‘Trust in the goodness of God’. Mary MacKillop 1873

Mary MacKillop’s Feast Day on Monday 8th August was celebrated with gusto here at MSJ. We had the opportunity to pray and reflect on Mary MacKillop’s life and legacy as well as acknowledge and celebrate the 150th anniversary of the Sisters of St Joseph of the Sacred Heart. We also had the opportunity to have some fun and raise much needed funds for Mary MacKillop International. Mary MacKillop International (MMI) is the international aid and development organisation of the Sisters of St Joseph. In the spirit of Mary MacKillop they work in partnership with local communities to enable them to fully participate in society.

Thank you to Fr. John Healy who celebrated Mass with us on the day. He provided us with much to think about and reflect on. Fr Healy’s homily resonated very strongly with me. He spoke about the many talents that we all have and how we need to nurture and share our talents. He spoke about availability as being the greatest talent we can have.

When he spoke about availability he wasn’t necessarily speaking about being physically available, but about having an open heart, of being understanding and letting people know that you care. We need to be available to others, to be there for them, always be available. When I reflect on my school days I clearly remember the teachers who were available to me. They knew me, they cared about me and they took an interest in what was happening in my life. At a recent staff meeting I challenged the staff to reflect on, if they have been available to students here at MSJ and if they have established a relationship with the students. The question I posed to the staff was; do the students here at MSJ feel we are available to them?

In the Gospel, Matthew encourages the faithful to ‘let your light shine’, all of us as part of the MSJ community are encouraged to let our light shine to help build and shape this community. While we may sometimes struggle to determine our talents and doubt our ability to make a difference to someone else’s life, we need to always try to be the best we can and trust that our talents do shine a light on others. We need to nurture the talent of availability. As we recognise our talents and our potential, we realise the awesome power of God working through us for the good of all.

On the 7th August, I, along with Danielle Fairthorne, Director of Catholic Identity and Jessica Vranes Year 11 attended mass at St Francis to celebrate the 150th year of the Sisters of St Joseph of the Sacred Heart. I was wonderful to celebrate this great occasion with the sisters and we wish them well as they continue to celebrate this wonderful milestone.

The MSJ Annual Music and Arts Night was held on Wednesday 31st August. It was a magnificent showcase of the incredible artistic talents of so many MSJ students. We were treated to instrumental and vocal solo and group performances, ensemble performances and a magnificent display of student art work. I was incredibly proud of all the students, it is not easy to stand up in front of two hundred people and perform. Congratulations to all students and staff for their incredible hard work. More details, photos and reports regarding the night will be in the next edition of Synergy.

Kate Dishon
Principal
“We have much for which to be thankful”  
(Mary MacKillop, 1873)

Term three is always a busy, spirit-filled term for Education in Faith; the highlight being JJAMM week. This year, our Feast Day and JJAMM week commemorated the 150 years since the establishment of the Order of the Sisters of St. Joseph of the Sacred Heart.

In his homily at Mass on Feast Day, Fr. John Healy reflected on the core values of the Gospel that were emulated in the life of Mary MacKillop. Focusing especially on the value of ‘availability’, Fr John emphasised the need for our young people to make themselves available to those around them, to be open to new experiences and be open to the will of God in their lives.

Our Feast Day celebrations continued throughout the day, including our annual fete. This year the stalls were more creative and elaborate than we have seen before and in total the students were able to raise a total of $6241.00, which will support Mary MacKillop International and local Josephite initiatives.

Throughout the week the joy of the Gospel was truly evident in our College through student engagement and contribution to the JJAMM week celebrations, and our staff experience in the community. Overall, the week provided us many opportunities to reflect on the life of Mary MacKillop, Father Julian Tenison Woods and St Joseph, and reflect on how we can find the moments of Grace in our life to celebrate and be thankful for.

Daniele Fairthorne
Director of Catholic Identity

At the end of our JJAMM week celebrations our staff engaged in our annual staff retreat day. The day focused our attention on the Year of Mercy and the corporal acts of mercy that Pope Francis is calling us to engage with throughout this Jubilee year. During the day the staff engaged in various community outreach activities to support local agencies and Parish communities who have contributed to our College over the past few years.

