subject were expected to attend for their subject examinations.

Trial examinations give students the best opportunity to succeed in their examinations at the end of the year. These trial examinations were compulsory and gave students an opportunity to receive vital feedback on areas of strength and areas requiring improvement.

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

Using their experience of preparing for and sitting the trial exams, students should review their study techniques and make any changes they feel will improve their preparation for the upcoming final exams.

TIPS ON STUDYING FOR EXAMS...
Efficient and effective study requires organisation of time and resources. The following points are a general set of guidelines to help students prepare for exams:

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

Work out your optimum study time
- Work out when you study most effectively. Are you more alert in the morning or evening? Schedule study times that suit your personal rhythms.

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

Prioritise the hardest subjects
- Allocated more time to studying the subjects you find most difficult. Schedule these first.

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

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

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

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

Review past exam papers
- Doing multiple practice examinations is one of the key components in successful completion of examinations.

Joanna De Bono
Deputy Principal - Learning and Staff

MATHEMATICS CHALLENGE ...
Mathematics Challenge for Young Australians is conducted by the Australian Mathematics Trust with the aim of encouraging and fostering a greater interest and awareness of the power of mathematics and problem solving.

MSJ participated in the initial Challenge stage that involved solving 6 challenging mathematics problems over the course of 3 weeks. The students who participated in the challenge discovered the joy of solving problems, as the problems were interesting and accessible. The participants recently received their results and were acknowledged with certificates.

"Living in harmony with nature and God"
“I’M POSSIBLE”...

On August 10, the Year 11 & 12 VCAL classes were privileged to listen to an inspiring guest speaker named Rhiannon Tracey. Her story told of a tragic freak accident in Bali in 2009 that left her a quadriplegic at the age of 20.

The somewhat primitive Bali medical conditions meant that Rhiannon’s treatment was delayed. With medical staff failing to unclog her water filled lungs, causing them to collapse, Rhiannon almost died in a Bali hospital.

On return to Australia, depression, lack of motivation and an uninspired attitude to life left Rhiannon desperate as Australian doctors predicted that she would never walk again. However Rhiannon’s mother thought otherwise and being a driven individual, she researched extensively to access the amazing Spinal Rehabilitation Centre “Project Walk” in the United States. An incredible team of doctors and therapists proved what was thought impossible to be possible. Over months of rehabilitation, Rhiannon regained her positivity and motivation along with some significant use of her arms and legs.

Rhiannon took her personal experience further, recognising a need in Australia for an effective spinal rehabilitation centre, this inspirational woman founded an Australian not-for-profit organisation – “The Next Step Spinal Cord Injury Recovery & Wellness Centre.” www.thenextstepsci.org.au.

Rhiannon’s spirited, warm and honest account has left its mark on us. For her fortitude and preparedness to continue making a difference was strikingly uplifting. Mount St. Joseph Girls’ College VCAL students embraced Rhiannon’s real life example of converting a somewhat negative, life changing experience into something positive. The Year 12 VCAL girls aim to raise awareness within the College and raise funds for The Next Step Spinal Cord Wellness Centre.

Emma Lopreiato
12 Therese

MSJ MATHLETES TACKLE MATH OLYMPICS AT MELB UNI...

On Sunday August 16, while many students were exploring the elaborate Parkville campus of University of Melbourne for their annual Open Day, the MSJ Mathletes battled 31 other schools in the Math Olympics held as a part of the day.

The competition involved our team of five VCE Mathematics students answering a challenging sequence of math questions, all designed to test even the most talented students. As this was MSJ’s first time participating, we were not sure what to expect. Our team was split into two pairs (sat on opposite sides of the theatre!) and a ‘runner’ who was responsible for walking the questions between the pairs. The adjudicators sat at the front of the room.

We worked together to solve the questions, each one harder than the previous. At the end of the hour, the competition came to an end. While we did not place in the top five teams at the end of the competition, therefore missing out on prizes and free pizza, we were proud of our effort and enjoyed participating in the competition.

The MSJ Mathletes would like to thank Mr. Krishna for organising this opportunity, we look forward to next years Math Olympics, where we hope to improve on this year’s effort (and maybe even collect some free pizza!)

Jessica Wolff
11 Veronica

BELOW: Anita (11T) & Jessica (11V) working together to solve another challenging math problem

ABOVE: MSJ Mathletes (L-R): Laura (12T), Jessica (11V), Anita (11T), Taj (11A) & Nana (11C) competed at the Melbourne University Math Olympics

RIGHT: Laura (12T), Taj (11A) & Nana (11C) working on a question at the Melbourne University Math Olympics

The girls with Rhiannon Tracey who shared her story and how she turned a somewhat negative, life changing experience into something positive
MENZIES INSTITUTE VCAL EXCURSION...

On the 14th of August, the Year 12 VCAL class went on an excursion in the city visiting Menzies Institute of Technology.

Menzies Institute offers a variety of great courses such as Dental Health, Pathology, Nursing, Automotive Technology, Electronics & Communications, Bakery and Business Management. One of the supervisors gave us a tour around the institute showing us real dentist equipment and explaining about their courses. It was really interesting seeing real equipment that students can use to support their studies.

