Principal’s Report

Last week we welcomed our new Careers and Educational Pathways coordinator, Ms Rebecca Poulos. Rebecca is here Monday to Friday from 9am to 4pm and has been kept busy with appointments with many Year 12 students. Thanks to Ms Bianca New who worked as a careers consultant for a few weeks prior to Rebecca starting and to Ms Carol Duggan who has been assisting with careers guidance since last term.

It is with sadness that we received a letter of resignation from Ms Megan Gatt, who leaves us to take up a position elsewhere. Megan commenced in 2009 and in her time here she has worked tirelessly to support students, first as an integration aide, then as a library assistant and currently as International Student Program (ISP) Coordinator. We wish Megan all the best in her future endeavours. Our new ISP Coordinator, Ms Doanvy Roberts commences next week.

We also welcome Ms Ekaterina Xanthopoulos to our International Student Program. Ms Xanthopoulos takes up a new role as ISP and English Language Centre Manager. She is already proving to be enthusiastic and inspiring and comes to us with a wealth of knowledge gained from her time teaching English as an Additional Language.

We very much enjoyed our visit from the students and staff from Nakamura High School. Thanks to Mr Allan Trigellis-Smith for his work in coordinating this, ably supported by the Languages teachers. We also thank the host families for taking such good care of our visitors.

Last week we staged our production, Back to the 80s. It was a great success, showcasing the talents of our students. Over 120 students were involved as actors, singers, dancers and musicians. We also had a well organised backstage crew, led by a former student. In addition, the Year 10 Food Tech students made slices to serve at interval. Thanks to the dedicated staff who gave up their time to get such a high level of performance from the girls, particularly Mr Geoff Perks as director, Mr Stuart Campbell as musical director, Ms Judy Firestone as producer and Ms Courtney Anderson as choreographer. Thanks also to the 30 parents who volunteered their time.

Finally I would like to acknowledge Mr Richard Elstone who has filled the parent vacancy on College Council.
Term 3 Interim Reports and Parent/Teacher/Student Interviews

Parent/teacher/student interviews will be held on Wednesday 3rd September in two sessions: 1.30pm to 5pm and 6pm to 8pm. The school will again be making the interim report and the booking schedule available online through the “Student and Parent Portal”. The portal access is http://portal.mgsc.vic.edu.au/ and you will require the same username and password that was issued to parents in Term 1. The reports and access to the booking schedule will be available from 4pm on Thursday 28th August.

The interim report is a timely snapshot of how your child is progressing in Semester 2 and can often be the catalyst for re-energising their efforts at school as they go into Term 4.

If you have any questions regarding the portal or the parent/teacher/student interviews please contact Maurice Woolcock (Assistant Principal) on 9581 5200.

Mr Maurice Woolcock
Assistant Principal

Parent Support

Back to the 80s

The production was a great success and I am grateful to the parents who volunteered to assist:

• Costumes – Cheryl Beasley, Portia Branton, Angela Collins, Lynn Fiddes, Patty Konstandakos, Penny Macquire, Jean Moores-Chadwick, Claudia Schaumann and Deb Somerville.


Your support helped ensure that the production ran smoothly.

Working Bee

The next working bee will be held on Saturday 30th August from 9am to 12pm. There is a bit more work to be done on the community garden and well as some other general maintenance. Please meet in the Junior School office.

Morning tea will be provided.

Recycling Team

I am looking for three Year 9 students to work with the team from Statewide Autistic Services who coordinate our paper recycling. This job takes place on Blue Thursday lunchtimes and will commence in Term 4. Please see Ms Moline if you are interested.

Ms Bronwyn Moline
Assistant Principal

International Student Program

Welcome

We also welcome Michelle Taneja who comes to us from India and has joined Year 7. The other International Students were pleased to meet Michelle last week. Michelle has already shown us how to write some Hindi. Best wishes for your studies at our College, Michelle.

Ms Megan Gatt
International Student Coordinator

Senior School News

VTAC Registration

Year 12 students should be registering now if they have not already done so. A significant number of students will also be applying for SEAS through this site. SEAS is a form of special consideration for students who may have been disadvantaged through this year or longer. Please explore the categories with your daughter and start considering how she can gather supporting evidence or who to approach to provide it.
Success Integrated

Last Friday afternoon Darren Periera, a highly engaging presenter, took the girls through a number of strategies to help them with their focus, organisation and motivation. Ask your daughter about her time management. She will explain to you the steps: Planning, Prioritising, Clumping and Timing. One minute in planning saves four minutes in doing! She should also be able to tell you how she can be her B.E.S.T. and the value of listening to Baroque music while studying. A huge thank-you to Ms Cook for organising the presentation.

Stress Workshops

Year 11 and 12 students are invited to show an expression of interest in either one-to-one or small group free workshops provided at MGSC by psychologists from our local council. This is a great opportunity for our girls and another option if your daughter needs some support in managing stress at this time of the year.

