PRINCIPAL’S REPORT

As always seems to be the case with Term 1, before you know it the end of the term is upon us. So many different activities occur and when mixed in with the usual excitement of a new school year with different classes and new faces, time seems to fly by.

A successful Year 7 Camp program was run through the week beginning Monday 22nd February. The first group of campers experienced some extremely hot weather but worked their way through the trying conditions. Thank you to Ms Gayle Steinfort Head of Junior School, the Year 7 student managers Ms Ilana Parker and Ms Petra Witt for the organisation of the camps and to staff who attended over the five days.

The College Swimming Sports were held at the Carnegie Swim Centre on Tuesday 1st March. It was a hot but enjoyable day with fantastic student enthusiasm and participation. Kenny were the overall winners of the house competition. A big thank you to Mr Anthony Bruhn for his leadership of the day. We are looking forward to another day of fun and competition at the Athletics Carnival on Wednesday 13th April.

Many students have been involved in the summer Round Robin interschool sports competitions and preparations have begun for our House Music Competition to be held next term. Thank you to all of the teachers and students who have volunteered their time.

I had great pleasure in addressing our student body at the International Women’s Day assembly on Wednesday 16th March. Many students have undertaken leadership roles in a range of areas. May you wear your badges with pride and continue to contribute to improving our great school.

Siobhan Escott, our College Vice-Captain gave a memorable and inspiring speech about leadership. I am proud of our student leaders who never disappoint with their insightful reflections.

Our French study tour commences next week; the 15 students and two staff are looking forward to developing their French language skills and investigate the many sites favoured by tourists.

I encourage all parents/guardians to take the opportunity to discuss the progress of their daughter(s) at the parent/teacher/student interviews on Tuesday 22nd March. All families should have received notification of their new login details to access the interim report and to make bookings for the interviews.

To our College community I wish a happy, safe and relaxing holiday. I encourage our Year 12 students to take stock of their efforts for the term, consolidate their knowledge and plan how best to tackle the challenges ahead.

Mr David Russell
Acting Principal
**COLLEGE MATTERS**

**Early Finish on Last Day of Term – Thursday 24th March**

There will not be classes on Friday 25th March (Good Friday). Students will be dismissed at 2.15pm on Thursday with the following bell times:

- 8.30am      Students may enter buildings
- 8.45am      Warning bell
- 8.50am-9.50am Period 1
- 9.50am-10.15am Recess (Staff morning tea in main staffroom)
- 10.15am     Warning bell
- 10.20am-11.20pm Period 2
- 11.25pm-12.25pm Period 3
- 12.25pm-1.10pm Lunch
- 1.10pm      Warning bell
- 1.15pm-2.15pm Period 4

**Summer and Winter Uniform**

As the weather gets cooler, I would like to remind families about the College policy on when summer and winter uniform can be worn. As stated in the student diaries: “Either summer or winter uniform may be worn in April and May. All students must wear full winter uniform by 1st June until the end of August.”

Ms Carol Duggan
Assistant Principal

**INTERIM REPORTS & PARENT/TEACHER/STUDENT INTERVIEWS**

**Booking P/T/S Interviews**

The Parent Portal is now open for parents/guardians to access interim reports online. Bookings for P/T/S interviews are accessible from 3.30pm today. When booking interview times please consider the time it may take to move from one interview to the next. It is advisable to give yourself five minutes (one interview timeslot) to move locations. The smooth running of the interviews relies on everyone being punctual for their start time and finishing at the allocated time. If more time is required please make arrangements with the relevant staff member to speak at a later time.

**Tuesday 22nd March: P/T/S Interviews**

The interviews will run from 1.30 to 5pm and 6 to 8pm. There are NO formal classes for students as students are expected to attend the interviews with their parent/guardian. The interim reports will only be available for parents on the Parent Portal. Hard copies are no longer provided. Parents are encouraged to save reports electronically on personal information technology devices.

