MESSAGE FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

Our Mystery Box

Gilmore College for Girls has an artist in residence – Jodie who has been working with the Year 9 drama students to create a performance. The performance will be held on the Wednesday 18 June so keep the night free!

Gilmore Girl for a Day

I have met with a lot of the neighbouring Grade 5 and 6 girls over the past fortnight as they experienced being a ‘Gilmore girl’ for a day. All the students had a great time and are looking forward to transitioning to secondary college. Both the girls and their families have a big decision to make in deciding which school to choose so the opportunity to visit the local secondary colleges helps in that decision making.

Accelerated program

We are excited to launch our accelerated program with a great group of young ladies. There are still a small number of vacancies if anyone else would like to be considered. Contact the office to make an appointment.

Year 10 All Girls Government Schools Conference

I have been fortunate to be working with two students from each of the all girls government schools in organizing a conference. This is a really impressive group of girls and they have worked well to plan the conference.

Exams

Currently the Year 10 and 11 students are doing end of semester exams. Each student’s performance in exams will be reported upon. The Year 12 students will have exams during their timetabled classes so that they are better prepared for the end of year exams. After reading the reports I will meet with some of the students and parents to discuss their educational progress.

EduTech Conference

Last week I was fortunate to attend the EduTech Conference in Brisbane. Information Technology is a keen interest of mine and this conference provided the opportunity to see what the future holds in how information technology can assist students with their learning.

As technology changes the world in which we work so rapidly we need to consider the changes required in education to equip the next generation to enter the workforce. Any jobs that are routine will be replaced by computers in the future. The good news is that we will still need good teachers!

Reminder:

It is important that parents check from time to time who their daughters are conversing with online and ensure you have a conversation about staying safe and that they know who they are talking to.

Bette Prange

Principal

EDUCATION QUOTE  “The only person you are destined to become is the person you decide to be.” – Ralph Waldo Emerson
JUNIOR SCHOOL NEWS

With three weeks to go until the end of term, teachers in the Junior School at present are working industriously to write, proof read and collate the first semester reports. With the realisation that first semester is drawing to a close, it is important that students continue to work diligently and conscientiously during class time to ensure they maximise their learning opportunities. Reports will be posted home in the last week of this term.

In the past week I have spoken to a number of students regarding the issue of uniform. The main issue has related to footwear. The College uniform policy clearly states that shoes must be black leather. Canvas shoes are not an option in terms of what is a clearly defined policy.

On Monday last week the Year 7 students participated in the inter-school sports program. The feedback from staff and students was very positive. A special thanks to Ms Dempster and Ms Baker for organising the teams and ensuring the success of the day.

A reminder to all students and parents that students are expected to be at school at 8.40 for an 8.50 start. If students are late to school they must obtain a late pass from the school office.

Ian Reilly- Junior School Leader

SENIOR SCHOOL NEWS

Just over two weeks until the end of the term and it is the serious end of the semester for the senior students. Year 10 students have already commenced their mid-year exams and these will continue until Wednesday. In the last two weeks of the school term the Year 10’s will be on work experience. All students should have now finalised this with all the necessary paperwork completed and given to their MIPS teacher. (Ms Mueller or Ms Goyne)

Year 11 students commence their exams this week and it is a time to consolidate their knowledge, skills and understanding of Unit 1. Unit 2 commences next Monday 16th of June. Students who have not gained a satisfactory result in a subject will be meeting with Ms. Prange and myself to address this and put strategies in place to ensure improved results next semester.

The final Aspirations workshop is next Tuesday 17th June and the students have really gained a lot from participating in each one, including public speaking skills and confidence.

Year 12 students have one official exam – the General Achievement Test that will be held in the College gymnasium on Wednesday 11th June. The GAT is an essential part of your student’s VCE and the results are used to check against school-based assessments and to act as both a predictor of subject scores and a safety net. Students also have practice exams this week, during their normal lessons to review and reflect the content and skills gained in Unit 3.

