Principal’s Report

Last week I attended a meeting for all the schools in the City of Kingston. Kingston Council is planning some works in the area near Mentone Station to improve traffic flow and the safety of pedestrians. The safety of our students as they travel to and from school is of great concern to us, as is pedestrian access to the school through the Balcombe Road carpark. We have plans to change some of the gates and pathways to make this safer for pedestrians and drivers.

The Malcolms Art Awards were held on Wednesday 14th October and was a reflection of the talented students we have at this school; many pieces of work were tertiary or gallery standard. Our guest judge, Michele Hede, and Deborah Lehner had a difficult time selecting the prize recipients. Frank Hellier from Malcolms Real Estate presented the winners with their cheques. The overall winner was Veronica Fernando. The Art Prize was won by Skye Cardwell, Media by Kidist Williams, Visual Communication and Design by Ellen Winnett and Textiles by Amy Wolchyn (from Sandringham College), with Honourable Mentions awarded to Alyssa Gunes and Alisha Roussety. Year 11 student awards went to: Jessie James for Art, Rachael Ahne-Hawley for Visual Communication and Design and Charlotte Byrne for Media. Congratulations to all the girls who exhibited and to their teachers for their guidance and support.

We have commenced our Grade 6 to Year 7 transition process with Music Information Nights run by Anna Berlingeri. Last Wednesday we held a Grade 6 Parent and Student Night. Deb Jarvis and Jonathan Hall presented important information to parents while their daughters undertook a range of orientation activities led by Petra Witt, Tiffany Peach, Julian Day and the Year 7 student leaders. Thanks also to Gayle Steinfort who helped out at all three nights.

On Monday 19th October we farewelled our Year 12 students at their final formal assembly. On Tuesday 20th October, the Year 12s held their traditional assembly for the rest of the school where they dressed up and organised entertaining games for the teachers. The day concluded with their Valedictory Dinner. The girls represented the school exceptionally well and acknowledged the support of their teachers over the past six years. Thanks to Leah Liakos and Clare Selir, Jo Egan, and David Russell for ensuring the smooth running of these events.

I would like to wish all our VCE students the very best for their exams, which commenced yesterday. This Year 12 cohort has worked hard and supported one another all year; these qualities will stand them in good stead, not only for their exams, but for the future.

We have had notification today that Deborah Lehner is unwell and will be taking sick leave for an extended period of time. David Russell has been appointed Acting Principal in her absence. As more details come to hand we shall keep the school community informed. We wish Deborah a speedy recovery.

Ms Bronwyn Moline
Assistant Principal
College Matters

Presentation Evening

Presentation Evening is being held on Tuesday 24th November at Robert Blackwood Hall, Monash University, commencing at 8pm. This is an opportunity to recognise and celebrate the achievements of our students in a wide range of areas, including academic achievement, leadership, community service, music, drama and sport. There are also prizes for outstanding achievement in each Unit 3/4 study. At the conclusion of the evening we farewell our graduating class of 2015 and wish them well in their future endeavours. The guest speaker is traditionally a past student. This year it is Professor Belinda Gabbe, Head of Pre-hospital, Emergency and Trauma Research at Monash University.

All parents are invited to attend. You can book your complimentary tickets at http://tinyurl.com/qcpryht

Orientation Week: 16th-20th November

Year 7 and 8 have normal classes all week, except Friday period 1 when Year 8 have orientation followed by normal classes. Monday is Orientation day for current Year 10s; current Year 9s and 11s will not have classes. Tuesday is Orientation day for current Year 11s and Peer Support training for selected Year 9s; current Year 10s will not have classes. Wednesday is Orientation day for current Year 9s; current Year 10s and 11s will not have classes. On Thursday and Friday there will be exam feedback for all Year 9s-11s. The normal timetable may have changes to accommodate this.

Proposed Carpark Traffic Management Improvements

1. Along Balcombe Rd
   - Two new gates for pedestrian traffic.
   - New footpath to match existing path.
   - New bollards along car park edge to protect students/staff.

2. Gate 2 Balcombe Rd
   - Proposal of an automated gate that is one way car activated, to stop students entering and exiting through car park.

