MESSAGE FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

next year Gilmore College for Girls will celebrate our 90th birthday. The college has educated young women for an incredibly long time so we are starting to look at how we may celebrate this milestone. 2015 will be a very exciting year.

Our changing neighbourhood

I have just read through the latest Regional Rail Link Newsletter and I am amazed at how the local area is changing so quickly. I was delighted to see the new gym equipment proposed for Footscray Park. This is something I have seen in Sydney on the cliff walk between Bondi and Tamarama and there is also similar equipment around Prince’s Park in Parkville. I think it is an excellent addition to the area and it provides the opportunity to run, walk and train in the outdoors. I was also pleased to see that local artists were involved in the design aspects for the Footscray and West Footscray stations.

Melbourne West Trade Training Centre

Recently I had the opportunity to take a tour of the many new facilities funded by the federal government for senior students. The Trade Training Centre initiative allowed many of our neighbouring schools to build facilities to allow for VET Certificate courses in a range of areas. The centres I visited will offer certificate courses in Hair and Beauty, refrigerator air conditioning, plastering, painting and electronics. Our senior students are eligible to enroll in these certificate courses so it broadens the opportunities for their future career pathway.

Pierre de Coubertin Award

Recently a number of Victorian students were acknowledged with the prestigious Pierre de Coubertin Award. Mariama Brima from Year 11 was the Gilmore College for Girls recipient of this award.

Named after the founder of the modern Olympic Games, the Pierre de Coubertin Award recognises students who demonstrate academic excellence and sporting prowess whilst exemplifying the Olympic values. The awards are hosted by the Victorian Olympic Council and are funded by the Department of Education and Early Childhood Development.

Former student success

Tan Le, a former student at Gilmore College for Girls was featured in The Age on Monday 19 May. Tan is now living in America and has devoted her research to studying the brain and dementia. She is about to launch a monitor that measures brain activity, this will assist in the fight against Alzheimer’s disease. We congratulate her on her success in this field.

Tan is a former Young Australian of the Year.

Accelerated Program in 2015.

We had a lot of interest in the testing for our Accelerated Program commencing in 2015. We still have some places available if any families wish to undertake the test they can contact the office to make an appointment.

Invergowrie Foundation grant

Recently we received a grant from the Invergowrie Foundation to support the running of Homework Club. We thank Invergowrie for their generous and ongoing support for the students at Gilmore College for Girls. Without this support we would find it hard to provide the coordinator service that makes Homework Club so successful.

Reminders

June 3 is a student free day to allow teachers to write their reports.

June 6 - Out of Uniform Day – $2 donation

Bette Prange

Principal

EDUCATION QUOTE “Getting along with others is the essence of getting ahead, success being linked with cooperation.” — William Feather
JUNIOR SCHOOL NEWS

We have now reached the half way mark for second term. Teachers in the Junior School are preparing to write reports for the first semester. Students need to ensure that their work tasks are fully completed and handed in to their teachers. It is important that parents are asking their daughters about being up to date with their studies and ensuring that teachers have received the work.

With the onset of the cold weather a number of students have been coming to school not wearing the proper school uniform. In particular, a number of girls have not been wearing the school jumper or the school jacket. It is important that students attend school in uniform. The uniform shop is open at the school on Mondays at 10.15am and Wednesdays at 1.00pm.

I wish to remind both parents and students of the school’s policy on mobile phones. Mobile phones must turned off in class and not visible. Students can only use their phones in class if specifically asked to do so by a teacher, for example, to look up the proper spelling of a word. If a student does not follow these protocols and uses their phone in class, the phone will be taken by the supervising teacher and given to Ms Voidis or myself. The family will be contacted and the phone can then be collected from the school by a parent or guardian.

On the 21st of May eight Junior School Students attended the annual Association of Girls Secondary Schools Year 8 Conference. Salma, Helen, Victoria, Sophie, Despina, Vanessa, Nicki, Tuyen and Thao proved to be excellent ambassadors for our school. A special thanks to Mr Clancy for driving the girls to the conference.

Ian Reilly- Junior School Leader

SENIOR SCHOOL NEWS

Term 2 is flying by so quickly and we are fast approaching the end of Unit 1 and 3 for VCE and Semester 1 for Year 10. Students in the senior school will be sitting exams shortly to review the knowledge and skills they have developed so far this year.

For Year 10 students it is the first time they will face formal exams under strict exam conditions. Both Ms. Mueller and Ms. Goyne have been preparing them in class to effectively manage their time during these exams. Exam timetables were distributed last Friday to the students during their MIPS classes. Subject teachers are also providing revision which is why it is essential for students to be in class to revise and review the work. Once the exams are completed Year 10 students have two weeks of work experience to look forward to. This work experience should now be finalised with all the necessary paperwork submitted to MIPS teachers.

The Aspirations Program continues in Year 11 with the 20 students attending their second session last Tuesday 20th May. The students worked with their mentors from Price Waterhouse Coopers focusing on teambuilding and interviewing skills. The group also explored the pathway options that follow after the completion of Year 12 next year. The program continues on Tuesday 27th May 2014.

Year 11 students have also received their exam timetables and have two weeks of classes and one week of exams before the swap to Unit 2. I have met with some parents to discuss their daughter’s progress in their VCE subjects. Year 11 students must complete 12 units of VCE this year and achieve a satisfactory result in each of their six subjects. This means class attendance of at least 80% and a demonstration of the outcomes in each unit of study.

