Principal’s Report

Fortunately for all of us, the first day of term was not stifling hot, and students settled into their work quite quickly.

During the very hot weather, girls are not required to wear their blazers to and from school or at College Assemblies, but they must not then wear their jumpers as an outer garment. Students are urged to protect themselves from the sun and to drink plenty of water.

For families new to the school, there are a number of ways you can support your daughter’s education. The Parents and Friends Association meets monthly (first meeting Tuesday 11th March, at 7.30pm) and they welcome new members especially those who can volunteer to work in the second-hand uniform shop. The College Council meets eight times a year, and nomination information for the year beginning in March is included in this newsletter.

We have a number of Working Bees throughout the year, and if every parent could donate just one hour per year we would achieve an amazing amount of work on the grounds. We also welcome parents to volunteer for canteen duty, which helps the canteen to continue to operate for the benefit of the girls. Please consider volunteering for these very important parts of our school community support.

This year the teachers will be focussing on understanding and using the data we have on our student’s learning, the engagement of students through our learning and teaching strategies and on improving our communications systems in the College. We will be reviewing our current Strategic Plan and developing a new one for the next four years. Parent input will be sought on these issues, so please look out for further information in later Newsletters.

Our VCE results for 2013 were excellent. Yutian Lin was our dux with an ATAR of 98.5. 54% of Year 12 Students had ATARS over 70, and 98% of the class received offers for tertiary study.

The Year 12 class of 2014 will have their Conference on Thursday 6th and Friday 7th February to prepare them for the year ahead. I anticipate that they too will have excellent results that will allow them to enter tertiary study in 2015.
Welcome to the 2014 school year! We have an extremely busy term ahead, with many wonderful learning and co-curricular activities on the calendar. I ask all girls and their families look at the calendar of events at the end of every newsletter to see what's ahead. Note the first newsletter is mailed home; all others are online and are also emailed to families. It is important your contact details are up-to-date (both email and telephone contacts) as we communicate via SMS and email on a regular basis at MGSC.

**Snapshot of Term 1:**

<table>
<thead>
<tr>
<th>WEEK</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Welcome to our new students</td>
</tr>
</tbody>
</table>
| Week 2 | Thursday 6th & Friday 7th February: Year 12 Conference  
(Year 12 Meet the Teachers evening 6th Feb) |
| Week 3 | Monday 10th February – Student Photo day  
Tuesday 11th February – Year 7 Parent Information evening  
Wednesday 12th February – Year 11 Parent Information evening |
| Week 4 | Thursday 20th February – MGSC Swimming Carnival*  
Friday 21st February – Year 7 & 10 Immunisations |
| Week 5 | Year 7 camp week |
| Week 6 | Monday 3rd to Wednesday 5th March: Unit 3 Outdoor Ed camp  
Monday 3rd to Friday 7th March: 15 Mile Creek camp (selected students) |
| Week 7 | Monday 10th March – LABOUR DAY HOLIDAY (pupil free)  
Thursday 13th March – SRC and Form Captains training day  
Friday 14th March – International Women's Day College assembly |
| Week 8 | Friday 21st March – Year 7 & 12 Fancy dress |
| Week 9 | Tuesday 25th March – MGSC Athletics Carnival*  
Thursday 27th March – STAFF PD DAY (pupil free) |
| Week 10 | Wednesday 2nd April – Parent/Teacher/Student interviews (PUPIL FREE – students accompany parents to interviews)  
Friday 4th April – LAST DAY OF TERM (early finish 2.15pm) |

*in the event of bad weather, the MGSC Swimming and Athletics carnivals may be postponed. Please check the College website for updates.

