PRINCIPAL’S REPORT

Last week was examination week for Year 9, 10 and 11 students and Year 12 students who completed the GAT on Tuesday. It was pleasing to see the students’ effort and commitment to performing at their best. Examinations form a significant part of the study scores in Year 12. The examinations just completed give students vital practice in studying for and sitting this type of assessment.

With the examination period finishing, teachers have been busy with assessment, correction and writing semester reports that will come out at the end of term. There will be two shortened days (Tuesday 14th and Wednesday 15th June) so that reports can be proofread and finalised. Bell times for these days can be found on page 2. Parents should ensure they can access the Parent Portal to receive these reports as they will not be printed. It is a good idea to set up a folder to put all reports in so they can be accessed when needed. It is important to discuss your daughter’s report with her, as students may need to reflect on their study habits if results are not as good as they had hoped. Semester 2 commenced yesterday and gives the opportunity for students to reflect on their progress in Semester 1 and how they can improve.

Recently Year 12 Student Manager, Leah Liakos, represented the school at the Premier’s Award ceremony for top achievers in VCE studies in 2015. Current Year 12 student Hanna Timuska-Carr received an award for her performance in Swedish. Please join me in congratulating Hanna on this outstanding achievement.

Our annual College House Music Competition was a great event. The quality of singing was fabulous, and the sense of House and school spirit, and of great levels of support and encouragement for one another (as well as a healthy sense of competition) was apparent. The competition was a fine example of how powerful an experience singing in groups can be, and of how our students put their all into singing when it means supporting their House. The entertaining program included solo performers, orchestral ensembles and massed-choir singing featuring students from all year levels. In the end, the judges named Kenny the winners, with Mackellar second, Melba third and Jackson fourth. However, House Music is about much more than the final product – the process, practices and growing together as a group to perform something worthwhile is an experience of intrinsic value which cannot be underestimated. A huge thank you to the Music department, House Mentors and House Music Captains.

Mr David Russell
Acting Principal
Report Verification Sessions

Two report verification sessions on Tuesday 14th and Wednesday 15th June require early finish days. The bell times for these days will be:

- Period 1 8.50am - 9.55am
- Recess 9.55am - 10.20am
- Period 2 10.20am - 11.25am
- Period 3 11.25am - 12.30pm
- Lunch 12.30pm - 1.25pm
- Period 4 1.25pm - 2.30pm

Staff News

The Department of Education and Training (DET) recently concluded its selection process to officially appoint an Acting Principal of the College. I was pleased to accept this role and look forward to continuing to work with students, staff and parents of the College community. This position will continue until the selection process of a new Principal is completed and the successful applicant takes up the position. This should occur early in Term 4.

As a result of this there have been a number of other changes. Ms Gayle Steinfort has been appointed as Acting Assistant Principal, Ms Lisa Kosack has been appointed Acting Junior School Leader and Mr Anthony Bruhn has been appointed as Acting Year 8 Student Manager.

Reports

Semester 1 reports will be available electronically on Wednesday 24th June via the Compass Parent Portal as per the March interim reports. Please contact the College if you have any difficulties with this process. Previous reports for your daughter are also available here. We recommend that you develop your own secure file management process on your home computer or using cloud technologies and keep copies of these reports.

Safety at Railway Crossings

A concerned member of the public brought to my attention the danger students are placing themselves in at the railway crossing at Mentone Railway station. A number of students have ignored the warning bells and run across the tracks as trains are approaching. This illegal behaviour poses significant risk to the students. Waiting a couple of minutes or even catching the next train is a small price to pay compared to a tragic accident. I ask students to look after themselves and each other, and not to encourage others to take these risks. The ‘it won’t happen to me’ mindset must be eradicated. A slip or a trip may change lives. The relevant authorities have been notified of this risky and illegal behaviour and will be patrolling the area.