Year 12 students are also on the home straight with Unit 3 and they have one formal exam – the General Achievement Test which is on Wednesday 11th June. Each subject teacher will also hold practice exams under exam conditions during class time to ensure that students review the core content studied this semester. Students in Year 12 must pass English and continue with their subjects to complete the prescribed Unit 3 & 4 sequences.

We have also had a number of guest speakers address our senior students this term during their MIPS sessions. Earlier this term Scott Murray from Leap into Law spoke to the Year 11 and 12 students interested in legal careers. Yesterday (Monday 26th May) Ian Burns spoke to the group about careers in logistics and supply chain through a degree at Victoria University.

Finally as the cold weather kicks in please ensure that your daughter wears the correct winter uniform and if absent provides a medical certificate to their circles teacher.

If you have any concerns I can always be contacted via email at voidis.helen.h@edumail.vic.gov.au

Helen Voidis Senior School Leader

Year 8 Italian Excursion

Towards the end of term 1, the year 8s visited COASIT in Faraday Street, Carlton as part of their studies in Italian culture and immigration. As we had some time before the short presentation at the centre, we took a self-guided tour of Lygon Street. We visited, Brunetti’s, famous for its Italian style café and elegant cakes and sweets, Donini’s, a fresh pasta shop, University Cafe, the first Italian restaurant and other important landmarks. We had a chance to
browse the new Museo Italiano and then have unlimited pizza at Cafe Notturno.

We were so lucky that the weather was warm and we were all able to enjoy a gelato!

Gina Rendina and Lee Rischitelli

MEDIEVAL MADNESS

Monday, May 19 was an exciting day for our Year 8 Humanities classes where a medieval incursion took place at Gilmore, enabling students to share in a range of medieval games and role-plays. The girls have been heartily researching aspects of the medieval world for a number of weeks, so the opportunity to indulge in a number of rituals and practices celebrated in both medieval England and Japan was enjoyed by both students and teachers.

Careers News

Australian Defence Force Information sessions:

For students and their parents interested in careers in the Australian Defence Force Academy, careers as an officer in the Army or those interested in spending one year in the Army.

Students interested: Please email your RSVP to CPTVIC@dfr.com.au
Health Chat

Does it really matter what I eat?

Yes! The old saying ‘you are what you eat’ has a lot of truth to it. Eating a balance of good foods, coupled with regular physical activity, will help you:

- Feel great
- Function at your full potential
- Maintain a healthy weight

Eating well doesn’t have to mean eating flavourless foods. It’s about getting the balance right. Eating regularly and eating a mix of foods from all the food groups will help you get the fuel and nutrients your body needs. It’s also a good idea to watch the amount of foods you are eating which are high in fat and sugar such as take-away, cakes, biscuits, chips and soft drinks. Often they are full of kilojoules (or calories) but low in useful nutrients. It’s still okay to eat these foods occasionally – just try to keep the balance in favour of foods from the five food groups.

Five Food Groups

1. Bread, cereals, rice, pasta, noodles
2. Vegetables, legumes
3. Fruit
4. Milk, cheese, yogurt
5. Meat, fish, poultry, eggs, nuts, legumes

Here are some simple tips to help improve your food intake and eating habits:

- Eat a wide variety of foods from each of the food groups.
- Don’t skip meals, especially breakfast. Eating breakfast kick-starts your metabolism for the day and you are less likely to crave an unhealthy snack later in the morning.

- Think about what you are snacking on. Snacks such as chocolate and chips are high in fat. Instead you could consider trying foods such as fruit, yogurt, high-fibre muffins, smoothies, fruit toast with ricotta, dried fruit and nuts.
- Limit your intake of soft drinks. Choose sugar free versions or even better drink water or low fat milk.
- Think about the size of your meal. Are you eating it because you are still hungry or just because it’s there?
- Check out some of the healthier takeaway food options around now (eg: sushi, salad wraps and subs, noodles and stir-fry’s). Many fast food chains now have healthier choices on their menu too.
- Try preparing some food yourself and compare the taste of fresh foods

For more information visit
www.nutritionaustralia.org
www.betterhealth.vic.gov.au
www.health.gov.au

Michelle Hynson - School Health Promotion Nurse (Mon/Tues)

Homework club is an opportunity for all students across the college to complete quiet study and homework tasks before they leave for home. Students can seek assistance from volunteer tutors.

- Students are asked to sign in and out and are supervised by a co-ordinator during this time.
- Homework club is voluntary and all are welcome.

When: Tuesday and Thursday 3-6pm and Wednesday 3-5pm

Where: In the school library

Secondhand Desktops for sale

We are selling the G7 and library computers. They are Acer Veriton S480 Core 2 Duo PCs, Specs below.

160 G Intel core duo 2.7 GHz 2 GB RAM 19” LCD monitor

They will come with Vista OS, antivirus software and open office.

Cost: $80.00

Great desktop for home internet browsing and homework. See the Technicians if you would like one, they can be picked up from the IT department.
Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Jasmine Duong, your local Saver Plus Worker:
(03) 9312 0932 / 0419 607 295
or jasmine.duong@thesmithfamily.com.au

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