**College Photos**

These are to be held on Monday 10th February. All girls have received their individually named photo envelopes/information document on Friday 31st January. If you are a new student to the College, there are spare envelopes at the General Office (Years 7-10) or the VCE office (Years 11 and 12). Some additional information:

- Aussie School Photos now takes multiple images of each student on the day.
- Parents can choose a standard package in preferred graphic design and return order (and payment) in the permanent sealed plastic bag with payment to the photographer on the day (no earlier)  
OR
- Choose to wait for 24 hours to go online to view the images taken, choose the image preferred and create your own package to suit your personal needs for content and price
- The photographer will give each student a unique online log-on code on photo day. Families can access this via www.schoolphoto.com.au
- To ensure photos are included in the bulk delivery to the school, online orders should be made within 14 days after photo day
- There is no need to return the pre-payment order envelope on photo day if ordering online
- Any queries should be directed to Aussie Customer Service (ph: 9707 56653)
15 Mile Creek

A group of Year 9 students will be travelling to the Bogong Camp (15 Mile Creek campus) in March. I would like to remind the selected students to return their forms to my office as soon as possible. There will be an information session held in the next few weeks for the students. I will inform families of this in writing.

Uniform Matters

Our students looked marvellous on their first school day. Thank you to our College families who ensured their daughters were ready to commence the year looking smart in full uniform. Our students wear their uniform with pride as it represents their inclusion at a wonderful school, which provides opportunities for girls to achieve their potential.

When a student wears the MGSC uniform, they represent our College. Their behaviour is observed by the general public when they travel to and from school. Students are reminded to wear their blazers to and from school, as well as at College assemblies. During hot weather, students do not have to wear their blazers. Remember if it is cool enough to wear a jumper, the blazer must be worn. The jumper must never be the outer garment worn when travelling to and from school. I hope our families will support the College through ensuring their daughters adhere to our uniform policy.

First College Assembly

As is the tradition at MGSC, we warmly welcomed our new Year 7 students and their families during our first assembly for the year. It was a lovely whole-school event with our new College Captains running the proceedings. Neena Hunt, our College Captain for 2014 made an entertaining speech. An excerpt is below:

Hello. My name is Neena Hunt and I am your school captain for 2014.

Just so we can get acquainted, I’ll tell you a little bit about myself. My middle name is Frances. I have a schnoodle named Simon. My favourite number is 12.5 because I like 12 and 13 equally. I enjoy long drives down Warrigal road and drinking copious amounts of tea. Oh, and I’m anaphylactic to peanuts. People are continually telling me I’m missing out on things with peanuts in them. This got me thinking about a miraculous thing that happened to me last year, which has changed the way I perceive my own reality. From living a life without that distinct nutty flavour, I was suddenly introduced into a whole new world. I was given a jar of free-nut butter.

I remember being afraid of the free-nut butter, because for so long, such a similar jar could be fatal to my existence, but once I got into the flow of consuming it every morning, it became something I enjoyed and/or looked forward to.

That jar of galumptious matter can be used to describe my thoughts for this year. At the moment, I’m not going to lie, I’m a little bit scared and I’m sure my fellow Year 12s are too, for the whole ‘last year of school thing’ but I know it will pay off in no time. From Years 7 to 12, I guarantee there are tired nerves from the recovery of the holiday sitting right before me, and from experience, I’m sure 2014 will be a rewarding year for everyone, as I have had a good year every year I have faced at Mentone Girls’.

On a side note, who would have guessed Sunflower seeds create a fantastic alternative to peanuts?

I think that is the second beauty to free-nut butter. Someone, had actually worked terribly hard to produce such an obscure thing for the benefit of others, and I think that’s something we can strive towards as a school this year. I encourage you all to find and fulfil that passion of yours whether it is developing ‘specially selected and roasted ground sunflower seeds into a nutritious spread for the whole family’ or simply helping Ms Moline combat our litter crisis.

Jess, Natalie, Maria and I have some outrageous and probably unreachable plans for this year that we are passionate about and have the will to carry out, so I urge you to do the same. Ask yourself, ‘What’s your favourite idea?’ This can be anything from challenging yourself to a leadership role or sport team or single-handedly changing your oyster of a world, or perhaps even making one new friend.