These activities ranged from washing windows and gardening at St. Mary’s Parish, supporting the Sisters of St. Joseph by the Sea in Williamstown with an audit of their library, to serving lunch at Ozanam Community Centre in North Melbourne. Overall our staff were energised from the day and felt their experiences strengthened their understanding of the Gospel message to seek out those in need around us and be available to all.

“Be The Heartbeat of Gods’ Love”
WORLD YOUTH DAY

A pilgrims story: Celine Lopez

The day I was leaving for World Youth Day I decided to go to school and spend time with my friends not only to say goodbye to them, but also to pass the time. However, before I knew it I was standing with my small group leader Colleen and the rest of our beautiful group in Poland, Europe. The flight had been long and tiring but we knew it was all worth it for the amazing journey ahead.

As the days went by, we explored the theme of Divine Mercy by attending Catechesis and visiting the Shrine of Divine Mercy and the Sanctuary of St. John Paul II. We explored our faith and our relationship with God whilst creating everlasting relationships along the way with other pilgrimage groups.

On the day of the Vigil, which marked the end of WYD, our group experienced the weird yet magical ways on which God’s love works when our group happened to go the wrong way and were stopped at a crossing only to realise that the Holy Father himself was coming down the road... safe to say it was an amazing moment that I will never forget. Throughout the days of WYD I have experienced Jesus’ love, mercy and presence in ways I had never before and the journey confirmed his everlasting and almighty love for all of us.

At the end of WYD, we all travelled to the beautiful town of Wisla were we stayed for a couple of nights to reflect on our journey and it was a beautiful time in which we were able to relax, rewind and reflect. Overall, the World Youth Day experience was incredible and one that I won’t forget for many years to come.

A pilgrims story: Alexandra Hosking

From the 22nd of July to the 8th of August, Celine and I embarked on a spiritual journey to the City of Mercy. The two weeks spent in Poland enabled us to deepen our faith and connect to God, whilst forming new friendships.

Starting the pilgrimage I had mixed feelings about what was to come and what was to be expected. Going in with a clear mind, my group and I began to form a bond that would stay with us for the rest of our lives. As the days went by we further deepened our understanding of Divine Mercy through attending Catechesis, Visiting the Shrine of Divine Mercy and the Sanctuary of St. John Paul II. By learning more about St Faustina and St. John Paul II allowed me to explore my faith at a deeper level.

The closing vigil was a highlight for me as that night we felt God’s presence all around us. Our groups had all connected from singular groups to one big family. The Pope’s speech was amazing and really connected to all of us, as youth of the world. Being able to reflect on the experience of World Youth Day during our last couple of days in Wisla and Warsaw enabled us to truly understand our journey. We were all brought together by one divine purpose and that was God.

Overall, the World Youth Day was such an amazing experience and I am so privileged to have been chosen to go. All that was learnt on the trip will stay with me for many years to come.
150th Sisters of St. Joseph Celebration Mass

On behalf of Mount St. Josephs Girls College, Ms Fairthorne, Ms Dishon and I travelled to St Francis’ Church, to attend a mass commemorating the 150-year anniversary of the Sisters of St. Joseph.

150 years ago on March 19th in Penola, South Australia, Mary Mackillop and Julian Tenison Woods birthed a dream, which continues today. They saw a need in their time and were led by God to respond to the “misery and wretchedness” of the “bush children” and “afflicted poor” and to undertake urgently needed works of charity for which no other religious Congregation was available. (Const. 1)

During the mass, the Sisters celebrated and gave thanks for the many individuals and groups within the communities, towns and cities where they have ministered. Around 60 Sisters were able to attend and I was lucky enough to be able to meet them all and share this experience with them.

During the mass, I took part in the offertory along side a Sr Audrey, where we were able to bring up the bread and wine onto the alter, in front of the hundreds of people that were there. It was a beautiful Mass, with an amazing choir and readings from the many Sisters of Saint Joseph, led by Fr Jo Dirks. I would like to thank the school for providing me the opportunity to represent the school in such a unique experience that I will always remember.

By Jessica Vranes, Year 11

Year 9 Retreat

On the 16th of August the whole of the year 9 went on their annual retreat to the Newport Substation. We all enjoyed a day full of games, stories, meditation and prayer all delivered by the NET team (National Evangelisation Teams).

The NET team welcomed us and interacted with us with open arms sharing with us their personal stories whilst also building fun and friendly relationships with many of the year 9 students. On this day year 9 students learnt to be passionate, to spread the good news of God and to just know that we are enough for God’s love.

