PRINCIPAL’S REPORT

Thursday 28th April was Open Night at the College. The large number of prospective students and their parents listened to various speakers talk about their experiences at the College, listened to the school band, watched the Junior Aerobics teams and visited displays and demonstrations of the work done by students and met and asked questions of the staff. Two successful Open Afternoons followed with visitors able to see the College in action. The large attendance is a significant indicator of the excellent teaching and learning occuring at the College.

A very successful music camp from Thursday 5th - Saturday 7th May saw 100 girls stretching themselves and developing their skills. I joined the girls on the Friday afternoon and as usual was impressed with the musicianship and the girls’ passion for music. The culmination of the camp was the concert they put on for parents on the last day which was outstanding. Thank you to Ms Berlingeri for all the organisation and the music staff who continue to provide this amazing opportunity for the girls. I am certainly looking forward to College events throughout the rest of the year and the performances of the music students at these.

NAPLAN testing is happening this week for all Year 7 and 9 students. The results will be available in late August/early September.

Our annual House Music Competition is coming up on Thursday 26th May during periods 2 and 3 in the school gymnasium. It is held during the day, as it is a whole school event, so that all students can participate. Parents are welcome to attend and support their daughter’s house.

Given a recent traffic incident near our school, it is timely to remind members of our community to be alert when arriving and leaving school grounds. We continue to work with Kingston City Council to identify ways of improving safety procedures, however students have a responsibility to follow traffic safety rules and for families to observe parking restrictions. Kingston City Council road safety staff have been vigilant in issuing fines for traffic violations, including parking illegally near the College.

Also, a reminder that driving into the school to drop off or pick up your daughter is prohibited as it is an occupation health and safety issue. Work is continuing in the carpark on Balcombe Road to further separate students from the cars as they enter the school. All students are asked to keep to the designated pathways and not cut directly through the carpark itself.

Mr David Russell
Acting Principal
WORK EXPERIENCE
The Year 10 cohort has returned from their week of Work Experience. Feedback from employers, students and visiting teachers has been positive and encouraging. Placements were wide and varied with students experiencing some amazing opportunities. Once again our girls have been exemplary ambassadors for our College. Congratulations to all students and thank you to all those who helped make this possible.

Ms Rebecca Poulos
Career & Pathways Manager

STUDENT LEADERSHIP
On Friday 22nd April three of our Year 12 student leaders, Alex McKenzie, Marley Berntsen and Taylor Rogers represented the College at the National Youth Week Leadership Forum, hosted by the Hon. Mark Dreyfus QC, MP. The forum was facilitated by four exceptional young adults who are involved heavily in leadership amongst the community. The students were focusing on questions based around international development, education, health and the environment. It was a great opportunity to meet with other young leaders from the Kingston community, as well as be inspired by the four panellist who demonstrated the many opportunities to make a difference within our local and global communities.

Ms Debbie Jarvis
Senior School Leader

WORLD CHALLENGE
Can you please provide a passport sized colour photo of yourself with your name written on the back to Mr Warden in the Middle School office as soon as possible.

Mr Michael Warden

SENIOR SCHOOL NEWS
The VCE Ball was held at the International of Brighton on Friday 29th April. Our students went to a lot of effort in preparation for the evening and looked quite stunning for the event. They are to be commended on the way they conducted themselves throughout the evening. Much fun was had by all. A big thank you to Ms Holman and Mr Day for organising such a huge and highly successful event.

On Friday 20th May there is GAT familiarisation training for Year 11 students completing a Unit 3/4 study, while on Friday 27th May Year 12 students will undergo their session. It is imperative that all students attend and if they don’t it will be deemed an unapproved absence. Please be reminded of this date and also the date of the GAT – Tuesday 7th June (10am-1.15pm). Students must arrive at school by 9.15am sharp.

On Friday 22nd April the Year 11s were treated to the performance ‘Wired’ by Brainstorm which highlighted how they’re not alone in juggling many competing imperatives in their adolescent lives. It stimulated discussion and provided them with food for thought and possible solutions to help deal with the challenges they face.

Senior School Team

MIDDLE SCHOOL NEWS
We are now in the busy time of Semester 2. Teachers and students are heading toward the exams, completing and revising topics and assignments. It is also the season for colds and flu and all students are encouraged to take care of their health, ensuring they eat healthy, get enough sleep and exercise.

Middle School are conscious of the fact that some of our students are not eating breakfast so they can get to school on time. Without that energy boost that breakfast provides, their concentration is not as sharp as it could be. Hence, as
of next Monday 16th May, we are providing a healthy breakfast in room 16.

Middle School Team

LANGUAGES

Japan Visit

A group of approximately 15 students in Years 10 -12 and three accompanying teachers from Nakamura High School, our sister school in Nagoya, Japan, will visit us from Wednesday 27th July to Saturday 6th August. This follows our visit to their school in 2015. We will be calling for volunteer homestay families to accommodate them soon.

Mr Allan Trigellis-Smith
Languages Domain Leader

SCIENCE

Congratulations Year 10 Science students

The following five Year 10 students have been successful in qualifying for round 2 of the Australian Brain Bee Challenge: Ebony Anderson, Margaret Bradbury, Georgia Vogelsang, Phoebe Gallagher and Nicola Reeves. We wish them luck as they prepare for the next stage of the competition to be held at the Melbourne Brain Centre, University of Melbourne (30 Royal Parade, Parkville) on Wednesday 13th July.