Carparks

There have been several instances of students being dropped off in the staff carparks in recent weeks. Some of these cars were driven at speeds beyond the signposted limit. I ask all parents to not use the carparks to drop off and pick up students. This is an Occupational Health and Safety issue. We are obliged to keep students and cars as separate as possible. We are currently undertaking works to further this aim. This will obviously be helped with assistance from parents.

Mr David Russell
Acting Principal

STUDENT WELLBEING NEWS

Please contact the SWC during school hours about the following subsidies if you are a parent having financial issues to see if you qualify:

- Uniform: the SWC can apply for discounted new uniform or there may be second-hand uniforms for free to relevant recipients.
- Camps, excursions etc: funding may be available if you are on a relevant HCC or under great financial strain.
- Books: funding may be available if you receive CSEF funding or have a HCC. Other arrangements with books through our library may be available.

Ms Leona Thomson
Student Wellbeing Coordinator
INTERNATIONAL STUDENT PROGRAM & ELC NEWS

On Friday 27th May, the College celebrated the cultural diversity of our students, including the international program. Over 100 students and staff participated in the Zorba flash mob during recess, and many students wrapped and ate rice paper rolls. It was an opportunity to try something new and have fun. Thank you to all who participated and to Ms Roberts who prepared the roll ingredients.

Ms Ekaterina Xanthopoulos
International Student Program and ELC Manager

MIDDLE SCHOOL NEWS

The exam period is over for now however, as Semester 2 has begun, the work continues. Students should reflect on their study habits and preparation for exams and perhaps modify their approach to school work for future improvements.

Middle School congratulates the Quiet Achievers. We will be celebrating with a morning tea on Thursday 23rd June at recess in Room 1. Class teachers nominated their students who always worked toward achieving their best during Semester 1. There will be a Semester 2 celebration, so it is not too late for the students to reflect on their approach to studies and be eligible for the award in the second half of the year.

Middle School Team

YEAR 7 ‘FAMOUS AUSTRALIAN WOMEN IN HISTORY EXPO’ RESULTS

The voting results for the ‘Famous Australian Women in History Expo’ can be viewed below. Special congratulations to Charlotte Finnin who was voted the best overall presenter of the evening. She will receive a prize and certificate at the College assembly on 23rd June. The individual form winners be awarded their certificates as well. The other student category award winners will receive theirs at the next Year 7 Form Assembly. Thanks to all the Year 7 students for their fantastic efforts during and preceding the Expo evening. Parents, grandparents, the general school community and our Year 7 ALL teachers also need to be gratefully acknowledged for their support in making the evening such a success.

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<td>Charlotte Finnin</td>
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<td>Edie Ryan/Georgia Dilmot</td>
<td>Nell Hutchinson</td>
<td>Mimi Beale</td>
<td>Sinead Garry</td>
<td>Zoe Vogelsang</td>
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<td>Lily West</td>
<td>Eleftheria Kazas</td>
<td>Imogen Mayberry</td>
<td>Megan Kain</td>
<td>Em Easton</td>
<td>April Thomas</td>
<td>Molly Kitchen</td>
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<td>Anna Nelson</td>
<td>Paige Friedrich</td>
<td>Anastasia Miliaros</td>
<td>Ruby Munn</td>
<td>Kira Mcardle</td>
<td>Gabi King</td>
<td>Jennifer Stewart</td>
<td>Erin Desylva</td>
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<td>Charlotte Finnin</td>
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<td>Milly Webster</td>
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Mr Adam Howells
7ALL Coordinator

SPORT

Intermediate Netball report

On Friday 29th May, several Year 9 and 10 girls participated in the Intermediate Netball Round Robin. I had the pleasure of coaching the A team. We were successful, winning 4/4 games and advancing to the next round. The girls showed great sportsmanship towards the umpires and opposing teams, and displayed outstanding netball skills on the court.

Emma Gardner, Year 12

On Friday 27th May I was the coach for the Intermediate B Netball team. At the start of the day the girls were quiet and shy around each other but by the end they worked well as a team and won their division! All the girls worked really hard and I’m proud of them all for working so well together. I can’t wait for the next round.