During the day we did many activities that required teamwork. Going into the activities with an open mind helped the year 9’s to realise that teamwork is so important. Some of these activities included not being able to use our body parts to complete everyday activities like tying our shoelaces with no thumbs. We all learnt that we need to be able to accept one another, just like God accepts us.

The day allowed us to reflect on what it takes to build healthy relationships. It is safe to say that with the help of the NET team and the enthusiastic and positive energy provided by the year 9’s, healthy and new relationships were formed. Overall the day was a complete success leaving the Year 9’s with a loving connection with God.

By Jessica Saunders

Year 12 Urban Retreat

On the 18th and 19th of August, a group of Year 12 students took the opportunity to partake in an unforgettable experience, where we developed an awareness of the poor and marginalized in our inner city Melbourne.

At 7:30pm, we went to The Big Umbrella to serve food to the homeless. We worked together as a team to ensure that everyone was provided with a meal, a small chat and walked away with a smile on their face. As a part of this experience, we were challenged to sleep on the floor to understand what it is like to be homeless. On Friday morning, we were split up to offer our service at different ministries. We separated into groups and travelled to The Salvation army, Oznam House and Bob Maguire Foundation, where we prepared food and served it to the homeless.

This was one of the most rewarding experiences to have been part of. It was amazing to see the amount of people who take time out of their lives to volunteer to help those who struggle with simple things.

By Brooke Sydenham (12F)
The last fortnight has certainly been a very busy one at MSJ. It was a fortnight marked with many celebrations as well as planning for 2017.

Subject Selection for 2017
Thank you to parents/carers, students and staff for their part in the subject selection process. It is a complex process and while every effort is made to ensure that girls’ preferences are met, this cannot be guaranteed. Planning of classes and subject allocations will be taking place over coming months and students will have subjects confirmed in due course.

NAPLAN Reports
The VCAA has delivered hard copies of years 7 and 9 NAPLAN reports to the College; these will be mailed to parents/carers this week.

Student Progress Meetings
Parent/Student/Teacher Interviews will be held Tuesday September 6 & Thursday September 8, 4.00-8.00pm.

Year 12 students
August continues to be a busy month for the Year 12 students and it is encouraging to see the level of support that the students are showing each other. For some of our students the last two weeks have included a period of time where they sat multiple SACs in a space of a few days. Throughout this period, although hard, students have remained positive.

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 are being held during the school term break. All Year 12 students and Year 11 students studying a Unit 3/4 subject are expected to attend for their subject examinations.

Trial examinations give students the best opportunity to succeed in their final examinations at the end of the year. These examinations are compulsory and will be an opportunity to give students vital feedback on areas of strength and areas requiring improvement.

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

The Trial Exam period is Monday, September 26 – Friday, September 30.

Students need to arrive 30 minutes prior to the commencement of each examination. All trial examinations will be held in the Mary MacKillop Centre.

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
Allocate 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.

Units 3 / 4 Workshops

Connect Education Workshops
Connect Education will provide revision and exam focus lectures for our students that are subject specific and provide resources to support our students. I would encourage all students undertaking the stipulated subjects to take advantage of the workshops. The cost to students is $10 per subject, which includes a 2 hour lecture and notes. Details below.

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<tr>
<th>Session</th>
<th>Sept 19</th>
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<td>1</td>
<td>English 9.00am – 11.00am</td>
<td>Further Maths 9.00am – 11.00am</td>
<td>English Language 9.00am – 11.00am</td>
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<td>Literature 9.00am – 11.00am</td>
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<td>Biology 11.30am – 1.30pm</td>
<td>HHD 11.30am – 1.30pm</td>
<td>Chemistry 11.30am – 1.30pm</td>
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<td>Psychology 11.30am – 1.30pm</td>
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<td>3</td>
<td>Business Management 2.00pm – 4.00pm</td>
<td>Legal Studies 2.00pm – 4.00pm</td>
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Year 12 Ecolinc Excursion

On Tuesday 9th of August, the three Year 12 Biology classes travelled to Ecolinc, a Science and Technology Innovations Centre in Bacchus Marsh to complete an assessment on Manipulating DNA: Tools and Techniques.