3. Gate 1 Balcombe Rd
   - New gate for pedestrian use.
   - Line marking zebra crossing to the front of the gym.
   - Entrance to car park from Balcombe Road, one way – entry only.
   - Tree to be removed (per tree report).
   - Curbing to be moved for better vehicle access to the canteen.
   - Bins to be relocated to near Gate 5
   - Remove bin privacy screen to allow better visibility at entrance.
   - Old bin location to be converted to car parking.
   - Bollard inserted to protect the fire hydrant locker.
   - New signage at entry.

4. Carpark
   - Widen the footpath leading to the front entrance.
   - Relocate two drains in new curbing.

5. Near Gate 4
   - Relocate the bin and build a privacy fence around it.
   - Redirect the fire hydrant.
   - Erect a sign to indicate where fire hydrant is for fire services.
   - Prune trees for truck access for the bin.

6. Science wing
   - Remove bike racks.
   - Remove the concrete slabs between the trees.
   - Install new footpath to allow better access to bin for cleaners.

Please contact me at the school if you have any questions about this.

Ms Bronwyn Moline
Assistant Principal
International Student Program and ELC News

Last week we held a morning tea to welcome new international students to the College: Leila Lu (ELC), Melody Xiao (10F) and Cindy Gao (9F). It was great to see the ELC filled with students and friends.

We also met Sarah Yu’s mother and Leila Lu’s parents for an enjoyable dinner in the city. They will be leaving soon for China so it was a great opportunity to meet and discuss their daughters’ progress and future in the College.

We would like to wish Coco Zhen and Daisy Ling all the best for their upcoming exams. This is their final year at our school and we would like to thank them for being great students and sharing so many wonderful experiences with us. We also hope the Year 11 Chinese students do well on their Chinese exam that will be held in Kew.

Next month, the ELC students with their peer support friends will visit the goldfields of Ballarat. This will be followed by the celebration of Diwali, a special cultural occasion for our two Indian students, Anjali Pahuja and Michelle Taneja.

Ms Ekaterina Xanthopoulos
International Student Program & ELC Manager

World Challenge

The College will hold fortnightly training walks beginning on Tuesday 27th October. Your daughter should bring runners, a drink bottle and a weighted backpack that has a functional hip/waist harness to support approx. 10-12 kg of weight. If you do not own a backpack, your daughter is still welcome to participate in the walks from 3.30pm outside the Middle School office until 4.15pm every Gold Tuesday. The next instalment of $1500 is due in mid November.

Mr Michael Warden

Senior School News

Year 11 girls had a productive and enjoyable last level assembly on Friday 23rd October. They voted for 2016 College leaders: overall captain, and leaders for SRC, music and sport. They were given last minute advice regarding procedures for the rest of the year and Zoe Mallett won a free double pass to Village Cinemas.

Year 12 final exams began this week. We hope girls are prepared and confident. We urge you to ensure your daughter has a study timetable and maintains life balance with exercise and leisure activities in her routine. Year 11 girls have been reminded that we’re still monitoring attendance. Some Year 11s will sit VCE exams over the next few weeks.

Senior School Team

Middle School News

Middle School is preparing for 2016. We are looking at good working teams in the current Year 9 student cohorts for possible form groupings. Managers take the advice of the current teachers, propose form lists and publish these for the staff to check to ensure they are creating the best environment for learning. Year 9 students do not get an opportunity to nominate a list of friends as they were allowed when they were in Junior School. This is a step up in the building of resilience of the students and it also creates a wonderful opportunity for them to network amongst their peers.

Staff and students will be having conversations about the impending exams. Students are encouraged to start their revision early and all students should check their school email for the Exam Preparation Booklet. There exam timetable has been published on notice boards and the Middle School Office.

The Year 9 CASA booklets were due into Middle School by Friday 30th October. Ms Chris and the Student Managers are looking forward to assessing these for allocation of the award.

On the whole, students are arriving on time for school. However, there are a few students who should consider they must be at school in time to go to their lockers, prepare for the day’s activities and arrive on time for start of period 1.

Uniform reminder – students must carry a school bag. Shoulder or handbags are not acceptable.

Middle School News

Junior School News

Grade 6 Transition

We have just held our music information and parent information nights for the Year 7 2016 students. Thank you to all the student helpers who came along to provide advice and support to our new students. The Year 7 leaders ran activities for the girls in the JLC and the new students seemed to thoroughly enjoy the evening.