If you are pressed to think of a challenge, I strongly suggest making a new friend! I have made many friendships and strengthened my pre-existing friends at my time at school. No need to stick to the Status Quo, because the way you are now is just right for making friends. Perhaps the very way you will make a friend today is to whisper them a suave and subtle High School Music reference as you are pressed up against them trying to get out of the gym doors. Perhaps it could be the start of something new?

Whatever your challenge is for this year, there is no doubt it can be achieved because 2014 is a new year, where the possibilities for young women like us, are endless. I thought I was wasting my time watching an American film at an international film festival where I could be engrossed in the subtitles of a Korean thriller or something, but anyway this chic-flick said “Now, is the youngest you are ever going to be. It’s fine to live in the now. But the best thing about now is that there’s another one tomorrow. I’m going to start making them count.” I urge everyone to make their precious days at Mentone Girls’ count.
So, I hope 2014 is the year I get to hear about your middle name, your passion, your favourite cheesy movie quotes and ultimately become your friend. Thank you.

I wish everyone a happy and rewarding Term 1.

Ms Carol Duggan
Assistant Principal

School Council
Elections 2014

What is a school council and what does it do?
All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Who is on the school council?
For most school councils, there are three possible categories of membership:

- A mandated elected Parent category - more than one third of the total members must be from this category. Department of Education and Early Childhood Development (DEECD) employees can be Parent members at their child’s school as long as they are not employed at the school.
- A mandated elected DEECD employee category - members of this category may make up no more than one third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional Community member category - members are co-opted by a decision of the council because of their special skills, interests or experiences. DEECD employees are not eligible to be Community members.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

Why is Parent membership so important?
Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school. Those parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

How can you become involved?
The most obvious way is to vote in the elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant. In view of this, you might seriously consider:

- standing for election as a member of the school council
- encouraging another person to stand for election.

Do I need special experience to be on school council?
No. What you do need is an interest in your child’s school and the desire to work in partnership with others to help shape the school’s future.

What do you need to do to stand for election?
The principal will issue a Notice of Election and Call for Nominations following the commencement of Term 1 each year. All school council elections must be completed by the end of March. If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category. DEECD employees whose child is enrolled in a school in which they are not employed are eligible to nominate as parents for the school council at that school. Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination. Generally, if there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

Remember
- Ask at the school for help if you would like to stand for election and are not sure what to do
- Consider standing for election to council this year
• Be sure to vote in the elections. 
Contact the principal for further information.

Notice of Election and call for Nominations
An election is to be conducted for members of the School Council of: Mentone Girls’ Secondary College. 
Nomination forms may be obtained from the school and must be lodged by 4pm on 13/2/14. 
The ballot will close at 4pm on 27/02/14 
Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for elections are as follows:

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>Term of Office</th>
<th>Number of Positions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Member</td>
<td>From the day after the date of the declaration of the poll in 2014 to the inclusive of the date of the declaration of the poll in 2016.</td>
<td>5</td>
</tr>
<tr>
<td>DEECD employee member</td>
<td>From the day after the date of the declaration of the poll in 2014 to and inclusive of the date of the declaration of the poll in 2016.</td>
<td>1</td>
</tr>
</tbody>
</table>

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

Ms Deborah Lehner
Principal

First Aid
Immunisation Dates for 2014
Parents and students of Year 7 and 10 please note the following dates for immunisation this year:
Friday 21st February YEAR 7      CHICKEN POX
YEAR 7      HPV (Cervical Cancer) (1ST dose)
YEAR 10     BOOSTRIX (Diptheria,tetanus,whooping cough) (1 dose only)
Friday 2nd May YEAR 7      HPV (2nd dose)
Monday 25th August YEAR 7      HPV (3rd dose)

