‘Let us be joyful and thank God’. Mary MacKillop 1871

When you think back to your days at school, what do you remember? Perhaps you remember a teacher that inspired you, cared about you or understood you. Or maybe a camp you attended, a fantastic excursion or participated in a sporting event? What we do in the classroom is very important, but so are the relationships we build, and the experiences we offer outside the classroom.

Over the last four weeks our students have been involved in some amazing events and activities, which have enhanced their learning. The Year 8 students attended a three-day adventure camp and participated in their reflection day that was led by staff and Year 11 students.

Students across a number of year levels have also been involved in an aerobic competition; debating, social justice activities, ANZAC day assembly and the whole student body participated in the College Athletics Carnival.

The students have been involved in some character building activities, they have had the opportunity to challenge themselves and for some try something out of their comfort zone. These types of experiences also help them in their learning, they become more confident and hopefully, when challenged with the work they do in class, rise to this challenge and endeavor to improve.

None of this happens without your support and encouragement or the support and encouragement of the staff here at the College. I would like to thank and congratulate the students who have embraced the many opportunities, both inside and outside the classroom that have been provided for them. In particular I thank the Year 12 students who have shown great leadership and enthusiasm in encouraging and leading the student body.

Two weeks ago parent/teacher/student interviews were held here at the College. I hope that this was a worthwhile meeting and that the students have used the feedback received to set themselves realistic and challenging goals for term two. I encourage all students to use their class time wisely, establish consistent study habits and seek feedback from their teachers.

As part of the Curriculum Review that we are undertaking staff are working in groups to analyse the feedback we have received, explore curriculum approaches used in other schools and develop recommendations for the future.

For all College Calendar dates and upcoming events
Click here
2016 NAPLAN TESTS

On May 10, 11 and 12 of, all students in Years 7 and 9 will be required to undertake a series of tests administered by NAPLAN. NAPLAN tests assess student knowledge and skills in Writing, Reading, Language Conventions (spelling, grammar and punctuation) and Numeracy.

A letter was sent home to the parents/carers of Year 7 and 9 students on the 25th of April informing them of the process. If you have any queries regarding this year’s NAPLAN, please contact Mrs. Joanna De Bono (jdebono@msj.vic.edu.au).

HOME STUDY

As we prepare for 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 work from home, peers and teachers. Remember that sleep is important and technology should be turned off at least one hour before bedtime.

GAT (General Achievement Test)

‘GAT CHAT’

VCE - Years 11 and 12

On May 17, Period 1 all year 11 and 12 students will be given significant information about the GAT. In preparation for the GAT, all year 11 and 12 VCE students will be provided with information that emphasizes the importance of the GAT and strategies that will assist them in completing the GAT.

It is expected that all VCE year 11 and 12 students attend and appointments not made at this time.

The GAT will be held on Tuesday June 7 from 10.00am to 1.15pm, students must arrive at least 30 minutes prior to its commencement. Students enrolled in a unit 3 / 4 study will sit the GAT.

The GAT involves two written tasks on reading comprehension and communication of ideas and information, and a multiple choice test in two sections:

• Thinking in Mathematics, Science and Technology
• Thinking in the Humanities, Arts and Social Sciences.

While the GAT results do not automatically contribute towards the VCE, the results do play a very important part in the final assessment of the VCE as they are used to check that the Examinations, SACs and SATs have been accurately and fairly marked. Further, if a student is ill, has an accident or experiences severe personal hardship at the time of an Examination, a student may apply for a Derived Examination Score (DES). The GAT results contribute towards the calculation of the DES.

Students will receive their GAT results at the end of the year. Numerical scores will be reported for each of the three components:

- Written communication
- Mathematics/Science Technology
- Humanities/Arts/Social Sciences

Further information on the GAT can be found by Clicking here.

SEMESTER 1 EXAMINATIONS

The examination period for Year 10 and 11 students is Thursday June 2 through to Thursday June 9.

Students will be given an examination timetable and the dates and times of each exam must be read carefully.

All students must attend their scheduled exams in their full school uniform. There are no scheduled classes for Year 10 and 11 students during these exams so students are expected at school only for their timetabled exams.

The examination period for Year 8 and 9 is Thursday June 2 through to Thursday June 9.

Year 8 and 9 students will have scheduled classes when not sitting exams.

PATHWAYS NEWS

Year 12 Excursion – University and TAFE

On Wednesday June 8, Year 12 students will get a taste of what university is all about. Students will spend the day touring two campuses. It is a great opportunity for year 12 students to experience university life and view the facilities. Students will choose their Universities of interest and in groups will travel to the venues with staff. They will be given a map of the universities grounds to explore the grounds, courses and faculties.