As part of our assessment, we had to put into practice the theory we studied in the classroom about the different processes used to extract, locate, amplify and analyse DNA sequences. At Ecolinc, our main focus was to understand the hands-on process of replicating and manipulating DNA. Beginning with common snacks and foods, we extracted the DNA in hopes to examine whether these foods were genetically modified organisms (GMO). From each process of adding primers to the DNA to locating specific sequences to amplifying the DNA through a process called Polymerase Chain Reaction (PCR), the experience of using such scientific equipment sparked our interest. Finally, we separated the DNA fragments according to their size in Gel Electrophoresis and stained the gel so that we could see the bands of DNA. From this, we were able to determine which common snacks and foods had been modified!

Through completing our SAC at Ecolinc, it gave us the chance to experience real scientific research and also help us further our knowledge in DNA manipulation, preparing us for our end of year exam. Between us and our fellow peers, we were convinced that we were Genetic Engineers, although only having the knowledge from our textbooks, some of us began to consider taking this up as a career pathway! Overall, the day at Ecolinc broadened our knowledge, sparked our scientific interests and taught us the not-so-simple process of replicating and manipulating DNA.

A big thanks to Ms Snooks, Ms Mount and Ms Hawkins for organising the excursion and giving us this opportunity.

By Matilda Murrihy (11C) and Yvette Dimalanta (11F)
Year 10 Italian Immersion Day

The Year 10 Italian class enjoyed a day out filled with activities hosted by the Victorian Association of Teachers of Italian (VATI). They were immersed in language, culture, film and song, with hundreds of other Year 10 Italian students from schools across Melbourne. The immersion day is a new initiative by VATI designed especially for Year 10 students to demonstrate the value and importance in continuing with their Italian studies. As well as participating in fun, interactive activities, they listened to guest speakers explain how they have benefitted from their knowledge of Italian in their studies and in their work. It was a rewarding day and all students came away with a renewed excitement for the language and a sense of achievement to realise how far they have come in their studies.

Here are some quotes from the students:

“We participated in a variety of activities such as, watching Italian videos before filling out some questions in a booklet, prizes were given to those who answered correctly.”

“It was a great experience to involve ourselves in a greater Italian community of students, as opposed to just our class.”

“We were able to use our Italian skills in a way that was exciting and involved us talking and interacting with other students across many schools.”

“It was a great activity to help us use our vocabulary with people who we do not know too well.”

“Different ways to learn and practise the language was explored.”

“We learnt the language through traditional Italian songs that allowed us to grasp the language better and understand the culture better. There were activities that involved the songs and they allowed us to use the Italian language while thinking deeply for the right answer. Whoever answered the question correctly earned a prize. This session was entertaining and singing in Italian was fun and challenging!”

“We took part in an interactive Kahoot quiz that tested our Italian knowledge. It was a change to what we learn in class because it didn’t consist of grammar, but our knowledge of Italian culture. It was fun to learn some new facts and compete with everybody in the room, whilst also winning some prizes. Our school finished in 6th place, which is a great effort, considering that there were around 110 participants.”

“It was a good experience that helped show us how important knowing a second language is and how it can help you dramatically in the work force.”

La Matinée du Français

Every year the Association of French Teachers in Victoria (AFTV) host “La Matinée du Français”, an information and exam preparation morning for students studying VCE French. On Sunday 28 August, MSJ’s Year 11 and 12 French students went to the Melbourne Convention and Exhibition Centre to participate in this event. La Matinée du Français is the AFTV’s major VCE event and attracts the attendance of almost every VCE French student in the state. It is always impressive to see the Plenary Hall at the Melbourne Convention and Exhibition Centre filled to capacity with Year 12 students practising their language skills and keen to learn how to best use the precious time remaining before their final exam.

The morning consisted of presentations with useful tips and strategies on how to prepare for and tackle the different aspects of the exam. It included practice listening and reading texts where students were given the opportunity to answer questions and were then shown sample answers to demonstrate how to aim to achieve the highest possible marks for an answer. Together, the students planned sample essay questions and viewed mock oral exams. The mock oral exams are presented by oral assessors and actual Year 12 students, one who shows an example of an ideal candidate and one who shows what not to do in a very entertaining way (yes, the French may greet each other with ‘la bise’ - a kiss on each cheek - but do not try to greet your assessors in this way!).

After the Matinée du Français, we met with the teacher and students from our VCE partner school and walked into the city where the students enjoyed crêpes made to a traditional French recipe by native French speakers. This gave the students an opportunity to practise their French in a natural setting and showed them how easy it is find real situations in the heart of Melbourne where they can use their language skills and experience French food and culture.