Our senior students have access to an online Careers Action Plan, which should be completed by every student in Year 10, 11 and 12 as part of their individual management pathway.

Finally another reminder that as winter kicks in and it gets colder students are expected to wear the correct College winter uniform with no variations. A uniform pass should be collected from me first thing in the morning where on the odd occasion the student has had to alter this. Co-ordinator’s detentions are issued every Thursday from 3.05 until 4.00p.m. for chronic latecomers and students who do not wear the correct winter uniform.

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

Container Girls

A Theatre performance devised by year 9 drama students at Gilmore College, in conjunction with actor, Jodie Le Vesconte

WHEN: Wednesday 18th
WHERE: Gilmore College for Girls

Victoria
Sponsored by Arts Victoria

Uniform

Winter uniform is worn during Term 2 and 3. With the cold weather coming it is important that the girls have the college jumper, the college jacket or the blazer. Other jackets are not permitted.
Speakers on Medical Research

On Tuesday 28th May students from year 8 to 12 enjoyed hearing about exciting careers in medical research from four young PhD graduates and researchers.

Simon Chau explained how he came to study Science at University and of the fun he had in the making many like-minded friends there. His final years of study were at the Royal Woman's Hospital. His PhD was on the chemicals responsible for ensuring a good blood supply to the foetus during pregnancy. He shared a story about the unusual and funny custom at the University of awarding new PhD graduates a balloon!

Heather Madsen then spoke about her exciting and rewarding time studying in France and travelling widely around the globe to conferences. The area of her research was Psychology and specifically on addiction. It was enlightening to hear the statistic that 9 out of 10 drug addicts first experienced drugs as adolescents and that the later a person delays or avoids this then less likely they are to suffer addiction. Heather outlined the sort of skills that make a good scientist and discussed the variety of career pathways available in science. She never imagined herself becoming a researcher but now loves it.

Raymond Wong has a PhD in Optometry and gave an informative presentation about the possibility of using stem cells to improve or cure some forms of eye degeneration in the future. He highlighted the flexible hours of his job and the independence it gives him, however, he also pointed out that at times long hours of work may be required but they are very rewarding and self-satisfying times.

The last speaker Chern Lim also talked about her own journey, experiences and motivations and encouraged our students to consider careers in science. Her area of present study is in a genetic disease of the mitochondria (the power plants) in cells.

Students then asked many questions and warmly thanked the presenter for their entertaining and interesting talks.

Mr Walker (Science & Maths teacher)

Careers News

For students in Years 10, 11 and 12 interested in a career in the legal profession:

LSAP (Legal Studies & Australian Politics) is an intensive program aimed at developing your confidence in all the different skills you need to succeed in the legal profession, including communication, teamwork and leadership. LSAP brings you together to work in teams in a wide range of activities, including debating, mock trials and negotiations. You will be introduced to legal concepts and develop some of the tools legal professionals need to succeed. Current university law students mentor the teams throughout the program. LSAP programs run year round in metropolitan and regional areas, and vary in the number of day's duration depending upon location.


Upcoming events

- 7 July 2014 – Victoria University (Melbourne) - two day workshop
- 29 September 2014 – Victoria University (Melbourne) - two day workshop
Experience Engineering

Two separate events are being run at RMIT campuses in the July school holidays for students in Year 10, 11 and 12.

The following dates are available for registrations for these free events:

**Event** - Experience Engineering Day (RMIT City campus)

**Date** - Tuesday 1 July - 9.30am – 4.00pm

**Descriptor** - See how engineering is changing the way we live. This day introduces you to a broad range of engineering disciplines including biomedical, chemical, civil, electrical, electronic and communication, environmental and product design.

**Note** - This event is open to Year 10, 11 and Year 12 students only (maximum 180 students).


Ms Mueller Careers Adviser.