After the tour we walked to another building that provides the bakery course. Our activity was to group with 3 people and shape dough to make bread. Some of us found it a bit tricky shaping the dough but it’s a good skill for baking. We also shaped chocolate cookies and sweet shortbread biscuits. We placed them in the oven and while they were cooking we moved on to the nursing course. There were fake dummies in the room, which the nursing students use to practice their skills, and they actually moved which was really cool.

We then collected our baked bread and cookies, they tasted delicious like they had came out of an actual bakery. It came towards the end of our excursion and we walked back to Southern Cross Station and headed back to school.

Overall, it was a great experience for all of us to attend Menzies Institute as it helped us in deciding on our future pathways after finishing Year 12 by showing us some great options. We’d like to thank Miss Krell and Miss Frith for accompanying us.

Georgia Muscat
12 Francis

BIOLOGY EXCURSION TO ECOLINC...

On Monday the 24th of August, the unit ¾ biology class travelled to Bacchus Marsh to conduct research into genetically modified organisms. When we arrived at EcoLinc, we were met by our instructor David who took us for the day.

We were put into six groups and were each given a different food sample. My group – Melanie, Lan, Lananh, Jennie and I – were given a polenta sample. Our task for the day was to perform various experiments to determine whether or not the food was genetically modified.

Firstly, we extracted the DNA and then David put the samples into a Polymerase Chain Reaction machine, which created millions of copies of the DNA in just two hours! After a short lunch break in the lovely Bacchus Marsh area, we returned inside to conduct a gel electrophoresis. In this task, we used a pipette to place the DNA into a machine and after a short time, we were able to see whether or not the food sample we were given was genetically modified or not.

Our results proved that our food sample was indeed, genetically modified. In the words of one year 12 student, “It was a great day. I found that now, I have a deeper understanding of gene manipulation.”

Laura Whitmore
12 Catherine

The girls using micropipettes to load DNA into the gel electrophoresis machine at EcoLinc in order to determine whether food samples have been genetically modified. "Living in harmony with nature and God"
BERTHE MOUCHETTE FRENCH COMPETITION...

Congratulations to all of our Year 11 and 12 French students who participated in the Berthe Mouchette French Competition in August. The competition consists of written and oral components. The written component consists of an exam based on the format of the final VCE exam. In the oral component our Year 11 students recited a poem and our Year 12 students presented their discourse, which they are also preparing for their final oral exam.

Special mention and congratulations to Genevieve Byrne (11A) and Laura Whitmore (12C) who have both earned a place in the finals of the Berthe Mouchette French Poetry & Speaking Competition. Genevieve recited the most challenging poem in the Year 11 selection, Le Renard et le Bouc by Jean de la Fontaine. Laura presented her discourse, which she is also preparing for her final French oral exam. Both students were awarded 20/20 in order to achieve a place in the finals. Félicitations Genevieve et Laura!!

As reported in a previous issue of Synergy, our Year 7, 8, 9 and 10 students participated in the Berthe Mouchette Competition in June. As previously announced, we had finalists at each year level in the poetry section. We are now pleased to congratulate Kelly Koutsioskis (9A) on earning a place in the finals of the writing section and Dhriti Modi (9V) on placing 3rd in the Year 9 poetry recital. Félicitations Kelly et Dhriti!

The Berthe Mouchette competition, which is conducted by the Alliance Française de Melbourne, is the largest French language school competition in Victoria with around 12,000 students participating state wide each year.

We are very proud of all of our students who participated from Years 7 to 12 and congratulate them on their efforts and positive results.

DANTE ALIGHIERI SENIOR ITALIAN POETRY COMPETITION 3RD PLACE WINNER...

As reported in a previous issue of Synergy, our Year 9, 10, 11 and 12 Italian students participated in the Dante Alighieri Senior Italian Poetry Competition.

Congratulations to all students on their efforts, especially our three finalists Mia Brittain (9A), Deana Galea (10A) and Laura Falzon (11C). We are now pleased to announce that Deana Galea placed 3rd in the Year 10 Italian section. Auguri Deana!!

HAVE SUM FUN ONLINE (HSFOL)...

HSFOL is a national problem solving competition conducted by the Mathematical Association of Western Australia (MAWA). HSFOL is designed to foster mathematical problem solving and students participate in teams of four.

We have competed in the Have Sum Fun Online Competition since Year 7. We love competing as we get to have fun and solve maths problems together. We help each other out and answer the questions as a group. It’s really fun and it isn’t time consuming. You only have to give up one hour each week for three weeks and you do this once a semester.

We would definitely recommend the Have Sum Fun Online competition to anyone who enjoys working in a team and likes a challenge!

Kiara Weerasekera (9C), Kate Farrugia (9V), Sarah Nevins (9C), Shauna Smith (9V), Annie Tabone (9I), Breanna Formosa (9V) and Olivia Drandi (9I)

These Year 9 girls participate in the Have Sum Fun Online programme, which aims to foster mathematical problem solving skills

“Living in harmony with nature and God”
CRÊPES & CONVERSATION...