We wish the Year 12 students all the best in the lead up to their oral and written exams. We hope the preparation morning has given them some useful strategies they will be able to incorporate into their own study and we hope the Year 11 students were able to benefit from the experience as observers. While they will not be facing their final exams until the end of 2017, they now have a better insight into the format of the exams and to best use the year ahead.

Bonne chance!

Luisa Ragusa
LOTE Domain Leader
We continue to celebrate and embrace the many learning opportunities at the College. The last month has been an exciting time, as we have seen much learning and relationships continue to flourish.

The journey experienced by our students as they participate in the richness of College life through structured learning in the classroom, co-curricula events, Urban Retreats and the many excursion and incursions encourages our learners to embrace new challenges with energy and optimism. It is through energy, optimism and perseverance that our women will develop skills in resilience, collaboration and time management. We as adult role models need to work and model skills of an open mind and joy, as we enter the unknown.

It has been interesting to observe the different approaches students have taken in approaching the various activities. Importantly the determination and perseverance is what ensured our students completed the task and gained the most from the experience. Our young people need to learn that in life we face many challenges but we need to employ strategies and to believe in ourselves. Our ability to manage setbacks and obstacles is a great personal strength.

From the parenting matters website

**Resilience**

Resilience is a 21st Century parenting concept that every parent needs to understand.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection.

**Building Resilience**

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by: Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for awhile, and normalisation.

Promoting resilience in kids is not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

Steven Misfud
Deputy Principal - Student Wellbeing

**Enrolment Information**

Further information can be found at our website: [www.msj.vic.edu.au](http://www.msj.vic.edu.au) or by contacting the College Registrar at registrar@msj.vic.edu.au or Ph: 8398 2007.

**Year 7, 2018**

Some parents may be aware that a number of schools have decided to not adhere to the dates prescribed by Catholic Education Melbourne and have brought the application dates forward to August/September 2016. We wish to assure parents that girls in our feeder Catholic Primary Schools are our highest priority. If you have any questions or concerns, please do not hesitate to contact the College.

Please be advised that Year 7, 2018 applications to MSJ close: 17th February 2017.

**Year 7, 2019**

Applications to MSJ close 25th August 2017

**MSJ Open Mornings – 9.30am – 10.30am (Thursday)**
11th August, 8th September, 10th November 2016

**MSJ Twilight Open Evening – 3pm – 7pm (Thursday)**
6th October 2016

“Be The Heartbeat of Gods’ Love”
Want to know what you can do to raise a resilient teenager?

A FREE online parenting program empowering parents to make sense of adolescence and parent their teenager with confidence.

As children become teenagers, it can be hard for parents to know the best way to stay connected with their child. Partners in Parenting is a new online parenting program that has been shown to help improve parent-child communication and reduce family conflict. Through interactive online activities, parents can develop skills in emotional intelligence, supporting their teenager through difficulties they face, and maintaining a close relationship with their teen. This program was developed by researchers at Monash University and the University of Melbourne, and is based on Parenting Guidelines that were published in partnership with beyondblue, and have been accessed and found helpful by thousands of parents worldwide.

Researchers are currently evaluating the longer-term benefits of the program by offering parents in Australia the opportunity to try it for free. If you are a parent or guardian of a child aged 12 to 15, you may be eligible to participate. Participation will take a few hours of yours and your child’s time over 12 months. Both you and your child will be reimbursed for your time.

Find out more or register at www.partnersinparenting.net.au, or contact the researchers at med-partnersinparenting@monash.edu or on (03) 9905 1250.
Year 10 Formal 2016

On Friday the 12th of August, the Year 10 students had their Formal. For many, it was a night that they will never forget. Held at Grandstar receptions, it was a night full of dancing, laughing, having a good time and making memories to last forever. It was also a great opportunity for many of us to update our profile pictures on social media! The music was fantastic, and even the security guard couldn’t stay away from the dance floor. Overall, it was a great night, being surrounded by our friends and having a blast!

By Maddy Bateman (10J) and Maria Dudu (10J)

Shrine of Remembrance

On Friday the 19th of August the Year 9 students travelled to the Shrine of Remembrance to experience a learning experience relating to our Humanities topic, World War I. As we braced the cold wet weather, we discovered it was nothing compared to the hardships felt by those who represented our country and veterans from the other countries who Australia fought alongside.