Year 7 students received immunisation cards with their enrolment packs.
Year 10 students received their immunisation cards last week.
Please return by Monday 10th February to the First Aid room or the General Office.
Additional cards can be collected from the First Aid room.
Any queries please phone Sue or Lina 9581 5234

Oral Medication for Students
All prescribed medication should be provided to the First Aid centre in a container that gives the name of the student, dose and time to be given. The name of the medication should be clearly marked. Medication will then be stored in a locked cupboard and accessed by the first-aiders when required by students.
Students are not to carry medication in their bags or store it in their lockers.
Please note that the First Aid centre does not provide analgesics (i.e. paracetamol, aspirin, ibuprofen etc). Analgesics will only be dispersed to students if they are provided by parents/guardians as above.
These instructions are in accordance with The Department of Education and Early Childhood Development - Victoria (DEECD) First Aid Policy.

Sue Gravina & Lina Mansour
First Aid Officers

Careers
Destination Information for Year 12 of 2013
Our Year 12 girls of 2013 recently received a wide range of VTAC first round tertiary offers.
• 134 students received VTAC offers (98% of applicants, 96% of students)
• 119 students received a university offer: ACU-10, Deakin-17, Federation-1, LaTrobe-3, Melbourne-3, Monash-40,
A breakdown of the types of courses offered is:

- Agriculture, Environmental and Related Studies – 1
- Architecture and Building – 5
- Creative Arts – 22
- Education – 6
- Engineering – 5
- Food, Hospitality Management, and Personal Services – 6
- Health – 28
- Management and Commerce – 24
- Natural and Physical Sciences – 23
- Society and Culture (includes courses such as arts, children’s services, legal related, psychology, social science, exercise and sport science) – 43

* Note that students who were offered a double degree have been included in two of the above categories

The courses offered are diverse and varied which reflects the interests of our girls from last year. The courses offered include: Accounting, Arts, Arts/Business, Arts/Law, Arts/Science, Aviation, Beauty Therapy, Biomedical Science, Building Design, Business Administration, Children’s Services, Chiropractic/Health Science, Commerce, Communication, Communication Design, Creative Arts, Criminal Justice, Criminology/Psychological Science, Dental Technology, Design (Communication Design), Design (Communication Design)/Business, Design (Digital Media Design), Drama, Education, Education Studies, Emergency Health (Paramedic), Engineering – Mechanical/Industrial Design, Event Management, Exercise and Sport Science, Exercise Science and Human Movement/Psychological Studies, Fine Art, Food and Nutrition Sciences, Forensic Science/Criminology, Health and Community Care, Health Science, Hospitality, Interior Design, International Studies, Journalism, Journalism/Science, Legal Practice, Management, Media, Media and Communication, Music, Music Industry, Nursing, Nursing/Business Administration, Nursing/Emergency Health, Nursing/Paramedicine, Occupational Therapy, Osteopathy, Photography, Physiotherapy, Property and Real Estate, Property and Real Estate/Commerce, Psychology, Psychology and Forensic Science, Public Health and Health Promotion, Public Relations, Science, Science/Education (Primary), Science/Engineering, Screen and Media (Radio and TV), Screen and Media (Film and TV), Social Science, Sound Production, Specialist Make-up Services, Sport and Outdoor Recreation/Education (Primary), Urban and Regional Planning, Visual Merchandising, Visual Communication Design, Youth Work.

Mr Greg Feben
Student Pathways

Senior School News

Congratulations

We are very proud of our class of 2013 for their excellent results both individually and collectively. Even more pleasing was the extraordinary number of first round VTAC offers the students received: 98% applicants (93% of Year 12 students). We wish them well in the exciting time of embarking on preparation for fulfilling future careers.

Welcome back

Year 11 and 12s are settling in well and have been reminded of expectations for the completion of the Headstart and Holiday Homework program.

Year 12 Conference

The Year 12 conference is being held today and tomorrow at our College. The girls will be participating in a number of workshops and activities. Highlights will be presentations by two exceptional motivational speakers and the return of some of our past students who will head a forum on how to approach the final year.