Thank you also to Chloe Boul, Rosie Byrne, Katrina Oyarzun, Stephanie Katakouzinos, Anna Bowyer and Beth Tedstone for going to Beaumaris Primary School this week to talk to the Grade 6 students about MGSC. They were
terrific representatives of our school, answering questions about homework, lockers, uniform, travelling to school, camp, friendships and many other topics.

Year 7 Tabloid Sports
The Year 7 student leaders are working well together to plan a tabloid sports afternoon for all Year 7s which will be happening on Friday 6th November.

Year 7 Community Garden
The Year 7 students have been working well to plant the new garden beside the JLC and keep it well watered through the hot days. It is looking fantastic.

Junior School Team

History
National History Challenge – Further Achievements
As you may recall from the last newsletter, MGSC has been very successful this year in the National History Challenge. Last week, we heard that Madi Lalor has received another award for her entry on Peter Lalor. Alongside the Victorian Year 7 Category, Victorian Democracy and Victorian Young Historian of the Year awards, Madi now adds the National Year 7 Category award. As a result of the Young Historian and National awards, Madi will now travel to Canberra in late October to be presented her certificates and trophy at an official ceremony.

The school would like to congratulate Madi – this is an exceptional achievement and the whole school is extremely proud of her.

Ms Cat Jones

Science
Robogals
On Sunday a few MGSC girls went to a seminar about STEM (Science, Technology, Engineering, Maths) that was hosted by Robogals. The seminar allowed us to meet like-minded people from other schools and were taught the basics in programming and coding, with fun mentors. We all had fun and left knowing more about STEM and technology.

Ms Louise Rieniets
Science Domain Leader

Sport
State Athletics
On Tuesday 20th October the 10 students competing in the State Athletics Carnival held at Lakeside Stadium in Albert Park had an outstanding day. The weather was hot and humid which only added to a long day spent watching the state’s best athletes compete. Zoe Cunningham (Year 8) had a historic day winning two gold and two silver medals; Kisarna Berntsen (Year 8) threw 32.88m in the Under 13 Javelin event to take home gold; Grace Stebbins (Year 11) won bronze in the 200m and 4th in the 100m; Bianca Lawrence (Year 11) competed valiantly in Shot Put and Discus; and Marley Berntsen was unfortunately disqualified after winning gold in the 1500m walk. However, the highlight of the day came at the end as our Under 17 girls (Amina Mahmoud, Bianca Lawrence, Grace Stebbins and Charlotte Byrne) won bronze and our invincible Under 13 team won gold by 30m and were only 0.05s off the State record (Daisy Walker, Zoe Cunningham, Teiki Waata and Chelsea Ryan). MGSC came 11th in the school competition despite having no male competitors, the highest scoring single sex school of the day. Congratulations to the 10 competitors on a great Athletics season, I look forward to the next season starting with our Athletics Carnival in April.

Mr Anthony Bruhn
Carnivals Coordinator
WHAT TO SAY WHEN KIDS BECOME ANXIOUS
By Michael Grose

7 practical things to say to kids to help them when they feel anxious.
Anxiety has a way of making everyone feel helpless – those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:
‘You’re okay. I’m here and I won’t be going anywhere.’
Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“Don’t have to do anything right now. Just breathe.”
A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”
Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”
Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:
“I’d like to understand what your worry feels like for you. Can you teach me?”
The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”
Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”
Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.
Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

HOMESTAY FAMILY NEEDED
The Languages Domain will host a student teacher of Japanese from Japan for a month early next year, through a program administered by DET. If you are interested in offering a homestay place for the month please contact Mr T. Board of $200 a week will be paid.
Sat 13 Feb – Sat 12 March 2016
Contact: Allan Trigellis-Smith
9581 5200
trigellis-smith.allan.a@edumail.vic.gov.au
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<td>24 Presentation Evening; Robert Blackwood Hall</td>
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<td>8 Orientation Day</td>
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<td>10 NEWSLETTER #20</td>
<td>11 Last day 2015 Years 7, 8 &amp; 9</td>
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MENTONE GIRLS' SC NEWSLETTER
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