France has a very rich culture, especially in cuisine. The VCE French students at MSJ were fortunate enough to enjoy a taste of this on an after school excursion to a crêperie in Fitzroy. This crêperie encourages school excursions for French conversation classes, and all it’s staff are native French speakers. Therefore, during this excursion we were encouraged to use our French oral skills learned in class to chat to each other as well as the crêperie staff.

We were given a wide variety of crêpes to choose from, both sweet and savoury, including, but not limited to, Ratatouille and dishes with goats cheese. As the waiter came around, all of the girls placed their orders in French to kickstart our French oral practise.

The night was thoroughly enjoyable and all of the girls enjoyed the ‘galettes’ and crepes that were ordered. While the evening was mostly a fun short break from the stresses of VCE, it was also quite educational. Thank you to Ms Ragusa and Ms McCaughey, who supervised the wonderful excursion.

Sabrina Bignoux
11 Catherine

DANCING TO DE-STRESS...

On the 24th of August, the Year 12 girls got involved in a Latin dance class. The class allowed us to learn and experience a range of different Latin dances including Salsa and Kizomba. It allowed us to relax, loosen up, have fun and take a break from the stressful and busy times of our final year.

It also served as a bonding activity for the cohort, and even the teachers got involved in all the fun. We were able to look past the embarrassment of what could be considered as ‘awkward dance moves’; we all embraced the different styles and made a fun routine. Thank you to the dancing instructor Lukas from Celebrar A Vida, who brought a positive energy which allowed us to be comfortable around each other and have an enjoyable time.

Ida Mutuku and Samantha Muscat
12 Therese

FAMILY ACCOUNTS...

All fees were required to be finalised by 27th September unless alternative arrangements have been made with the Business Manager.

It would be appreciated if families could make sure their accounts are up to date.

RE-ENROLMENT FORMS...

Thank you to all the families who have returned their 2016 re-enrolment forms by the due date (4 September).

If you are yet to lodge your form, it would be appreciated if you could do so urgently as it is required for 2016 subject allocations. If you require another form or have any enquiries, please contact Administration.

TUITION FEES...

Unless alternative arrangements have been agreed to, 2016 fees were required to be finalised by 30 September.

If there are issues in relation to finalising your account, please contact Administration.

Noel Kennedy
Business Manager

Our Year 12 girls took some time out of their busy schedules to de-stress with some Latin dancing
2015 SUSTAINABILITY IN THE ENVIRONMENT EXPO...

This year, MSJ held the Year 8 annual Sustainability in the Environment Expo on Friday 4th of September during Period 4 in the Tenison Woods Learning Centre.

In the weeks leading up to the Expo, Year 8 students worked in teams to develop models, posters and presentations to inform others of sustainable issues, concerns, or innovations in regards to its place in modern society. Our excited students were abuzz during the hour, imparting their understanding of sustainable practices and the impact of human activities on the environment on a local or global scale.

The afternoon was incredibly successful with many invited guests attending including parents, guardians, extended family, friends, teachers and some classes from other year levels dropping by to experience the bonanza. Every Year 8 girl is congratulated for the outstanding calibre of work produced and contributing to the success of the afternoon.

Mia Loft
Science Domain Co-Ordinator

ROBERT HOGE VISIT...

On Friday the 11th of September, a group of Year 10 students and the Senior VCAL class had the privilege of hearing Robert Hoge speak in the LRC.

Robert Hoge is a journalist and former media advisor to then Queensland Premier Anna Bligh. He is also the author of the memoir "Ugly: A beaut story about one very ugly kid" and his story has also made it to the ABC television program, Australian Story. After his visit, Olivia Kivlighon (10C) posted the following message to Rob’s instagram account:

“I just wanted to thank you again for your wonderful chat to us today, it was truly insightful...one that I will truly never forget. How you brought humour into all that you have gone through was something that all of us admired. As you say, there is always light at the end of the tunnel and we are all so glad you saw that and wrote such a great book. Thank you again!”
LEARNING & TEACHING

KIDS TEACHING KIDS SCIENCE...

As part of the St Mary (Willamstown) Primary School’s All Mixed Up unit, selected students from the College participated in a Kids Teaching Kids Science Programme on Thursday 10th of September.

Four Year 8 and eight Year 10 students carried out demonstrations and activities with the Grade 2 students. Our team of specialist mini Science teachers took several groups through activities in colour, chemical separating, chemical mixing, processes to separate mixtures and what can happen when one chemical is swapped for another. Like skilled professionals, our MSJ students made us proud by using scientific literacy and well executed teaching practices to involve and excite the curious Grade 2 students.

Mia Loft
Science Domain Co-Ordinator

Marzia Devic
Science Laboratory Technician

LEST WE FORGET...

On Tuesday the 15th of September, the Year 9 students had an opportunity to visit Melbourne Museum to view the World War One Centenary Exhibition followed by a tour of the Shrine of Remembrance.

The year level was split into two groups of 90 and 85 students. Whilst one group visited the Melbourne Museum the second group toured the Shrine of Remembrance. The exhibits featured at the Museum had many exciting and interesting artefacts including news articles, pieces of clothing, letters, weapons, models of the planes and boats used in the war and personal memoirs. The visit to the museum was fun and informative. The students enjoyed themselves as it gave them new insights into the events that took place during World War One. All students met at the Shrine for a lunch break and then the two groups swapped venues.