Mr David Russell
Assistant Principal

**ELEARNING**

Access to online resources in our mConnect 1:1 Program is now an essential part of our curriculum. In 2015, the College moved to the JacPlus Digital Bundle in place of hard copy textbooks for core subjects, and we have also implemented other subscription based programs, such as Education Perfect for French, Japanese and Science. It is essential that all students have access to the prescribed subscription-based resources, which provide both core course work and additional interactive resources and assessment tools. Lack of access results in students missing out on important course work.

A number of students in Year 7-10 are still without access to these core, online resources. Could parents please check with their daughter that the following resources can be accessed using their school account:

- JacPlus Digital Bundle (English, Maths, Science, Humanities, Health, Art)
- Education (Language) Perfect – French or Japanese
- Education Perfect - Science

Information regarding the JacPlus Digital Bundle was sent home to parents in a covering letter attached to the booklist in Term 4 last year. Payment for this is made via the Jacaranda Parent Payment Portal. Education Perfect purchase details were included within each booklist.
If your daughter does not have access to any of the above resources, please visit the College website for information on how to purchase them. If you are unable to purchase these resources, please contact the College administration, your daughter’s student manager or myself.

Mr Jonathan Hall
Director of eLearning

CAREER NEWS

Term 1 has certainly been a busy term for students. VET students have begun their courses and have settled in well. Year 10 students have been busy sourcing their Work Experience placements and many VCE students have made appointments with me to discuss their future plans. Parents and students are being updated with our career newsletter and career information sessions are being held weekly at school to assist students in their career choices. These sessions are aimed at providing students with information to assist with subject choices, outlining prerequisite requirements and pathways. Two sessions (Nursing and Health Sciences) have taken place with pleasing attendances from Years 10-12. More are planned in Term 2 and I encourage all Year 10-12 students to check their emails and the school screens for more details about upcoming sessions (Business, Arts, Science and Engineering).

Ms Rebecca Poulos
Careers Manager

INTERNATIONAL STUDENT PROGRAM/ELC NEWS

On Wednesday 2nd March, Ms Erwin and our new international student, Jane Dinh, visited Government House and met many people from both the Education Department and state politics. There were many other international students representing their schools, and so this was a great opportunity for our College. Jane though did state that the highlights of the day were seeing the architecture of the house and all of the yummy food.

Last week the international students celebrated International Women’s Day by decorating cupcakes and presenting them to their teachers and other students as a means of bonding with the local community and building their networks. The students initially discussed what problems women still faced and how networking is important, and then were excited to decorate their cakes.

Ms Ekaterina Xanthopoulos
International Student Program and ELC Manager

SENIOR SCHOOL NEWS

It has been a busy term in the Senior School, with students working hard, utilising the VCE Study Centre space during and after school, and completing a number of SACs across their subjects. Students are reminded of the study skills sessions from the VCE Conference and evaluate their study plans at this point in the term, to refine their study program further if required.

The VCE Ball is fast approaching. It will be held on Friday 29th April at the Brighton International. The deadline for ticket payments is Thursday 24th March (last day of Term 1). The VCE students were invited to submit a ticket design for the VCE Ball. Congratulations to Georgie Dwyer of Year 11 for her fantastic winning entry. Well done to the other applications as they were exceptional this year!

The P/T/S interviews are a great opportunity for you to meet your daughter’s teachers and as a way of monitoring her progress at this juncture. We wish all the girls a safe and happy Easter break and we look forward to them returning refreshed and ready to tackle Term 2. Some students may be given holiday homework to assist them with preparations for the next unit of work.

Senior School Team
MIDDLE SCHOOL NEWS

We were delighted with the Middle School students’ participation and attendance at the Swimming Sports. Numbers were up from last year and they looked great in their house colours. There were four forms across the year level with only one student absent, close to 100% attendance! We celebrated with a special lunch for those forms. Next term, we will be participating in the Athletics Carnival. We will be expecting a similar or better attendance at this event.

All Year 9 students were treated to a BBQ lunch on the 16th March to celebrate Term 1 in Middle School.