Joanna DeBono
Deputy Principal - Learning and Teaching
Love; Christ’s greatest commandment

This year our College community looks to our school theme for guidance as we continue to build and nourish our faith community. The essence of our school theme, Be the heartbeat of God’s love, is to respond to Christ’s greatest commandment, love your neighbour as yourself (Mt 22:39).

This commandment appears in a different way across each of the Gospels. When presented in Matthew’s Gospel, Christ reminds us that the first commandment of all is to love God with all you heart and soul. The commandment of loving God is the ‘heartbeat’ of our Christian faith. The second greatest commandment is to love your neighbour as yourself. This love described by Christ is not of just happiness and joy it is a love of action, a love of responding to the Christian message in word and in deed by demonstrating the love of God to all people we encounter.

Mary MacKillop provides a great model of this love of God for our students. It was not only in her actions of social justice that she demonstrated such love, but in the simple interactions she had with others. One of the sisters who nursed Mary, Sr Ethelburg, once commented that Mary would never speak an unkind word to anybody or permit any Sister to do so in her hearing (Little brown book too, Kane). Too often we forget that is the simple actions or moments in our lives that we can show love to another. It is in times of humour, kindness and even sadness that we can demonstrate the love that we are called to share.

As I reflect on how our College community has embraced our theme over the past term I am filled with joy. It is in the small, simple interactions that the students have demonstrated this love to one another. It is when our Year 10 students walk into the Year 7 classroom to lead peer support; when our Year 11 students take time out of their busy lives to lead the Year 8 retreat, and when a new member of the community is welcomed into the classroom. Most importantly it is when I see our students out in the public, smiling, supporting one another with study at the local library or even helping out members of the public on local transport that I see them demonstrate this love of God. It is in these moments that our students shine, it is in these moments that they truly are the heartbeat of God’s love.

“Our good God sees the heart”

Mary MacKillop (1890)

Danielle Fairthorne
Director of Catholic Identity

Mary MacKillop: The Play

On Wednesday the 13th of April, the year 7’s had the pleasure of seeing a play which was a re-enactment of Mary MacKillop’s life. The play was performed by two professional actors and was held in the Mary MacKillop centre at MSJ.

The year 7 students were involved in a different scenes throughout the play; including re-enacting when Mary MacKillop would visit homes to beg for food scraps. The actors used different accents throughout the play to make the characters more realistic and enjoyable for the students. The actors had a backdrop that they used to change into their characters and then they emerge in a different character each time. The character that made everyone laugh the most was Bishop Shiel, the actor really thought about how the character would act and what he would say and that’s what made it really engaging.

To see a re-enactment of what happened during those days instead of just reading about it, gave everyone a clearer understanding of Mary MacKillop’s life. The Year 7 students had a wonderful time and enjoyed it very much and they would recommend it for the students in year 7 next year.

Amelia Moore 7 Joseph.
**Students leading students......Year 8 retreat.**

During term one 24 Year 11 students worked hard to prepare for the Year 8 retreat. Finally, on Tuesday the 12th of April and Thursday the 14th of April the Year 11 retreat leader’s hard work paid off as we led the Year 8 students on their retreat day for 2016. I was one of the 24 girls that spent the day at St. Augustines Parish Hall in Yarraville, leading the girls with activities based on our theme of Stewardship and Fr. Julian Tenison Woods.

We discussed and understood the meaning of Stewardship, ways we can display stewardship in our everyday lives, learnt that the environment needs us as much as we need it and how we should love our earth as much as Fr. Julian did.

Throughout the day, we played games that taught the girls lessons about the past, present and future generations, games that made them work together as a team and activities that allowed the Year 11’s and Year 8’s get to know each other better. We finished the day with a quiet reflection, peace in our hearts, lessons in our minds and a new understanding of how we should treat our world.

Overall, both the Year 11 and Year 8 girls enjoyed the day, making new friends and learning the ways in which we can sustain our world, care for our environment and respect others.

Yvette Dimalanta 11 Francis

---

**MSJ YOUTH RALLY**

**When?**  
May 13th 4pm – 8pm

**Who?**  
Year 7 – 12 students.

**Where?**  
Mount St. Joseph Girls’ College, MMC

**What?**  
This gathering is a time to come together to pray, sing, laugh, and met new people.

The special guest singer is STEVE ANGRISANO. A veteran musician, composer and youth minister who has been featured at 6 World Youth Days, several National Catholic Youth Conferences and many diocesan youth conventions/conferences, Steve Angrisano’s easy, honest style of ministry is born from who he is: a committed witness to the life and love of Jesus Christ.