Supporting Your Year 12 Daughter

It’s a team effort! Tonight between 6 and 7pm parents are invited to a pre-dinner meeting to discuss how to support
your Year 12 daughter. Many teachers are able to be present and there will be opportunities to meet with them and other parents whilst having a drink and snack, as well as get some advice from experienced VCE staff.

**VCE Information Evening**

On Wednesday 12th February at 7pm, parents of Year 11 students and of VCE students new to the school, are invited to the information evening in the Lecture Theatre. Make sure you are aware of VCE and MGSC policy and processes so you can best support your daughter in the VCE.

**SACs**

Soon our first SACs will be happening. It is a nervous time for your daughter. Support her with a calm, encouraging work environment at home. Acknowledge the process and how she goes about her preparation rather than focussing only on the result. You should have received a letter on the rules governing missing and rescheduling a SAC. Please make sure you read it carefully before signing the receipt which must be detached and returned to school.

**Special Exam Arrangements**

There are a number of reasons for applying for Special Exam Arrangements if a student is a doing 3-4 study. Any student who has a physical problem e.g needs to stretch during an exam due to a back problem, a medical issue e.g. is a diabetic and needs to take food into the exam and check her blood sugar or an issue say with anxiety, where rest breaks may be applied for, or if your daughter is in doubt about whether she has a condition where an application should be made, she should see Mrs Egan in the next fortnight regarding applying for an SEA. Contact is currently being made with those parents who responded to this request last year.

Senior School Team

**Junior School News**

**Welcome**

A huge welcome to our Year 7 girls and a big welcome back to our Year 8 girls. We hope they had a great holiday and are ready for a very productive year! We also extend a warm welcome to all new Year 8 girls. We hope they settle in quickly and make lots of new friends. It was fantastic to see so many parents attend the School Assembly on the first day and watch the school welcome the Year 7 cohort into the gym.

**Junior School Team**

Ms Bronwyn Moline Assistant Principal to the Junior School
Ms Gayle Steinfirt Junior School Leader
Ms Callista Carver-Moore 7ABCD Year Level Manager
Mrs Petra Witt 7EFGH Year Level Manager
Ms Lisa Kosack 8ABCD Year Level Manager
Ms Tess Dibley 8EFGH Year Level Manager

We are excited to be working with the girls and their families this year. To contact any of the team, please ring:

Year 7 Student Managers & Ms Steinfirt 95815240
Year 8 Student Managers 95815244

**Absences**

If your daughter is absent, leaving early or arriving late, please ring the central absence line on 95815236. You may leave a message 24 hours a day. If you leave a message, you don’t have to send a note with your daughter.

**Clothing**

Could all parents please make sure ALL clothing is clearly named. We often find jumpers, blazers or PE gear left at school and we cannot return it if it is not named.
Collection Points
If you are dropping off or collecting your daughter from school, please don’t come into the school with her or wait outside of the Junior Learning Centre for her. Please arrange to meet her outside the gym or outside the school gates.

Year 7 Parent Information Evening – Tuesday 11th February
An invitation is extended to all Year 7 parents to attend a Parent Information Evening on Tuesday 11th February at 7pm in the Lecture Theatre. It is a good opportunity to meet other parents from your daughter’s class and your daughter’s teachers. The formal part of the evening will conclude in the Junior Learning Centre at about 8.30pm but parents are invited by our wonderful Parents and Friends Association to stay and enjoy a drink and nibbles. Year 7 girls have been given a letter with more information. Please call us if you need further details.

Year 7 Camp – Arrabri Lodge
All Year 7 girls will be attending a camp at Arrabri Lodge in Warburton East. 7A-D girls will attend on Monday 24th to Wednesday 26th February and 7E-H will attend on Wednesday 26th to Friday 28th February. This is a fantastic opportunity for the girls to get to know each other and their teachers in a relaxed setting.