Senior School Team

Middle School News

The Year 10 Social photos are available and are being collected this week by the girls who can make further orders. Year 9 and 10s have finalised their elective choices and Miss Chris is currently working on these. She hopes to accommodate their selections but there will be a review period once these are released.

The second Year 9 City Camp was successful, so this experience was rewarding for the whole student cohort. The girls will now undertake excursions to the city as part of their LAS projects which act as complementary to the camp.

While most students wear their uniform correctly, Year 9 and 10 Student Managers have noted some sloppiness creeping in. We urge parents to be vigilant in this matter. The official school bag should be used, not an alternative. Girls should not wear sports uniforms to school except if they are competing for the school in an all-day event.

Middle School News

Year 7 Community Garden

On Saturday 9th August, a group of parents, teachers and students worked tirelessly to prepare the eight gardens beds for all the Year 7 students. As part of their learning in the ALL program, the students will be growing plants as they examine the importance of sustainability, the environment and being a member of a community.

On the day, we divided into two groups: one cleared the area near the JLC and the other assembled the garden boxes. I would like to thank all the families and staff who came on the day and worked in such an enthusiastic manner: Claire Chitty, Mark Weatherley, Michael French, Vaughn Brotherton, Darren Hawkless, and the family of Martin and Tania Taylor. The staff members on the day were Jonathan Hall, Ekaterina Xanthopoulos, Adrianna Welniak with her partner Victor Mefsut, and Gayle Steinfort, the Junior Sub School Leader. Thank you to Gerry Van Den Berg for checking in on the day to ensure that we had access to all, and to our College gardener, Jessie Buckley for all her support.

On Saturday 30th August, you too could be a participant of the next stage of construction of the garden, including installing irrigation pipes and filling in the garden beds with soil. We just recently received another grant from the Victorian School Garden Award (Nursery and Garden Industry Victoria), and we will use this to purchase seedlings and trees that produce edible food that will be used in the 7ALL program.

Ms Ekaterina Xanthopoulos

Sport

Volleyball Championship

On Friday 25th - Sunday 27th July nine Year 9/10 girls competed in the three day Victorian Volleyball Schools Cup Championship. They played many experienced schools with a number of close matches. On Sunday the girls progressed to the gold medal play off and, after a nail-biting performance, walked away with a gold medal for under 17 division 1 girls. This was the first major tournament for the girls and they exceeded all expectations. Their enthusiasm and ability to cope well under pressure along with many lunchtime training sessions should be commended.
Year 8 Netball
On Wednesday 6th August MGSC’s Year 8 A and B teams competed at Southern Metropolitan Regions. Although they faced some fierce competition, both teams walked away as winners of their divisions. This sees the A team advance to state finals on September 1st. Congratulations to all involved and best of luck at State finals.

Other success this semester includes our Year 8 Basketball A and B teams (coached by Mr Bruhn) who both won their brackets in the Beachside Division round robin against strong competition. They will be competing in the Southern Region round robin on October 22nd.

Cheerleading Championships
On Friday 8th August, 10 students represented MGSC at the 100% Cheer National Championships on the Gold Coast, Qld. The girls performed a clean and highly energetic performance, wowing both the judges and the audience with some impressive skills. The girls placed 5th in Australia and should be extremely proud of making it all the way to Nationals in their first year competing in this competition.

Science
Science Week – Food for our Future: How can Scientists help feed the world?
Science leaders planned many activities to celebrate Science week, including a poster competition, planting day, cake stall and quiz. Six Year 11 students also attended a breakfast hosted by Mentone Girls’ Grammar School, where presenter Tanya Ha, award-winning environmentalist, author, broadcaster, science journalist and sustainable living advocate gave them an insight into her life as a scientist.

English
Year 12 English Expo
To maximise MGSC success in the VCE November exams the English Domain will be running compulsory Lecture and Tutorial sessions in university mode in English, EAL, Literature and English Language.
• Each Area of Study will be summarised to emphasise key points, revise content, teach effective exam strategies and to expose common pitfalls and myths.
• These short and focused sessions will be held on September 5th, 12th and October 10th, and run from 2 to 2.55pm, each session commencing in the Lecture Theatre.
• Sessions will be tailored to meet the specific needs of MGSC girls in small tutorial groups following the introductory AOS lecture.
• The EXPO is FREE to MGSC 2014 Unit 4 students.

The Big ‘L’
Celebrate Literacy: August 25th – September 5th 2014. To celebrate the importance of literacy in all our functional and creative endeavours, MGSC will run a program of activities including:
• Chinese Museum Incursion (Aug 26th)
• Second hand book stalls
• ‘Macbeth’: The Scottish play in performance (Sept 4th)
• All fortnight – class activities; creative competitions; daily installations
• The fortnight culminates in our FAVOURITE FICTIONAL CHARACTER FREE DRESS DAY on September 5th, when all staff and students dress as their favourite fictional character. Plan now and come as Harry Potter, Pippi Longstocking, The Mad Hatter, Alice, Beatrice Prior or your own selection (gold coin donation).