The Shrine of Remembrance is a place close to many hearts, as it commemorates the soldiers who sacrificed their lives for Australia. We were divided into three groups and taken on tours around the Shrine where we were shown how tragic the war was and how it affected so many people. Our favourite exhibit was of an actual boat from the battles at Gallipoli. There was then a service at the end for the students and teachers to reflect on the lives of the soldiers that were lost. The day provided each student with a chance to develop a better understanding of the soldiers and their family’s experiences during the war.

The Year 9 girls visited the Shrine of Remembrance and Melbourne Museum as part of their studies of World War One.

Angelique Harkins and Rebecca Donaldson

9 Joseph

"Living in harmony with nature and God"
LIVING IN HARMONY - POPE FRANCIS CALLS US TO ACT

This year our College theme, Living in Harmony with God and nature brings us to full purpose and happiness, calls our students and staff to take time out from their busy lives and sit in silence, in peace and experience the harmony that comes from witnessing God’s presence and beauty in nature. There is no greater time to experience this harmony then during springtime. As we experience joy in the longer days, watch the flowers blossom, the wildlife appear and feel the warmth of the sun, we can garner such joy from experience of God’s presence and love that surrounds us in all natural things.

Recently, Pope Francis, released his greatly anticipated encyclical on the environment, Laudato Si. This encyclical was the first authored by the Holy Father and calls the world to take better care of what God has provided us. Pope Francis addresses various environmental issues in His encyclical including, pollution and climate change, water inequalities, loss of biodiversity, decline in the quality of human life and the breakdown of society and finally global inequalities. This encyclical provides us with great inspiration and direction as we move forward in relationship with all of creation. Last week Pope Francis marked the first World day of prayer for the care of creation, his desire is for this day to be a time for individuals and communities to reaffirm their personal vocation to be stewards of creation.

The words and vision of Pope Francis are not too dis-similar to that of the Father founder of the Sisters of St. Joseph of the Sacred Heart, Father Julian Tenison Woods. Here at Mount St. Joseph Girls’ College we continue to act with care and love for all mankind and nature, seeking to respond to our call as stewards of the earth entrusted to us.

I leave you with a reflection from Father Julian Tenison Woods, whose spirituality and love of nature continues to inspire our College to protect our natural world and experience the awe and wonder that comes from all around.

‘Every rock, every leaf, every insect has something beautiful, nay wonderful to tell ... The flowers will unveil the hidden secrets of their beauty; the stones reveal their crystalline structure, and the tiniest insect display wonders of mechanism ... All new, all varied, all instructive, and all tending to raise the mind to higher and nobler conceptions of what creation does to declare the glory of its author’.

- Father Julian Tenison Woods 17th July 1880

You can read the Pope’s Encyclical at the following link: http://w2.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html

Danielle Fairthorne
Director of Catholic Identity

REFLECTING ON RELATIONSHIPS...

On the 17th of August the Year 9 cohort travelled to St Augustine’s Parish Hall to participate in their annual Retreat day. The team running the day are known as the NET, the National Evangelisation Team.

We spent the day exploring the theme of ‘healthy relationships’. We participated in many activities such as reflecting on what makes a good and bad relationship, a forgiveness prayer activity and watching skits and dramas about Christ that showed how we can learn how to treat others with forgiveness and dignity from his example.

The girls enjoyed the forgiveness and encouragement activity the most. This was when each girl found a place to sit and we all bowed our heads, we then waited for someone to tap us on the shoulder and shake our hand. This was either to show forgiveness or encouragement.

Overall the Year 9 girls had a great day. We would like to thank the NET team and the teachers who came along to help out.

Hannah Clarke (9F)
Junior Public Speaking Leader

The Year 9 girls spent a day on Retreat, reflecting on relationships

Our Year 10 girls taking action to care for our local area
VIRTUE AND COURAGE...

On the 1st of September, the Year 10 girls embarked on a day of virtue and courage at their Retreat at the Williamstown’s Mechanics Institute.

The day involved lots of discussion and reflection on the themes of virtue, courage, support and strength with us primarily talking about issues of domestic violence and human trafficking. To kick start the day, we watched a short film entitled ‘Butterfly Circus’ that focussed on the story of a man who with hope, belief and courage was able to transform himself from a place of sadness to one of happiness, strength and worthiness. We then separated into groups and reflected on the film, discussing how it intertwined with our own lives.

The second session of the day explored issues that affect women around the world and locally. In groups we spoke about domestic abuse and how we are able to support and help those who were suffering from this form of violence. We also discussed human trafficking and how it is still very present in our society today. We heard various stories of forced labour, arranged marriages and slavery and were completely taken aback by the horrific stories told, not realising how close to home these situations can be.

At the end of the day, the various groups had to create a silent video that displayed their support for those suffering from domestic violence or human trafficking. We finished the day with a closing liturgy and light meditation to relax and reflect, ending with all students pledging to be courageous women in their lives.