Year 9 students should now be progressing with their CASA plans, aiming to complete them by the first PL lesson Term 2. If parents don’t know what this is please ask your daughters. The students have a wonderful opportunity for personal growth, especially if they complete the program to achieve the award. Parents must sign an approval which must be returned to the Personal Learning teachers.

The Middle School leaders will be participating in a forum with the student managers to discuss ideas for improving communication with the subschool community.

Middle School Team

ENGLISH

Attention parents of Year 12 students: April 19th is the next date of the Guided Book Club opportunities. The text discussed on this evening is the film ‘Wag the Dog’. It should be easier for you to view the film rather than read a novel/play. Please register at www.thetextfactor.com.au.

Next term there will be NAPLAN testing for Year 7 and 9 students which will provide some measure of the academic progress of your daughter. On Demand tests are now completed and teachers will have this data available for the forthcoming parent/teacher interviews. This will give you additional information regarding how your daughter is tracking in respect of objective English indicators.

Ms Anne Gamble
English Domain Leader

SCIENCE

Year 11 Science Students – National Youth Science Forum – Applications NOW OPEN

The NYSF helps students moving into Year 12 who wish to follow careers in science, engineering and technology by introducing them to research and researchers, by encouraging the achievement of excellence in all their undertakings, and by helping to develop their communication and interpersonal skills. It also fosters discussion of and interest in major national and global issues and emphasises the importance of maintaining continuing active interests in sport, arts and music. For more information go to: http://www.nysf.edu.au/ or contact Louise Rieniets

Mrs Louise Rieniets
Science Domain Leader

MATHS @ MGSC

Making Improvements

Our latest Numeracy Improvement Plan is seeing some wonderful changes in the delivery of our mathematics curriculum. The focus is on ensuring students remain at the centre of the learning experience and on empowering them to develop their learning skills. This includes the ability to reflect on their study habits and to work with their teachers and classmates to achieve, and even exceed, the desired learning outcomes.

It is supported by curriculum programs which continue to be revamped to make use of more engaging, differentiated and ICT rich resources. It is informed and measured by a range of assessment tools, including online testing resources, surveys and defined assessment tasks. The feedback to date from teachers, parents and students has been positive and encouraging – our Junior School iPad Maths program and MGSC Connect Google site are particular highlights.

Student Maths Domain Leaders – Special Day

The following Student Maths Domain Leaders were recognised at our College Assembly on 16th March with the presentation of their badges:

- Ella Phillips (Year 8)
- Kirsten Pitts (Year 8)
- Sophie Gibbins (Year 8)
• Natalie Hooper (Year 9)
• Michelle Taneja (Year 9)
• Janvi Gupta (Year 9)
• Seo-Yeon (Kristine) Sohn (Year 11)
• Caitlyn Woods (Year 12)

Well done and good luck to these students as they work throughout the year to promote Mathematics within the College.

2016 Mathematics Challenge for Young Australians

We had an excellent response from students wishing to enter the 2016 Maths Challenge for Young Australians competition. This competition will see students from Year 7-10 completing a range of problems, individually and in groups, starting in the last week of this term and working through to early next term. They will be competing against students from across Australia with their work to be assessed and certificates awarded early in Term 3.

And remember... “Maths makes a real and imaginary difference.”
Maths Domain Team

HEALTH & PHYSICAL EDUCATION

Year 10 Physical Education

The Year 10s have just finished the final week of their Term 1 PE elective. The girls have participated in either racquet sports, ball sports, boot camp, beach activities or sessions at Goodlife Gym in Sandringham. Well done to all girls. Each teacher has been impressed by their efforts and level of participation.

Year 10s will start Term 2 with either three sessions of Ten Pin Bowling or Self Defence. If your daughter is in 10 A B E or F they will be going to Moorabbin Bowl by bus. They will NOT need to get changed into PE gear for these three sessions. The other classes will need to get changed for Self Defence sessions at school.