---

Health Chat

SunSmart in Winter and Vitamin D:

The sun's ultraviolet (UV) radiation is the major cause of skin cancer and the best natural source of vitamin D. Vitamin D is essential for bone and muscle development and the prevention of osteoporosis. From May until August in Victoria, the UV drops below three, meaning most of us need to make an extra effort to get outside for some vitamin D exposure. During these low UV months, sun protection is not required unless near highly reflective surfaces such as snow or outdoors for extended periods.

But just how much sun is enough for vitamin D?
From May - August, SunSmart recommends that Victorians with fair to olive skin get two to three hours of **midday** winter sun exposure to the face, hands and arms (or equivalent area of skin) spread over the week to help with vitamin D levels. Individuals with naturally darker skin, those that cover up for religious or cultural reasons or those who get little sun exposure during the day due to working during the night shift may require longer sun exposure to help with their vitamin D levels.

Tips for vitamin D exposure
- Physical activity assists the body’s synthesis of vitamin D, so schedule activity which gets students outside and active in the middle of the day. Walk briskly on yard duty or consider a walking meeting.
- The more skin exposed, the better, so after you’ve warmed up, take off the scarf and roll up the sleeves.
- Download SunSmart’s free UV Alert widget so you will know when the UV drops below 3.
- Check out SunSmart’s Vitamin D tracker - smartphone app and online versions. The vitamin D tracker and more information on vitamin D is available at [www.sunsmart.com.au](http://www.sunsmart.com.au)
- Remember that snow + alpine conditions can affect UV levels and therefore sun protection is still required in alpine regions.
- Those concerned about vitamin D levels should visit their GP. Levels can be checked via a simple blood test and treated with supplements where required.

References and for more information visit the SunSmart website on: [http://www.sunsmart.com.au/vitamin_d](http://www.sunsmart.com.au/vitamin_d)

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.
**SPORT UPDATE**

**Pierre de Coubertin Award**

Congratulations to Mariama Brima (Year 11) for receiving the Pierre de Coubertin Award this year. Mariama has been an exceptional leader and athlete over the time she has attended the College. Mariama recently received her award at a ceremony at the MCG.

**Year 10 Fitness**

Year 10 students have been busy recently going on walking sessions along the track beside the Maribyrnong River. The girls have thoroughly enjoyed walking at a quick pace and motivating each other to increase their pace throughout the walk. Year 10 students have recently completed a fitness training program and are currently learning about the benefits of regular physical activity and the importance of leading a healthy lifestyle.

Year 10 students were also treated to a Zumba session held recently in the gym. The girls loved this session and many are now interested in taking part in sessions outside school.

**Year 7 Winter Sport**

Congratulations to all Year 7 students involved in the interschool winter sport competition held on June 2\textsuperscript{nd}. Our Year 7 students competed in netball, soccer and badminton and achieved some outstanding results. Special mention must go to the following students for exceptional talent displayed on competition day: Mayamu (soccer), Berivan (soccer).

Thanks to all staff and parents who were involved in this competition.
Year 8 Winter Sport

Congratulations to all Year 8 students involved in the interschool winter sport competition held on June 6th. Our Year 8 students competed in netball, soccer and badminton and displayed some exceptional talent on competition day. Special mention must go to the following students for their outstanding achievement on competition day: Sukran (soccer), Aysha (soccer), Shamay (soccer), Sumaya (netball).

Thanks to all staff and parents who were involved in this competition.

Cross Country Update

Well done to all students who took part in interschool cross country held recently at Pipemakers Park. After attending extensive training sessions and completing rigorous training outside school the hard work leading up to this competition definitely paid off.

Our students performed extremely well at this event. Special mention must go to the following students for their outstanding performance on the day: Rashika (Year 10), Tenzin (Year 10), Jade (Year 8), Jem (Year 7), Kaiesha (Year 7) and Olivia (Year 7). All of these students have progressed through to the regional cross country event on June 12th at Brimbank Park. We wish them well.
RSVP by Monday 18th Feb

Jen Hoy, Assistant Principal
9689 4788 or hoy.jennifer.e@edumail.vic.gov.au