Steve will present TWO workshops which will get you up and moving, singing and laughing.

There will also be a BBQ and games throughout the night.

**Sign Up!**  
Email Mrs Fairthorne by May 9th to register for the event.

---

**Calling all knitters.....**

This term our college celebrates Solomon house and the value of inclusiveness. The ministry focus for this term is Indigenous ministries.

One of the campaigns we are currently engaged with is collecting knitted jumpers for the Balgo Aboriginal Community in Western Australia. They are in need of babies and children’s knitwear up to about 8 years old for both boys and girls. The wet season is coming to a close and the dry season officially begins on the 1st May where the temperatures in the desert from May to November are quite pleasant during the days but the evenings become very cold.

If you can help us with this campaign please send in your jumpers with your daughters. They can drop these off in the Faith offices near the Chapel.
In the past month we have continued to celebrate and immerse ourselves in community life and had the opportunity to experience the fullness of and breadth of life at Mount St. Joseph Girls’ College. Having all recovered from the success of the Debating Competitions, Grandfriends morning tea, Year 8 Reflection Day, Year 8 Camps and rehearsals for the College Production of Anything Goes we entered week four of the school term with new energy and a commitment to work in partnership with our College community.

Students who engage in the many 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-curricula program are able to organise themselves more effectively and academically perform better. Informal relationships are formed outside the classroom and students are able to feel that they belong to this great community. I encourage each student to participate in one of the many co-curricula opportunities provided at the College.

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 promotes wellbeing and learner accountability. If a student does not complete homework or set tasks it is important that the classroom teacher speaks with the students and communicates this to parents and ensures that the student produces the work at a negotiated date or time. We need to promote classrooms that support and challenge student learning. A note in the diary to a young woman’s parent or asking a student to remain at lunchtime to complete their homework creates a culture of learning and high expectations. A learning program that promotes individual learning and success will build personal self belief and efficacy in our learners.

What is 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 feel sick or worried about their health
• want to cut down on drinking or drug use
• want to talk about sexuality, identity or relationships
• are having difficulties with friendships
• have sexual health issues or want to find out about contraception
• 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.

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

Uniform Focus

All students are now expected to be wearing the winter uniform. Our focus needs to be on the appropriate length of the kilt – to the knee. Collectively we can improve the standard of the wearing of the kilt.

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

Steven Misfud
Deputy Principal - Student Wellbeing

“Be The Heartbeat of Gods’ Love”
Grandfriend’s Day

Grandfriend’s Day 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. Please extend our thanks to your parents who could come and ‘be’ with our daughters.

Steven Misfud
Deputy Principal - Student Wellbeing

D&M@MSJ

YEAR 7 Parent Seminar Workshops
Tuesday 17 May
6:15 start

D&M@MSJ is for Year 7 Students & Mothers/Female Carers.

Each Year 7 student has received an electronic invitation. If you have not received this please contact us at the College by emailing: rsvp@msj.vic.edu.au.

We know that mothers and daughters share an incredible connection that needs to be nurtured. This is an opportunity to have a deep and meaningful (D&M) with your daughter without the usual family interruptions and the chance to have this conversation guided by a psychologist and teaching staff.

This promises to be an exciting evening filled with much laughter and conversation.

“The best gift we can give one another is to be present and in the moment.” as young women work through the maze of adolescence.

Student Community Representative

Congratulations to Marina Sawan (10 Ignatius) who has been selected to be apart of The Whitten Project, sponsored by the Western Bulldogs Football Club and Hobsons Bay City Council.

Over the next 6 months she will be provided with unique opportunities to connect, contribute and grow as a leader in her community along with 80 other likeminded young people from across Victoria’s west.
Peer Mediator Training

On Friday the 18th of March, ourselves and a selected group of Year 11 students made our way to Altona Library to commence a day of Peer Mediator Training. Assisted by Dan from the organisation ‘Stride’, we engaged in a day full of insightful tips in how to mediate issues commonly faced by Year 8 students.

The day begun with a brainstorm asking us to discuss the problems that may arise for a young person, particularly young girls. It was after this that Dan introduced us to an array of entertaining games and exercises that not only were fun, but also demonstrated the importance of skills such as communication, listening, empathy and assertiveness.

The games also allowed the Peer Mediators to create stronger bonds with each other, and learn to make these connections with the Year 8’s as well.

We were supplied with materials such as a booklet, which outlined the correct way to mediate the problems of younger students. It is these steps that will allow us as mediators, to correctly and efficiently perform our duty to resolve the issues encountered. However, although our job is to assist Year 8’s in resolving their problems, Dan informed us that there are some issues that are too great to deal with alone, especially when they could potentially negatively affect us as mediators.