Samantha Gordon, Year 11
2016 Balcombe Grammar Equathon Challenge

On Friday 3rd June, MGSC entered a team of three Year 8s into the 2016 Balcombe Grammar Equathon Challenge.

Macayla Gregory was first up in the Showjumping where her and her horse Beats performed wonderfully, only knocking one pole down. The Cross Country Run was next with Millie Belleville having to run with a leg injury but still coming 4th. Next was the Swim with Cara Jenkins. There were so many people around the pool but Cara was relaxed and calm. She blitzed the swim coming 1st by two seconds.

Everyone had a great day with an even better result because the team came 3rd. It was a great effort by the girls and we are proud of them.

Marianne Clark
Team Manager

Aerobics State Finals

On Sunday 5th June, over 40 students competed at aerobics competitions in Geelong. Three teams went through to State Finals where they achieved personal best performances in a tight field. The girls should be congratulated on their hard work this year. A big thank you to student coaches Rikki Andison, Ella Grapel and Holly Stosic and to Mr Russell, and all the family and friends who came to support the students.

Miss Tess Molina
Aerobics Coach

SCIENCE

Science Talent Search (STS) Creative Writing Competition

Congratulations to the following Year 8 students who have been selected to participate in the 2016 STS Creative writing competition: 8A Madi Lalor, 8B Gemma Maguire, 8C Jess Baranov, 8D Ailish Byrne, 8E Sarah Pontifex, 8F Chelsea McDonald, 8H Loren Henry, 8H Tina Mao and Jane Dinh from Year 10. Their stories are related to this year’s Science theme: ‘Drones, Droids and Robots’ The students are working on their final draft ready to submit to the judges.

Ms Louise Rieniets
Science Domain Leader

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student’s background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, essential life skills and the ability to work together with peers. Camps teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

• $125 for primary school students
• $225 for secondary school students.

HOW TO APPLY

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

MORE INFORMATION

For more information about CSEF application closing dates and more information visit www.education.vic.gov.au/csef

INFORMATION FOR PARENTS
Why effective learning starts with a good night’s sleep
By Jenny Brockis

Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep. During sleep the brain is very busy replaying the day’s activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go so sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Helpful tips to assist your young person to get enough sleep
1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.
2. If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.
3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.
4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won’t wake them during the night. Or buy them a clock so they don’t need their phone at all.
5. There are a number of apps such as f.lux that will change the display light on computer screens to yellow, which doesn’t impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores. www.drjennybrockis.com

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GREASE PRODUCTION
HELPERS REQUIRED

Calling on our school community to help make the next MGSC school musical one to remember.
Would you like to be part of an energetic team?
Can you help sew, paint, construct, help with anything that puts a musical together with a bang?

We need your flare and enthusiasm.
Please call Fiona now on 9581 5200, to join our team.

If your part of a business and think you can donate or lend materials, were able to promote your company on the evening, on the programs.
Here’s to a wonderful production with your help.
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<td>Semester 2 commences</td>
<td>NEWSLETTER #9</td>
<td>Yr 8 Round Robin</td>
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<td>Queen's Birthday Holiday</td>
<td>College Assembly</td>
<td>9am College Tour</td>
<td>Yr 7 Round Robin</td>
<td>Yr 7 Brainstorm Productions Incursion P4</td>
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<td>NEWSLETTER #10</td>
<td>Last day of Term 2 (early finish 2.15pm)</td>
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<td>Yr 9 into 10 Information Evening</td>
<td>VCE Info/Expo Evening</td>
<td>Yr 8 into 9 Information Evening</td>
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<td>9am College Tour</td>
<td>Intermediate Round Robin</td>
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<td>Yr 10 Course Counselling/Social</td>
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**Nakamura visitors arrive (til 6th August)**

**Year 9 Camp**

MENTONE GIRLS’ SC NEWSLETTER
Edition 9 | 9 June 2016