National Youth Week 2016

The first week of Term 2 is National Youth Week. We have been fortunate to receive a Federal Government grant to run workshops for all Year 7-10 students on body image. The following workshops will be conducted by the Butterfly Foundation:

- Year 7 – Getting Media Savvy – Thursday 14th April (period 2)
- Year 8 – Getting Media Savvy – Friday 15th April (period 4)
- Year 9 – Great Expectations – Thursday 14th April (period 3)
- Year 10 – Living Healthy & Free – Friday 15th April (period 3)

This event is supported by the Victorian and Commonwealth Governments.

Mrs Jackie Mathews
Health & PE Domain Leader

SPORT

The second Sporting Star interview, this time with Eleanor Grimshaw (Year 10), has been posted on http://mgscsports.weebly.com/. There is also a report and photos from the Swimming Carnival, aerobics, futsal, and the senior and intermediate interschool sport competitions. Please access our new sport website to read these exciting articles!

Mr Anthony Bruhn
Carnivals Coordinator

ANY PARENTS OF YEAR 11 OR 12 MEDIA STUDENTS

We need one parent to attend the all-day excursion week 1, term 2
To Top Screen/ Top Designs.
Your ticket will
All enquiries please make directly to Miss Lisa Blumenstein (Media teacher) blumenstein.lisa.l@edumail.vic.gov.au
IS YOUR TEENAGER SLEEP-DEPRIVED?
By Michael Grose

Sleep research has shown that the brain practices what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don’t function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practices what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

1. Regular bed-times Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. An established bed-time routine that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the three sleep cues of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night’s sleep.

Sleep tips for teens:

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.
## KEY DATES | MARCH 2016

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold Week</td>
<td></td>
<td></td>
<td></td>
<td>NEWSLETTER #3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Blue Week</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>Gold Week</td>
<td>Labour Day Holiday</td>
<td></td>
<td></td>
<td>NEWSLETTER #4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>Blue Week</td>
<td></td>
<td></td>
<td></td>
<td>Romeo &amp; Juliet; Lecture Theatre (P2&amp;3)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>Gold Week</td>
<td></td>
<td></td>
<td></td>
<td>Last day of Term 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue Week</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>HOLIDAYS</td>
</tr>
<tr>
<td>9OE Camp; Wilsons Prom</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue Week</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 GOOD FRIDAY HOLIDAY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue Week</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>HOLIDAYS</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*MENTONE GIRLS' SC NEWSLETTER*
Edition 4 | 17 March 2016
# Key Dates | April 2016

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gold Week</strong></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Blue Week</strong></td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td><strong>Gold Week</strong></td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td><strong>Blue Week</strong></td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td><strong>Gold Week</strong></td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>

- **Monday, April 18th**: Yr 7 Immunisations
- **Tuesday, April 19th**: 9am College Tour; 7-8pm English Parent Forum
- **Wednesday, April 20th**: Athletics Carnival; Dolamore Oval
- **Thursday, April 21st**: Yr 9 Law Matters Excursion; Melbourne Magistrates Court
- **Friday, April 22nd**: College Assembly; Yr 11 Wired Presentation (P4); Lecture Theatre
- **Monday, April 25th**: ANZAC Day Holiday
- **Tuesday, April 26th**: House Music Competition (P2&3); Gym
- **Wednesday, April 27th**: MGSC Cross Country; 7-9pm Vocal Evening
- **Thursday, April 28th**: Newsletter #6; 7pm OPEN NIGHT; VCE Formal
- **Friday, April 29th**: Staff PD Day (Pupil Free)

Holidays:
- **April 1st - 3rd**: Gold Week
- **April 4th - 10th**: Blue Week
- **April 11th - 17th**: Gold Week
- **April 18th - 24th**: Blue Week
- **April 25th - 30th**: Gold Week

**World Challenge Training Weekend** on April 23rd.

---

**MENTONE GIRLS’ SC NEWSLETTER**
Edition 4 | 17 March 2016