Alexandra Hosking
10 Therese

Our Year 10 girls reflected on the themes of virtue, courage, support and strength on their Retreat

ABOVE: The girls created solidarity statements

MOUNT ST. JOSEPH GIRLS’ COLLEGE
OPEN DAY
SUNDAY 11TH OCTOBER 11am to 2pm
Join a student leader on a school tour, meet our staff, and hear from our Principal

Principal’s Address at 12pm & 1pm

Pre-register online at www.msj.vic.edu.au
Currently accepting applications for 2016 and 2017

MOUNT ST. JOSEPH GIRLS’ COLLEGE
Virtue Courage

133 Maidstone Street, Altona 3018 | 03 8398 2000 | www.msj.vic.edu.au "Living in harmony with nature and God"
A number of our students in Years 9 and 10, along with Mr Hayashi, Ms Bourke and Ms Meurant have been travelling around Japan. Over the past few days I have been so impressed by our students sense of adventure, openness and yearning to be real global citizens.

They have ventured from their comfort zones, made new friends practiced their Japanese and drawn on personal strengths and qualities. As a learning community we have been encouraged when watching our students apply skills of perseverance and tenacity. These young women are to be congratulated for embracing new experiences and ‘taking a risk,’ by moving outside their comfort zone. The students adapted to the culture, lifestyles and social norms of Japan. A full life requires each individual to take risks and to seek new experiences. These life skills and tenacity will support our students in their learning and life journey.

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

Thank you to the many men who attended our Male Mentors’ Breakfast. This was a great celebration of the role that men can play in the life of young women. The speech prepared by Mark Mitvalsky was highly engaging, thoughtful and honest. Many members of the community commented on Mark’s strength to present his personal thoughts with such humility and courage.

This week we welcomed a number of new Year 7 students who will be attending MSJ in 2016, as the only girl from their primary school. Ms Morlin and her team prepared an excellent morning whereby the students were exposed to the demands and energy of secondary school. The Grade 6 students presented with such enthusiasm, energy and openness. Let us continue to promote and acknowledge their dreams as they embark on this new phase of their learning journey.

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

In 1908, Victoria granted women the right to vote in government elections, this is a vital component of living in a democracy and establishing equal rights for men and women. We cannot take for granted our democratic rights and the need to celebrate women leading our governments. It is too easy for us to take for granted our first female Prime Minister and Governor General.

With this in mind, the recent Year 8 and 11 elections were organised similarly to a formal government election. Each student was required to register, cast a vote utilising the preferential voting system and use booths and ballot boxes to do so. Learning to live in a democracy and to employ our democratic right is an important aspect of our culture.

Voting is a privilege experienced in Australia and an integral value behind communal values and the freedom of speech. We formally welcomed our new SRC at the end of Term 3. We thank the Student Leaders of 2014/2015 who served our community with tenacity, passion and dedication.

As you may have noticed this term, our staff have undertaken two afternoons of professional learning exploring mental health in adolescents and the characteristics of a growth mindset. Our first afternoon involved a panel presentation of members of our student and parent community discussing how mental health has impacted their individual lives and their families. This was a powerful presentation as the staff were able to hear first hand how mental health and wellbeing effects young people and their family. We were also fortunate to have Maria Katsonis, author of The Good Greek Girl, discuss her novel and her experiences of her teenage years and the challenges of living with a mental illness.

To deepen our community’s understanding of mental health and preventative behaviours the second workshop focussed on growth mindsets and the impact that a growth mindset can have on one’s own learning. We were privileged to be taught by members of our Visual Arts Department and experienced first-hand how one responds to unknown challenge. For some of us this proved to be quite confronting, as adults we are able to manage many situations, but when we are not able to do so, we too can panic. Sometimes walking in the footsteps of another is the best lesson.

**COLLEGE UNIFORM...**

Students are permitted to wear either their winter or summer uniform for the first two weeks of Term 4. All students are required to wear the full summer uniform by October 19th.

Students who choose to wear the summer uniform are not to wear the College jumper as the outer garment. If a student chooses to wear her jumper, she must also wear her blazer.

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

**STUDENT ABSENCE...**

As we value each student and their learning, it is important that we are mindful that students need to arrive to school on time. If your daughter is unwell or unable to attend school, please contact the College Reception before 8.30am. When your daughter returns to school, a note explaining her absence must be provided to the Pastoral Group Teacher.

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**Steven Mifsud**

Deputy Principal - Student Wellbeing

“Living in harmony with nature and God”
Spring is here so it’s time for those five SunSmart things to remember! if you’ve been checking the UV levels and daily sun protection times, you would have seen the UV levels started to rise in many locations across Victoria from mid-August!

We should all implement a combination of sun protection measures whenever the UV levels reach three and above (3+) UV levels and sun protection times are monitored each day. If you can, please check the sun protection times each day so you can be sure you are using sun protection when you need to be. The sun protection times are also available as a free app, from sunsmart.com.au and the Bureau of Meteorology website.

During the sun protection times please remember to:
1. Slip on sun protective clothing
2. Slop on SPF 30 or higher sunscreen
3. Slap on a wide brimmed hat
4. Seek shade
5. Slide on some wrap-around sunglasses

“Living in harmony with nature and God”
FIT 2 DRIVE...

On Monday the 17th of August, the Year 11 cohort participated in a programme called Fit 2 Drive. Our day began with an introduction to the programme and the facilitators, in the MMC followed by a short video about speeding.