If you have not already paid for the camp, please do so. If you are having trouble with payments, ring the General Office on 95815200 to arrange a payment plan.

School Bags
A reminder that girls are required to use MGSC school bags to school, rather than the variety of coloured bags some of the girls have been bringing. We will be confiscating non-MGSC bags if we see them, so please do the right thing!

Past Students Association
Please join us for our Annual Dinner with special guest speaker past student, Linda Jackson. The Past Students Association would like to invite all MGSC community members to hear Linda speak about her amazing 40 year career in the fashion industry, playing a significant role in the development of a distinctly Australian approach to fashion and textile art. Among her many achievements are the famous Flamingo Park Boutique, Sydney with Jenny Kee, a retrospective exhibition at the NGV 2012 “Bush Couture” and being Artist in Residence at La Trobe University, Bendigo 2013 to create a performance artwork, “Gold-Dragon-Bush” for the Bendigo Art Gallery. Linda’s art has also been greatly influenced by her time spent in indigenous communities in the Northern Territory.

All details for this fundraising event and bookings are on the page 12 of the newsletter and any donations of goods or services to help with fundraising on this occasion are very welcome. For donations: contact Maureen 0403174976.

Sport
Swimming Carnival
The 2014 Swimming Carnival is coming up on Tuesday 20th February at Carnegie Swim Centre. This year we have some exciting activities such as boat races, a water dunking machine run by the SRC, a staff/student relay race, diving events, beach volleyball, and the highly entertaining House versus House chant-offs. Our swimming events include freestyle, breaststroke, butterfly, backstroke and various relays for all age groups. Please see your House Captains for the chant-off details, and show your involvement by supporting various events on the day. Good luck to all Houses and don’t forget to wear your House colours and dress up in costumes to show off your House spirit!

Mr Anthony Bruhn
Interschool Sport Coordinator

English & Literacy
Ensuring a Strong Start to 2014
Welcome to the 2014 academic year. The English program will develop your daughter’s English and literacy abilities across all the literacies through regular learning routines and text study. Included in the regular routines is the Academic
Vocabulary List, in which students study a list of cross curriculum AUSVELS vocabulary words and their meanings each cycle, and the use of an English class Edmodo site, from which girls can access current work and resources at any time. Your daughter’s English programs will include text studies in each term. Work on these areas should be evident and supported at home. Parent should note their daughter’s text study for the first terms:

Year 7: ‘The Incredibly True Story of Cedar B. Hartley’, and ‘Soul Surfer’
Year 8: ‘A Bridge to Wiseman’s Cove’ and ‘Flipped’
Year 9: ‘Ten Canoes’ and ‘A Rose for the ANZAC Boys’
Year 10: ‘Jasper Jones’ and ‘Romeo and Juliet’
Year 11: ‘Stolen’ and ‘Interpreter of Maladies’
Year 11 Lit: ‘The Importance of Being Earnest’
Year 12: ‘No Sugar’ and ‘Wag the Dog’
Year 12 Lit: ‘Jane Eyre’ and ‘A Doll’s House’

Note that English Session for literacy support and English extension continue this year after school on Thursdays in the MGSC library. Strategies for supporting your daughter’s English and literacy will appear in coming newsletters.

Ms Nola Rees
Head of English and Literacy

Health & Physical Education

Welcome Back to a Fun Year of PE

Please remember that hats are compulsory in PE in terms 1 and 4! We always recommend that the girls apply sunscreen at the beginning of outdoor classes. We have some in the gym office.

Hot Weather

The PE program will be adjusted according to the heat. When the gym is hot we may walk classes to the beach. Whilst we do not do “swimming” sessions, we do conduct activities, such as relays, which will allow the girls to get wet and keep cool during class. We allow the girls to get their PE uniforms wet but not school uniforms. The girls can bring bathers but must either wear their school t-shirt or rash vest in the water. The girls always bring their full PE uniform even if they think their class may be going to the beach. We recommend that the girls keep a plastic bag in their PE bag so they have something to put wet clothes in.