English Students of the Week
Congratulations to:
• Olya Kazlova (Year 12) for the Habits of Mind of persistence, responsiveness to feedback and thinking flexibility.
• Kimiko Rathbone (Year 8) for the Habits of Mind of consistency, high achievement and thinking flexibility.

Ms Nola Rees
Head of English and Literacy

Maths
Building a Mathematics Learning Community
We have been working with local primary schools to develop a Mathematics Network. This is allowing teachers to meet to share teaching experiences and resources and benefit from a broader view of what a challenging and engaging Maths Program means.

On 13th August we ran a Professional Development session on our Year 7 Maths program where we demonstrated a range of online resources and teaching techniques we employ via our newly adopted iPad technology.

We thank the following schools for being a part of this important new initiative: Aspendale Gardens Primary, Beaumaris Primary, Beaumaris North Primary, Cheltenham Primary, Mentone Primary, Mentone Park Primary and Parkdale Primary.

University of Melbourne – Maths Competition Success
Ramya Tata (8F) has been ranked as an “Outstanding Award Winner” in the 2014 University of Melbourne Mathematics Competition (Junior Division). This prestigious competition has been run since 1972. It is designed to identify “real mathematical talent” via its very challenging problems and attracts over 5000 entries from highly capable students in top performing private and government schools.

We congratulate Ramya on this wonderful result and the other students who participated in this competition. She will be invited to attend an award ceremony at the University on 11th October.

Tournament of Minds
Our team of Year 7–10 Maths students have been busy preparing for the Tournament of Minds competition to be held at Deakin University shortly. They have a challenging problem to solve which involves designing and building a device to satisfy the given scenario. We wish them all the best as they represent the school and will report on the outcome in the coming weeks.

ICAS Maths Competition
367 students from Years 7–10 sat the UNSW ICAS Maths Competition on 12th August. They completed a broad range of maths questions designed to test their numeracy skills at their respective year levels.

The competition is part of MGSC Numeracy co-curricular program where we encourage students to stretch themselves and apply their maths skills in a range of different situations.

All students who participated will receive a certificate and an individual student report indicating their results and their score compared with the cohort of students tested. The tests are an excellent preparation for future exam situations and the student report is useful for highlighting strengths and weaknesses and for including in a portfolio.

Less than 80 school days until the end of the year, so do your best and remember... “Maths makes a real difference”

Maths Domain Team
Languages

Nakamura Visit

Our visitors from Nakamura High School returned to Japan on 9th August, farewelled by homestay families. Judging by the tears that flowed when we said goodbye, many lasting friendships have been made.

The homestay families all did a wonderful job looking after their overseas students, who saw a lot of what Melbourne has to offer. Many thanks to all who helped make the visit a success.

Mr Allan Trigellis-Smith
Languages Domain Leader

Raising Calm Kids

WORDS Jenny Brockis
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Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence.

By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

Tips for Quiet Time

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.
5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
Calling All Photographers!

High School Photography Competition

Australian Catholic University’s Pixel Prize Photography Competition aims to engage young people in visual arts, encouraging the use of photography as a powerful tool to communicate valuable messages to society. The 2014 theme is ‘Communities’.

Visit the website below for details on Prizes, entry requirements, judges, exhibition openings and prize-giving dates and to enter the competition.

www.thepixelprize.com.au

Any Year 9 girl who is interested in work experience with Victoria Police in 2015 must see Mrs Poulos in the Careers’ room ASAP as applications close 5th September.

Parents, Students, Youth Leaders and Teachers are invited to an evening with Sharon Witt

Promoting Resilience in Girls!

This is a Public Event, everyone welcome!

Tuesday 9th September 2014 7pm-9pm

Our Lady of Sion College
1065 Whitehorse Rd, Box Hill

$15 per person (at the door) No eftpos

Includes free tea/coffee from 6.30pm

Secure your place!

email rick@criticalagendas.com.au

Include your name and no. of tickets required (no obligation)

Collect and pay for tickets on the night

Enquiries: 0433 616 771

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Enquiries: 0433 616 771
**KEY DATES | AUGUST 2014**

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**Mentone Girls’ SC Newsletter**
Edition 13 | 21 August 2014

- **Yr 7 Immunisation Day**
- **Yr 7 Chinese Museum Incursion**
- **Yr 7 Round Robin**
- **Yr 10 State girls’ school conference (selected students); Pascovale GSC**
- **Yr 9 LAS Student-led Excursion Day**
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Term 3 Holidays