After the introduction we went back to our pastoral classes with our facilitator and talked about distractions in the car, from the radio to the weather. We talked about times in our lives where we have been in a car with a driver doing something that made us feel scared, anxious, worried or even frightened for our lives.

Next, back with the whole year level, a local police officer talked about laws, frightening statistics and real accidents. We were made aware of risks involved in driving and how they dramatically increase when we move from our learners to our P plates. He also showed us several eye opening videos.

After a quick break, the year level split in half and participated in a session run by firefighters from the critical response unit, members of the MFB. The whole session related to a car accident that occurred in Byron Bay 10 years ago, which involved 12 high school mates. All were males aged between 16 and 17, our age, who were involved in a car crash that resulted in 4 of them dying. After hearing about this horrible accident, we broke into small groups to discuss what could have been done differently to avoid the accident and alternative ways to get home.

Finally, we had a further discussion about the case study, participated in another role play and made a list of phrases we could say if we ever didn’t feel safe in a car. The programme was a real eye opener for all of us and we have retained valuable information that could one day save our lives.

Lisa Groves
11 Therese

MALE MENTORS BREAKFAST...

On Friday September 4th, MSJ held our 5th Male Mentors Breakfast. This was an opportunity for our young ladies to bring in their positive male role models.

We had a large number of dads, grandfathers, and carers meet up over an egg & bacon roll, pastry, yoghurt and coffee. It was fabulous to hear about a father’s journey from Mark Mitvalsky (father of Taylor, 11F). Mark’s story was refreshing and funny, and possibly a little embarrassing for Taylor.

He reminded us how important fathers and positive male role models are to our girls. It was a lovely morning and a wonderful success. We thank all our ‘male mentors’ for giving up their time and hope to see you all again next year.

Grace (7A), Frank & Olivia (9I) Drandi

Alex (9C), Peter, Olivia (8J) and Ellen (12T) Tsantarlis

“Living in harmony with nature and God”
‘IN CONVERSATION…’ BOOK WEEK BREAKFAST...

On Thursday the 27th of August, MSJ hosted a light breakfast in our newly refurbished Learning Resource Centre in celebration of Book Week. Novelists Simmone Howell and Fiona Wood, and Stella Prize Schools Co-Ordinator Bec Kavanagh were invited to join our panel discussion.

These award-winning Young Adult (YA) novelists read passages from their books displaying the strengths women have in this world, and the things that need to change in society. The panellists then discussed the importance of female protagonists in YA fiction, which can empower young women by showing girls their strength and raising their confidence. The lack of relatable female protagonists in current YA books was pointed out to us, the writers highlighting that novels with female protagonists are often viewed as “girly” and therefore dismissed by potential male audiences. As Fiona Wood pointed out – it is male audiences that need to see these characters the most!

Both authors encouraged us to read books that display females in ways other than just as love interests or weak ‘damsels in distress’. In their books, Fiona and Simmone endeavour to promote strong female characters. Unfortunately, there aren’t enough of these kinds of books that have female protagonists.

At the end of the session, students were encouraged to ask questions and the writers gave insightful answers - inspiring young women to open their minds to our changing world, where perhaps they can make an impact. Overall, the talk was inspirational, and hopefully motivated students to aspire to fill the ‘female empowerment’ void in YA fiction with their own writing!

Teagan McHarg  Megan Grant
7 Francis       12 Joseph

CELEBRATING DUKE OF EDINBURGH WEEK...

The Duke of Edinburgh Award is a nationally recognised award that MSJ students have the chance to take part in. To complete the award, students must complete 4 different sections; skill, physical recreation, service and an adventurous journey.

Monday the 17th of August was the beginning of Dukes Week all around the world. At MSJ, Dukes week was celebrated with a scavenger hunt for the Year 8 students who will have the opportunity to take part in the award in 2016. After a short presentation the girls followed the clues, using their packs to find the different Items around the school.

The next activity took place on the Wednesday. The girls currently participating in the award cooked hot chocolates on Trangias for the students in exchange for a gold coin donation.

A tent competition took place the Friday where students raced their friends to see who could put up their tent the fastest.

Overall the week was a huge success and we hope to see many students undertake the award next year.

Dhriti Modi  Chelsea Broad  Alex Tsantarlis
9 Veronica   9 Veronica  9 Catherine
MAKING WAVES FOR NATIONAL SCIENCE WEEK...

This year, Science Week focussed on all things wavy from mechanical waveforms, to sound and light propagation. At the College we celebrated the Making Waves theme with activities hosted in and around the Science Labs from August 17th to 19th.

Students were given access to equipment and resources, allowing them to visualise different types of waves, challenge them to demonstrate waves and construct items that either showed waveforms or made use of them.

Much thanks to Science staff and senior Science students who devoted their time to assist in the success of sessions.

_Mia Loft_

Science Domain Co-Ordinator

"Living in harmony with nature and God"
MARY MACKILLOP FOUNDATION DINNER...

Our very talented and hard working Year 11 VCAL and VCE Food Technology students spent all day setting up tables and cooking food for the 180 guests, who attended the Annual Mary MacKillop Foundation Dinner on Friday 28th August.