Mrs Jackie Mathews
Health & PE Domain Leader

Maths @ MGSC

Welcome

A BIG WELCOME to everyone from our fabulous Maths Team at MGSC. We hope all our students enjoyed a relaxing holiday and are prepared to do their best in all aspects of learning this year. For the Year 7s and other students joining MGSC for the first time, they join a school which values all students and commits to achieving excellent outcomes.

Achieving Impressive Results in Maths – Tips for Students:

• Come prepared for lessons with appropriate books, writing materials.
• Be positive and show determination to do well.
• Become an active member of class and take the opportunities to share your skills and work with classmates to develop a deeper understanding in maths.
• Think about how you learn, building on your strengths and addressing any areas for improvement.
• Try different approaches to problems and discuss these with classmates before seeking assistance.
• Keep tidy notes, including good examples of worked solutions for a range of problems.
• Try constructing challenging problems and work through solutions.
• Revise topics throughout the year, not only for topic tests, but for exams as they occur.
• Set a study timetable that allows time to complete assignments, update notes and revise for tests/exams.
• Work with classmates in study groups in the library, or at home.
• Last, but not least have fun.
**Maths Homework Club**

Our Maths Homework Club is running again throughout this year to provide students with extra support for their studies. Everyone is welcome. It is held in Room 12 as follows:

- Tuesday 1.30pm – 2pm
- Thursday 3.30pm – 5pm

And remember... “Maths makes are real difference.”

**TEEN TIME: DISPELLING THE MYTH THAT TEENAGERS DON’T NEED PARENTS**

Teenagers need their parents more than at any other stage, yet too often they are left to their own devices.

‘The younger the child, the more they need their parents’ has been traditional wisdom for some time.

Many parents respond to this mantra by spending as much time as they can with babies and toddlers, then ramping up their careers as their kids move into school age. The older the children, the less time is put aside for them appears to be the current practice.

**The twists and turns of development**

This notion assumes that child development and children’s independence is a linear process where parents can increasingly step back as kids get older.

**BUT** this is wrong!

A child’s development is full of twists, turns and reversals so that a 10-year-old who is beginning to experience the confusion that can come with early adolescence has far a greater need of her parents than she did at eight.

While toddlers are very adaptable and can be satisfied with attention from caring adults, teenagers are far more in need of the special care and supervision that their parents provide.

The age between 10 and 14 is a particularly needy time. Friendships become complex and the challenges of school can overwhelm children at this stage. They benefit a lot from late afternoon and evening chats with a parent. Mornings are too rushed for the types of conversations they need.

**The myth of ‘I don’t need you’**

Ken and Margaret Mellor, in their wonderful book Teen Stages, dispel the myth that teenagers don’t need their parents. The authors state that teenagers need their parents, but they won’t let on.

My experience raising three teenagers supports the fact that teenagers want their parents to succeed in managing, guiding, nurturing and supporting them. Adolescence is too hard for them to go through on their own. They benefit from the close physical presence of a parent – not in a smothering way – but someone who is monitoring their wellbeing and supervising their behaviour. This can’t be done by mobile phone.

Yet most teens won’t show their gratitude if you provide the close parenting they need. It’s not until they reach their early to mid-twenties that they come clean and deliver a sort of belated apology to their parents. In the meantime, you need to hang in there.

**Parenting teens is tiring**

While parenting toddlers can be physically tiring, responding to the mental and emotional demands of teenage children is equally if not more exhausting. If you come home totally fried by the demands of work, the last thing you want to engage in is mind games with a tricky but needy teenager.

You’ve got to be fit and focused (on them) to parent teens well!