The day concluded with us coming up with situations that younger students may face, and completing a role-play in order to improve our skills and implement our training. This was great practice for us, so we knew what to do in a real session of peer mediation.

Overall, the day gave us great perspective on issues that greatly affect younger girls and equipped us with the skills necessary for effective peer mediation.

Christine Yankoulas and Michaela Collins, Year 11
College House Athletics Carnival

Thanks to all students for their support at last Friday’s House Athletics Day, April 22nd, at Newport Athletics Track.

Penola were the overall winners. Congratulations to House Captain Emma Chan and all the students in Penola for winning both swimming and athletics carnivals this year.

The final results were:

1) PENOLA  686 points
2) SOLOMON  590 points
3) KINCUMBER  512 points
4) McCORMACK  386 points

2016 MSJ CHAMPION ATHLETES

Year 7  ZOE HOOD
Year 8  SARAH PEART
Year 9  CHARLOTTE McANDA
Year 10  CARLA DEN OUDEN
Year 11  SARAH MAGOWAN
Year 12  TAYLOR MITVALSKY
**MSJ Student Sporting Success Stories**

**Swimming**

On Sunday the 16th and Saturday the 17th of April, Charlotte McAnda, Caitlin McGraw, Ashley Payne, Charlotte Manikhot and I all went to compete at the Victorian Metro All Juniors swimming competition representing Metro West Division.

I swam in the 50 Butterfly, 50 Backstroke, 50 Breaststroke and in the 50 Freestyle.

All the girls swam very well and some of us achieved new personal best times and made it through to finals which took place on the Sunday. The weekend was a huge success and was a great reward for all of our hard work.

**Bianca Mathews**

**Lacrosse**

On Wednesday 20th of April, Elisha and myself ventured off to Perth to compete in the U18 National Lacrosse Tournament. We played against SA, WA and a team from NZ named Waikato. We defeated SA and NZ by great margins, and I received MVP in both games. Elisha played a key denial role in the NZ game and kept their highest goal scorer silent the whole game. We lost to WA in the round robin in a close game 8-9. We met WA again in the Grand Final and lost 10-5.

I was also named in the U18 Women’s Australian All Stars Team of 2016.

It was a great experience and both Elisha and I have learnt a lot from it. We’d like to thank everyone especially our teachers for keeping us up to date, prepared and their support!

**Stephanie Kelly**

**SCSA Sports Captain Breakfast**

The MSJ Sports Captains, Stephanie Kelly, Charlotte McAnda and Wellbeing Captain, Taylor Mitvalsky, attended the SCSA Sports Captain Breakfast at St Aloysius College, North Melbourne.

It was a great morning meeting other school leaders from fellow SCSA schools, and a terrific address from The Hub, North Melbourne Football clubs community youth work division.

**SCSA Badminton**

MSJ did exceptionally well at the SCSA Badminton, finishing 2nd in Senior and Junior levels of competition, and a close 3rd in Intermediate.

Mia Srjan won MVP in the Senior Finals, and Gabby Hoernig in the Junior final, which recognized outstanding efforts by both girls.

Huge thanks to Mia and Gemma Srijan for helping coach and select the teams and Stacey Bourke and Cherie Meurant for coaching Senior and Junior teams respectively.

**“Be The Heartbeat of Gods’ Love”**
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.

SCHOOL FEES
FAMILY ACCOUNTS…
A statement was emailed to all families on 29th April, 2016.
Families who have elected to pay fees each term should note that the 2nd instalment was due on 26th April, 2016.
Families who have provided direct debit or debit/credit card details will continue to have instalments deducted in accordance with the authority.
It would be appreciated if families could make sure their accounts are up to date.

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

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.

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.

NOTICE BOARD

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

COLLEGE CLOSURE DAYS
A REMINDER TO ALL FAMILIES THAT
FRIDAY 10th JUNE
IS A STUDENT FREE DAY. ALL TEACHING STAFF WILL BE ATTENDING A PROFESSIONAL LEARNING DAY. THE FRONT OFFICE WILL REMAIN OPEN FROM 8:30am-4:00pm.

MONDAY 13th JUNE - QUEEN’S BIRTHDAY
IS A PUBLIC HOLIDAY. THE COLLEGE WILL BE CLOSED

CHANGE TO SCHOOL CLOSURE DAY
Please note that the previously advertised school closure day on 24th June (Last Day of Term 2) has been changed.
All students are expected to attend the full school day on June 24th.

“Be the Heartbeat of God’s Love”