The girls had spent a lot of time planning, researching and developing a design folio to prepare for this fundraising event. It was essential that the students provided for guests with dietary requirements such as those on vegetarian or gluten, nut, onion and/or dairy free diets.

On the night, the VCAL team stood excited and nervous ready to serve the food they had made to their guests whilst the VCE team continued to prepare and cook food in the Food Technology kitchen.

As soon as guests were greeted at the door by our friendly and professional VCAL students, they were offered an array of appetisers, including vegetarian rice paper rolls, mini quiches, sausage rolls, vegetable spring rolls, chicken bites, falafels with hummus and Mediterranean bruschetta. Each tray of food was quickly devoured and the girls quickly returned to the kitchen to re-stock their platters. Many guests complimented students on their beautiful food, professionalism and dress code. It was a wonderful experience for the girls to receive such positive and immediate feedback.

Soup was the next course offered to our guests by our efficient VCAL and VCE waitressing team. The soups offered were Creamy Potato and Leek Soup and Pumpkin, Apple and Ginger Soup, which were very well received. Guests commented that the soups were full of flavor, had great texture and were hot on service. A catering company served main course and dessert.

After dessert, students placed a range of sweets and slices on each table. The sweets included red velvet whoopees with strawberry cream, rosewater shortbreads, gluten-free choc chip cookies, fruit tartlets, caramel slices, lemon meringue pies, mars bar brownies and gluten-free chocolate brownies. Guests had the opportunity to have their assortment of sweets with a hot cup of tea or coffee.

Finally, it was time to clean up and reflect on the day’s events. The students were all excited that their food was well received and that they had successfully catered for a real life situation. All students felt very proud of their achievements and although they were very tired, almost all the girls asked if they could cater for this event next year!

It is with immense pride that both Mary Cassar and I commend our talented Year 11 VCAL and VCE girls who worked tirelessly to successfully prepare and serve food to a high standard for this special event.

Thank you to all MSJ staff who have assisted the students to prepare for this event over the past months and to the Mary MacKillop Foundation for allowing our students to be involved in such a worthwhile event.

Bianca Stafrace
Teacher
SEIREI PEACE EXCHANGE 20TH ANNIVERSARY TRIP...

Our 16-day experience of Japan has taught us so much about the Japanese lifestyle, culture and history. We visited many places including: Tokyo, Fukuoka, Hiroshima, Nagasaki, Kyoto, Nagoya, Harajuku and Shibuya intersection.

Many of us expected Disneyland to be the highlight of our trip, however visiting Hiroshima, Nagasaki and Kyoto opened our eyes to another side of Japan. Many opportunities to understand how important peace must be in today’s world were highlighted during our visit to Hiroshima. We spoke to a survivor of the bombing. Her first-hand story enabled us to understand the devastation that all people experienced during the dropping of the Atomic Bomb. The challenge for us now is to promote a message of peace around the world. We also took part in a lantern floating ceremony, which allowed us to reflect on and express our messages of peace. We allowed the lanterns we had created to float peacefully down the river, carrying our messages.

Our host families welcomed us at Nagoya train station as though we were famous celebrities. We were nervous but excited about sharing their homes and exchanging cultures. We enjoyed communicating and felt at home with all the families. We experienced many different forms of good Japanese food and traditional ways of living.

Attending school at Seirei was an amazing insight into a different educational system. Here, we not only developed our Japanese linguistic skills, but strong friendships as well. Our classes at Seirei were varied and interesting. We enjoyed making our own bento boxes, learning about the history of the Seirei/MSJ programme, experienced a Tea Ceremony, tried our hand at calligraphy and participated in violin lessons and Japanese classes. A delegation of students was lucky enough to represent MSJ and Seirei in a meeting with the Mayor of Seto. This meeting was reported in a newspaper that would be equivalent to The Age in Melbourne. We are grateful for this opportunity and hope it continues to flourish to allow many after us to enjoy it too.

We are forever grateful to Seirei for their ongoing support and commitment to the Peace Exchange programme and for making this experience a practical education in global citizenship. As a result of the dedication to this programme, this 20-year celebration has been made possible, further strengthening the bond between our communities.

We thoroughly enjoyed the trip and appreciate the many, many weeks of hard work Mr Hayashi put into planning and organising every detail, and we hope he had as much fun as we did! Thanks also to Ms Bourke and Ms Meurant for accompanying us on the trip.

Jessica Sinclair, Tina Nguyen & Leighton Batten
On behalf of the Peace Exchange Group
NATIONAL SCHOOL AEROBICS COMPETITION...

On the 14th August MSJ Team Adrenaline departed for the Gold Coast to compete in the National School Aerobics Competition. Leading up to the competition we spent time training and also got to go to Movie World.

We stayed at the Diamond Beach Resort with was located in Broad Beach which was very close to the Gold Coast Convention Centre, where we competed. Unfortunately we didn’t place in the top 3 but we performed a very good routine.

All of us girls would like to thank all the teachers that flew up to cheer us on at the competition. We would also like to give a big thanks to Mrs O’Brien and Ms Hawkins for all their help and for organising everything.

Elizabeth Bell  Tanisha Barrese  Felicia Schwarz
8 Veronica 8 Therese 8 Anne

SCSA VOLLEYBALL...