The Shrine of Remembrance’s exhibit showed images and maps, which broadened our visual depiction of World War I. Various types of garments were displayed that were worn by the soldiers and were presented to show how heavy the armor was.

We were fortunate enough to take part in the Ray of Light ceremony held in the ‘Sanctuary Hall’. The light shone across the plaque, which read “Greater Love Hath No Man”, and at exactly 11 o’clock the light hit the word ‘Love’. To pay our respects we stood in silence remembering those who bravely fought in the battles.

In the end it was not only a learning experience, it was a way for us students to recognise our country’s soldiers who lost their lives on the battlefields.

Salvation Army Kids Choir

As part of my Silver Duke of Edinburgh award, and in Venturers, my Queen Scout level service, I have taken a leading role in the Salvation Army kids choir. Every Wednesday from 3:45-4:30pm, students are welcome to come to the Salvation Army in Altona to attend the kids choir.

Our final practice before our big performance was held in the chapel to have a feel for the acoustics of the room. We went over all of our songs ‘Hakuna Matata’, ‘The Australian Anthem’, which I conducted and ‘Every move I make’.

Our very first performance was on the 14th of August at the Salvation Army Church. We all had so much fun performing for an audience. My role in the Kids Choir is to teach the students vocal warm-ups before they sing, to conduct them in songs and to teach them how to say the words to the songs. Some of the children are too young to know how to read, so saying the words before we start singing helps them to understand how to say it.

I have absolutely loved leading the Salvation Army Kids choir and I am so excited for the coming months of teaching the children to sing.

By Emilie Washington (10F)
**SCSA Volleyball**

After many lunchtime training sessions and discussions of gameplay strategies, on Tuesday 16 August, Mount St. Joseph Girls’ College traveled to MSAC to participate in the SCSA Volleyball tournament.

Both the Senior A’s and B’s played team games and developed as the game went on, resulting in placing 3rd in both pools.

After many “digs”, “sets” and “spikes” both Senior and Intermediate A teams came in 3rd and Senior and Intermediate B teams placed 8th.

The Junior A team played 6 games overall, winning 4 of them, drew 1 and lost 1, sadly not making it to the finals. Overall they came 3rd. What a great effort from the A Team!

The Junior B team won 2 of their games and drew 2 this put them in the finals where they won 1st place commemorated with a plaque and a large ribbon. What a fantastic achievement from the B Team!

The Junior C team played 5 games each against other schools. The Junior C team won 2 of them and drew 2 of them, this put them straight to the finals where they won 1st place winning a plaque and a large ribbon. What a incredible effort!

We also congratulate Enakshi Fuloria in 7 Francis from the C team for getting the MVP (Most Valuable Player) award in the C Team finals. What great work Enakshi Fuloria!

We thank all the teachers, helpers and students involved in the day making this day one to remember. A special thank you to Mr. Adam De Bono for coaching the girls prior to the tournament and on the day. Your knowledge of the sport and constant support was greatly appreciated.

**SCSA Soccer**

On the 24 of August MSJ went to the SCSA soccer competition. The Junior team played extremely well all day with 3 wins and 2 draws. The Juniors made it into the grand final. The grand final finished in a draw which meant having to do a penalty shoot out. The Juniors also made new friends who supported and cheered them all through the game.

The shoot out was also close but it came down to the one shot from the other team and sadly the MSJ Junior team lost. Overall MSJ Junior Team finished 2nd which is an extremely good effort. We would also like to thank Ms. Sofarnos and Ms Anastasi for coaching and supporting us throughout the day.

*By Lily Girvan (8F)*

**A Helping Hand - Primary School Athletics**

On the 3rd of August, MSJ girls attended the Sacred Heart Athletics day to help out with setting up and running the events. We also assisted St. Mary’s Primary school on the 12th August. Both were fun days filled with an energetic atmosphere. The day consisted of us arriving, helping set up all the equipment, going to our assigned event, explaining and showing the students how to complete it with the rules and guidelines.

Overall, we had a wonderful day and we enjoyed catching up with our old friends and past teachers.

*By Sarah Peart (8J) & Sarah Fjeldstad (8C)*
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.

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.

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

"Be the Heartbeat of God’s Love"