**Minimise being home alone**

Late afternoon is a recognised danger zone for adolescence. Toddlers stay in long daycare and primary-aged kids use after-school care or are happy to be picked up by others. However, for teenagers who are testing their independence this is a tricky time.

Teens who are left to their own devices are more prone to engage in risk-taking behaviours, lose themselves online or in some cases become addicted to computer games. The world is trickier than when we grew up. Cyberbullying, self-harm and depression are now part of the adolescent landscape.

Teenagers still need supervision, whether it’s through structured activities such as sports training or after-school or holiday programs. They also need parents who check up on them, make sure homework is completed and ensure that they have fulfilled their family obligations including completing their chore list.

**Turn conventional wisdom on its head**

It’s time to turn conventional wisdom on its head and start dedicating more rather than less time to raising teens. That way we’ll go a long way to giving them what they need, that is, parental guidance, management, nurturance and support to help them safely navigate the twists and turns of the developmental journey from childhood into adulthood.

*Article taken from Insight Newsletter, 2013 Michael Grose*
What can parents and carers do to help their child’s asthma at school?

- If your child is self-managing their asthma, or capable of taking their asthma medication independently, ensure that your child is always carrying their reliever medication (e.g. Ventolin, Asmol, Airomir and Bricanyl) as well as a spacer while at school.

- Ensure that you have provided your child’s school/preschool with an updated Asthma Action Plan.

- Ensure that your child knows how to recognise early symptoms of an asthma attack and check to make sure they are using their reliever medication properly.

- Ensure your child will seek help from school/preschool staff if they experience asthma symptoms.

- Ensure that your child’s asthma is being well managed and that their medication and management is reviewed annually by your GP (this is a good opportunity to also update the Asthma Action Plan required by your child’s school/preschool).

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.

Respiratory experts talk to parents about asthma

Ever wondered what the experts would say about a cure for asthma? Or how to get your teenager to take their medication?

If you want to find out the answers to some of the most frequently asked questions about children and asthma, watch The Asthma Foundation’s new video series – available from http://forum.asthma.org.au/

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.

FREE STUDENT EXCHANGE INFORMATION EVENING IN MELBOURNE

Hear from returned students, find out more about discounts and scholarships available and ask questions.

7.30pm on Thursday, 6th February at the Radisson on Flagstaff Gardens 380 William Street, MELBOURNE

www.studentexchange.org.au
1300 135 331 (cost of local call)

Qualified teacher offering tuition in VCE Biology and Junior science. Have achieved excellent results. 0430 150 760
Your Personal Invitation to
MGSC Past Students’ Association

ANNUAL DINNER

Wednesday 12th March, 7pm
Woodlands Golf Club, Mordialloc

Our Annual Fundraising Event
to support the students of MGSC and celebrate
International Womens Day.

Our special guest speaker will be past student
Linda Jackson – celebrated fashion designer, artist
and photographer. Linda has travelled and worked
worldwide and spent 20 years in remote indigenous
communities. Author of “The Art of Fashion”.

A two course meal and complimentary
beverage in lovely surroundings.

*Please call MGSC on 9581 5200 to pay $50 by
March 5th, 2014 and state any dietary requirements.

You are very welcome to come on your own or invite
your friends and family and make a table.

PARENT TO PARENT

SUPPORT GROUP TO HELP OUR KIDS WITH
LEARNING DIFFERENCES (e.g. Dyslexia, dyscalculia,
dysgraphia, C.A.P.D.)

21 Beach Rd. Sandringham (see attached map)
7.00pm -9.00pm

Next meeting: Feb 12, 2014

Film Night – Kids welcome.
The Big Picture: Rethinking Dyslexia
Future meeting: March 12 2014

Please e-mail me at awillia@deakin.edu.au if you can attend. Gold coin donation please.

Kids Like Us Australia Ltd is a registered charity and does not receive any government funding

Also kindly sponsored by
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<td><strong>College Assembly - International Women’s Day</strong></td>
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