On Wednesday the 12th of August, a group of MSJ girls assisted at the St. Mary’s Primary School Athletics.

The girls were spread around a large number of activities that the primary school students were taking part in. Overall it was a good chance to go back and see some of the teachers and students as well as lend a helping hand.

Alex Tsantarlis and Gwen Lynch
9 Catherine

SCSA NETBALL...

On Wednesday the 9th of September, MSJ’s Netball squad left Altona at 7:30am to travel to The Waverley Netball Centre to compete against several schools within our district.

We took three junior teams, two intermediate teams and one senior team to the competition, it was a great day out. Our Intermediate B team were winners on the day, and Rosa Fiore (10V) won the award for player of the match in the grand final.

Well done to all the teams that competed on the day, all MSJ students played very well and should be proud of themselves.

A big thank you to the teachers, staff and parents who helped out on the day with coaching and the organising of the event. It was a huge success and wouldn’t be possible without your help.

Sarah Peart
7 Anne

SCSA VOLLEYBALL...

On Wednesday 26th of August, our school participated in the SCSA Volleyball competition at MSAC. There was terrific weather to start off our day, and an exciting atmosphere amongst the teams.

We had three junior teams, two intermediate teams and two senior teams, ready to compete against rival schools. Throughout the day the teams encountered some tough competition from some schools, and we came out with some wins and losses. Despite the fact none of our teams got through to the finals, everyone had a great time and tried their best.

Presi Petkova (9J)
Junior Environment Leader

SCSA SOCCER...

On the 19th of August we participated in the annual SCSA Soccer. It was a beautiful day as the sun was out and we had perfect weather conditions.

All the girls tried their very best to lead their team to success and MSJ ended up coming away with a win in the Senior division. The intense grand final match led to penalty shoot out where MSJ defeated Santa Maria 3-1.

It was incredible to see MSJ girls enjoying every minute of the game and showing great sportsmanship and skills in the friendly matches.

Thank you to students who represened MSJ and to the Miss Sofarnos, Miss Baka and Mrs Galea for supervising and coaching our students on this successful day.

Jennie Dao (12J)
Sports Leader

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ANNOUNCEMENT

Annunciation Catholic Primary School
Brooklyn

Established 1965 by the
Sisters of St Joseph

Celebrating 50 Years

All members of the Annunciation family – students, parents, priests, staff members – past and present, are
invited to an –
Open Day
Saturday October 10th 2015
2:00p.m. – 5:00p.m.

Contributions of memorabilia for display on the day, would be greatly appreciated.
All care will be taken to ensure their safe return. Please contact the school on
981 2071 or principal@annbrooklyn.catholic.edu.au.

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.

PARTY SAFE CHECKLIST

Make your party a safe party by following the tips at

“Living in harmony with nature and God”
NOTICE BOARD

JOSEPH’S CORNER TRIVIA NIGHT

Time: 6:30pm for 7:00pm start – 11:00pm
When: Saturday 10th October, 2015.
Where: St Mary’s Primary School Hall, 118 Cecil Street, Williamstown.
Cost: $10 per person

Bring your own drinks and nibbles-looking forward to seeing you there!

For bookings please contact Debbie Di Genova on either 9315 2680 or 0413 987 514

All money raised goes to Joseph’s Corner

Joseph’s Corner is a non-profit support service to families living with alcohol and drug addiction.

MARY MACKILLOP HERITAGE CENTRE OPEN DAY
Saturday 10th October 2015
10am – 4pm

- Pray in the Chapel
- Visit the Gift Shop
- Take a tour of the Museum
- Mary MacKillop Walking Tour available @ 11am
- Devonshire Tea available between 10.30am & 12.00pm ($5 per person)

362 Albert St, EAST MELBOURNE  P: (03) 9926 9300

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.

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ST MARY’S COCKTAIL PARTY

St Mary’s Parents & Friends would like to invite local parishioners, alumni, friends & family to our biggest annual fundraiser on Saturday 10th October 7.30pm - Midnight @ The Royal Yacht Club of Victoria 120 Nelson Place Williamstown

Tickets are $35 each & can be purchased online at: http://www.trybooking.com/IDLO

Our Cocktail Party will feature:

- A dynamic live auction, including:
  - Accommodation packages
  - A Chef For The Night (from Santorini Restaurant Williamstown, incl. all ingredients & a bottle of wine)
  - An iPad Mini
  - Gorgeous Student Art Canvases
  - A North Melbourne Football & Guernsey signed by the entire team
  - A signed Bulldogs Guernsey & poster
  - A Framed Cricket Bat signed by Michael Hussey
  - A Springboks Guernsey signed by the whole South African National Rugby Team
  - NRL State of Origin Guernsey signed by both teams
- A large Silent Auction area, featuring over 80 packages & hampers
- A $5 Raffle Board with 20 prizes
- 3 fabulous Door Prizes to be won, including a weekend stay for a family at The Lady Augusta Comfort Inn in Swan Hill & a family pass to The Pioneer Settlement
- Coin Toss Game
- DJ
- Gourmet finger food provided & drinks at club prices
- $10 Cocktails

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