ICAS Competition Year 7 & 8 Science Students

On Tuesday 31st May in period 1 all Year 7 and 8 students will participate in the ICAS Science competition. This will provide students with an opportunity to test their skills in: interpreting data, investigating, measuring and observing, predicting/concluding from data, and reasoning/problem solving. Students can ask their Science teacher for further information and visit https://www.eaa.unsw.edu.au/icas/preparation for further information and ICAS past papers.

Ms Louise Rieniets
Science Domain Leader

ENGLISH

This week all Year 7 and 9 students are undergoing NAPLAN testing. Their teachers have allowed them some time in class to familiarise themselves with the format of the English tests to ensure they understand the process and to allay any fear surrounding them.

We were pleased with the students’ response to our Open Night Shakespeare Competition which was won by Zoe O’Neill in Year 10.

Our VCE students will undergo some GAT preparation in a few weeks so that they know how to approach the English component of this.

Ms Anne Gamble
English Domain Leader

FOOD TECHNOLOGY

Year 7 Design a Muffin

The Year 7 Food Technology students have been busy researching and planning for their Design a Muffin task. The students’ creative designs showed an excellent level of skill and understanding of cooking and preparation techniques. Congratulations to all girls who participated.

Ms Tess Molina
Head of Technology

MIDDLE SCHOOL BREAKFAST CLUB

Dear families,

As some students have pre-school activities that occasionally prevent them from having a proper breakfast, the Middle School would like to run a Breakfast Club each morning from 8.15am to 8.30am in Room 17 starting Monday 16th May.

The food that will be on offer will vary each morning, from toast with fillings, fresh fruit, cereal and pancakes.

We hope some students will find the breakfast helps them maximize their efforts for the remainder of the day.

Sylvia Christopoulos
Sub school Leader
Lizzy Ingold and Michael Warden
Year 10 Student Managers
SPORT

www.mgscsports.com

All of the College’s sport updates and results can be found on www.mgscsports.com along with photos and this week’s Sporting Star – Jordyn Nelson.

Mr Anthony Bruhn
Carnivals Coordinator

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Mr Anthony Bruhn
Carnivals Coordinator

AEROBICS

On Sunday 1st May, five aerobics teams including girls from Years 7 to 12 travelled to Geelong to compete at the ‘School aerobics’ preliminary finals. Congratulations to all students especially the three teams that placed and are through to the state finals on 5th June.

Miss Tess Molina
Aerobics Coach

HOW TO MOVE YOUR CHILD FROM WORRIER TO WARRIOR
By Michael Grose

Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Here’s a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of Everday Jitters Mary Sheedy Kurcinka author of Raising Your Spirited Child and Tamar Chanksy author of Freeing Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name: Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers ‘There’s a Hippopotamus on our Roof ’by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you’re a child.

Put your worries in a jar: Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight.

Limit talking time: Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety: Anxious kids are very sensitive to their parents concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by “I’ve already talked to you about that.” Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about: Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax: My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

You’re invited to the 7ALL “Famous Australian Women in History” Expo 2016 @ MGSC
Thursday 12th May, 5-6.30pm in the JLC (Junior Learning Centre)
Come and celebrate the Year 7 students’ work — it’s a fantastic display of their achievements and the school’s exciting Year 7ALL program.

We look forward to seeing you!

LANGUAGE IMMERSION
INDIVIDUAL MEETING
FRANCE, GERMANY & SPAIN

STUDENT & PARENT INFORMATION
BOOK IN NOW

Antipodeans Abroad will be hosting online one-on-one meetings with students and parents interested in finding out more about the Language Immersion program.

To schedule a meeting please contact Juliette on juliette@antipodeans.com.au or call 1800 502 014.

FRANCE, GERMANY
& SPAIN

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MENTONE HOCKEY CLUB
Players Wanted…..
Especially in Girls U10, Girls U12, and Mixed U14 teams
Email juniors@mentonehockey.org.au or call
Dean 0418 848 386 for more info

Camps, Sports & Excursions Fund (CSEF)
School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports 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 the CSEF application closing dates and more information about the fund visit www.education.vic.gov.au/csef

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.

Front Cover Competition
We want your drawings, paintings and photography For Making Waves 2016!

Conditions of entry:
- Unlimited entries
- A4 size or larger
- Original work only
- Due by 23rd June

Submit entries to Marcie at the General office or email konsoulas.marcie.m@edumail.vic.gov.au
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<td>12 NEWSLETTER #7</td>
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<td>23 Beachside Cross Country (selected students)</td>
<td>24 9am College Tour</td>
<td>25 House Music Assembly</td>
<td>26 NEWSLETTER #8</td>
<td>27 Cultural Diversity International program day</td>
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**Naplan Testing**

**Theatre Studies performance week**

**Year 8 Camp week**

**Year 11 Exam week**

**Mental Health Week**

**Year 10 Inside the Human Body elective; Monash Clayton**

**Year 12 guest speaker (P4); VCE Centre**

**SEVR Stringfest (selected students); Brighton SC**

**Year 11 GAT familiarisation P4; Lecture Theatre**

**Past Students’ 10 year reunion; VCE Centre**

**VCE Theatre Studies excursion; Malthouse Theatre, Southbank**

**Culture Dive to International program day**

**Intermediate Round Robin**

**Year 8 Brainstorm incursion P4**
# Key Dates - June 2016

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**Events:**
- Year 9 Exams
- Year 10 Exams
- Year 11 Exam week
- Semester 2 commences
- NEWSLETTER #9
- NEWSLETTER #10
- Last day of Term 2 (early finish 2.15pm)
- HOLIDAYS